



Seeds of Peace

**re-
counting
our
blessings
from
Beautiful
Painted
Arrow,**

Joseph Rael

quarterly newsletter

Issue 27: November 2022

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(copyright © Joseph Rael)

'The Winter Summer People'

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

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The Winter Solstice in the Northern hemisphere is the Summer Solstice in the Southern hemisphere.



## ***Join the Peace Chamber Community in 24- Hours of Solstice Peace Chanting***

choose your time and sign up by visiting <https://www.houseofmica.org/solstice-peace-chant.html>

presented here by Rick Cotroneo

### **Solstice Chanting Theme 2022:**

**Re-establishing our foundation, we honor the elements of earth, water, fire, air and ether**

**“Na” (earth); “P’ah-un” (water); “Pi ah” (fire); “Wa ah (air); “C’oh” (ether)**

In his book, The Way of Inspiration, Joseph examines how inspiration unfolds in a split of a second. He explores the mysticism of the numbers 1 through 10 to help us understand the process by which material forms manifest from divine inspiration. He teaches that inspiration begins outside of the individual in what he calls the vast Higher Mind. To understand inspiration is to follow the way that light falls from the Higher Mind, interacts with the human brain and psyche, awakens inner longing, creates movement in all directions, awakens ancient wisdom, surrenders into teachability, takes form, is sustained through give-away, and finally comes to a place of completion or stopping.

An important principal idea here is that following inspiration requires that, on occasion, we stop. Stop thinking, stop doing, stop trying. My feeling is that stopping allows us to return to our foundation. So, what is our foundation? What are the basic building blocks of life?

In modern science, we might say that the atom is our most basic building block. The atom is considered the smallest unit and is composed of a nucleus and one or more electrons. But from a more human-centered perspective, we might say that the elements of earth, water, fire, air and ether are the basic building blocks of life. And of course, consciousness is further the basis of the elements.

I'd like to propose that for this year's solstice chanting, we take a moment to honor the principal idea of "to stop" what we are doing. To get quiet and just come to our foundation and honor the elements by chanting the sounds for the elements that Joseph shared with us. As we chant, let's remember that we are listeners and that it is not that we are chanting the sounds that Joseph gave us from his native language, Tiwa. It's that Tiwa is an ancient language of vibration, and those sounds remind us of the inherent sounds around us. When we listen closely to earth, we hear the sound "na". Listening to a drop of water we hear the sound "p'ah un", listening to fire we hear "pi ah" and so on for all 5 of the sounds of the elements.

This year, the time of solstice is December 21, 9:48 pm UT which is the same as December 21, 4:48 pm US Eastern Standard Time. We like scheduling the chanting so that the actual solstice time falls in the middle of the 24 hours. Therefore, we will begin the chanting on December 21 at 10 am UT, same as December 21, 5 am EST.

On page 17 of The Way of Inspiration, Joseph says:

**"I am bringing out this teaching at this time because, if we humans are going to continue to evolve, we now need to understand the vastness of who we are. We need to understand the vastness so that we can become that vastness, so that we can portray it by how we live, and live from that place of high potential."**

Please join us by chanting the 5 vowel sounds and the sounds of the elements for an hour during the designated 24-hour period. During our chanting, let us pause for a moment so that we can honor our foundation and enter the vastness.

Blessings and highest regards, Rick Cotroneo, House of Mica Peace Chamber, East Greenbush, New York  
and, In the Beginning we Stood Up and Became Two-Leggeds Peace Chamber, Abiquiu, New Mexico

Visit <https://www.houseofmica.org/solstice-peace-chant.html>, you will find the chanting schedule and other information there. You can email us at [honica@nycap.rr.com](mailto:honica@nycap.rr.com).

For more on the sounds of the elements and the 5 vowel sounds, visit: <https://www.houseofmica.org/chanting.html>. You can hear Joseph chanting the Sounds of the Elements on the Sacred Sound Series available from the House of Mica, to download them contact us by email or visit: <https://www.houseofmica.org/products.html>.



## **Continuing Ceremony for Peace in Ukraine**

**organised by the Sound Peace Chamber Communities around the World**

We are now in the ninth month since the beginning of the present invasion of the territory of Ukraine. It was in early March that a number of Chamber Keepers met on a Zoom meeting to finalise the details for the first Ceremony that our Chamber communities have ever held where we would all chant at the same time and that Ceremony was held the following day, Sunday March 6<sup>th</sup> at 5 pm or 17.00 hours UTC (Coordinated Universal Time).

Since that day people have continued to hold that Ceremony at the same time on Sundays, and people have also held the Ceremony in their Chambers at times more convenient to their time zones or to their communities. Individual chanters and people who are not connected to a Chamber are also welcome to join this group vibration for Peace.



We made a commitment to continue for as long as the invasion continues.

If you would like to join in this chanting ceremony at any time you can find it described here: [Ceremonies of Love and Peace – Seeds of Peace newsletter](#) as a download named, *Spirit of World Peace Ceremony*. Also on this website page, there is a download containing the *Two-Heart Meditation*, given by Joseph Rael in his book, *Being and Vibration: Entering the New World* (p.136-138), this meditation coordinates the healing powers of the Blue and the Yellow Lights to bring help to our Mother Earth. The third download on this page contains the words of Beautiful Painted Arrow's prayer, *Two-leggeds Call to the Spirit of World Peace*.

Let's keep on chanting and working for a peaceful World.



## **Sharings from the 10<sup>th</sup> Gathering of Peace Chambers, September 2022**

**hosted by the Rainbow's End Community in Southern California**

**Gathering memories from Jane Innmon, from Sweet Beautiful Waters Chamber, Arizona**

This past year through the facebook page that I administrate, I met a man named David Brandon. He was so excited to find Joseph's teachings. He lives in Washington State and wants to build a Peace Chamber. Since our online meeting, he has done his first Sun-Moon Dance and has come to Tucson to Long Dance. He also came to the Chamber Gathering to meet people and to participate in all the ceremonies. Jack Gillette, David and myself drove from Tucson, Arizona, to Rainbow's End in California together. Nearing our destination, we stopped to offer prayers to the rock people and the elementals that were so very much in evidence in the Joshua Tree National Park. Martha Boose and Colleen Paraboschi, both from Sweet Beautiful Waters Chamber community, also came to the Gathering.



*photo taken in Joshua Tree Park by Jane Innmon*

We arrived at Rainbow's End in Yucca Valley on Friday September 30<sup>th</sup>. We were welcomed warmly by our friends and relatives there, Valerie Eagle Heart, Carrie Laughing Heart and Robbie Escamilla, Teddy Tapscott and Mary Baum, plus many others we have gotten to know well over our years. The other Chamber Keeper in attendance was Ula Rae Mynatt, our elder and the Chamber Keeper in Cosby, Tennessee. She was supported by her two daughters and two other women from their community.

We arrived late morning on Friday with plenty of time to check in and chat with people as we gathered for lunch. Then we had our first gathering in the Chamber during which Valerie gave teachings about the "Sipapu" \*\* and to set the "Sipapu" we all chanted as the masculine and feminine stones were placed in it.

We had a break and then regathered for Chamber stories. Valerie shared first then I shared the story of my vision to build a Peace Chamber in 2005 while at the Chamber Gathering at House of Mica, New York. I talked about my husband Pat's and my journey to Tucson and the building of our Chamber and Dance Arbor. I shared holding the vision while doing the work to make the move from Pennsylvania to Arizona a reality and learning to let my vision guide me instead of my rational mind. Not always easy to do but it's a wonderful process all the same.



*photo of Valerie and Jane from Rossana Jeran*

Birdsong Peace Chamber (Pennsylvania), Watersong Peace Chamber (North Carolina) and House of Mica all sent special messages to the Gathering that were read out. Jennifer Lipski shared with us from her experience at Birdsong. We closed that day with dinner together and we had time to visit and get some rest.

Saturday began with a meditation led by Rossana Jeran who was also serving the Gathering as photographer, followed by a Blessing of baby Marley along with his parents Petra and Ryan which took place in the Arbor and the sacred sounds were shared by all in attendance. Carrie Laughing Heart showered us with a Crystal and Tibetan Bowl sound bath in the Chamber. It was revitalizing and relaxing at the same time. In the afternoon we shared teachings about sacred sound through the drum and chanting. Ula Rae shared the story of their Chamber and how it came to be, her journey with Grandfather and the teachings she received, it was touching and inspiring.



*photo of Ula Rae, her daughters and friends from Rossana Jeran*

Towards the end of that day our sister Colleen Paraboschi, who has deep ties to both the Pennsylvania and to the California communities and who now lives in Tucson, shared her story and teachings about her journey with the Star People and their languages, and I personally learned a lot from her. More than eight people were speaking Star languages and bringing in celestial Star songs. The Chamber was alive and connecting not only with the Land and the People but also with the Cosmos.

We had dinner and the evening concluded with Carrie acting as the auctioneer while the pennies, nickels, dimes, and quarters flew into the pot as people bid on the many items that came from the "teaching room" and found new homes. It was fun and funny to watch, kids (big and small) had a blast.

Sunday began with a meditation with Rossana followed by Stephanie Dancing Rainbow Waters sharing with her amazing voice the songs she wrote, and Teddy Tapscott harmonized with her. Truly inspiring.

We heard more stories and teachings about Peace Chambers with Valerie reading Joseph's words from the first edition of *Being and Vibration*, about the vision of the Chambers, their work in the world and the grid they form. Nancy Kimes came in the afternoon and most everyone got to create a "miniature" peace pole to take home. We each made a handprint for a prayer flag for Peace which will be assembled and hung in the Chamber.

We wrapped up with Valerie sharing a message from Grandfather Joseph that was addressed to the worldwide community. Essentially, his message was that we are all moving in a good direction and that all is well. That's what I heard!

I also shared some topics for all the folks new to the Chambers to consider, they were topics which were discussed at the 2017 Peace Chamber Gathering and are food for thought as we contemplate our work. I can send the list of topics to you if you email me: [peoplegardener@gmail.com](mailto:peoplegardener@gmail.com).

Following the success of this Gathering, online meetings with the Chamber Keepers worldwide are being organized so we can discuss who might host the next Gathering and the time and place that it might happen. It was our great pleasure and joy to be in attendance and to "christen" this new Chamber at Rainbow's End.





**from Valerie Eagle Heart at Rainbow's End, California, in Peace & with Love**

One of life's mysteries that has always amazed me is how a "vision" comes into being. How we breathe life and dream into existence an inspiration and then get out of the way so the energy can flow in its own way. At Rainbow's End, we have always considered that there has been a Peace Sound Chamber here and now the physical Peace Chamber has birthed here looking nothing like the one I had personally envisaged. I had plans for the outcome, but Creator's Plan is so much better. Putting to use the building already here on the Land allowed me to come full circle with my husband Rex's death. It took me 10 years to agree to enter his "sanctuary" get-away space and allow this space to be emptied and used in a new way. The vision is complete in its own unique and beautiful way now.



*mural for the Gathering on the door of the double garage painted by Sharon Davies: photo from Valerie*

I barely know where to begin to share about the Peace Chamber Gathering at Rainbow's End. This Gathering was SO LONG in coming into being with the big shut down; the inability to gather for Sacred Work Days; the shortage of building materials and more. In keeping with Teachings received long ago from my Teachers and Dance Chiefs Benito and Carlajo Rael we took a long hard look at what we had available, and the decision was made to 'convert' the over-sized double car garage that was my husband's sanctuary into the Rainbow's End Peace Chamber. Finally, our little community came together for a huge Sacred Work Week-End. We cleared & cleaned and cleaned & cleared. With Prayerful Intention we created the Oval, the 11 x 22 x 33, the same proportions as the First Chamber built by Joseph Rael, receiver of the Chamber vision. The rafters and walls were cleared of old lighting and left-over wood and spider webs and pack rat nests. The "emergency exit" door was installed, and the wall went up. The walls and floor were painted. The Prayer Flags were hung from the rafters.



*peace flags: photo from Rossana Jeran*

A Teaching was shared with me by Rick Cotroneo and I was given how to set the "Sipapu".\*\* The Stones were chosen. We chose our young former Marine, Wyatt, to lay the Male Stone and Elder Ula Rae Mynatt laid the Female Stone. We chanted the Chamber "alive" Awake!

We had made a schedule of events for our Gathering, and we followed this itinerary and did our best to remain on track. Prior to the Gathering an invitation was issued to those who were coming, "What would YOU like to offer or share during this Gathering?" Wonderful responses, ideas and blessings so we would be able to offer the Energy of Sound & Peace & Love & Prayer in various and profound ways. We were also blessed with letters from Chamber people not able to attend, which our good Sister, Jane from Tucson, Sweet Beautiful Waters, shared aloud. It was a Blessing to have Jane and our Tucson Family with us, and it was an honor and Blessing to have our Elder, Ula Rae Mynatt & our Chamber Family from Cosby, Tennessee.

The Hand Prints for Peace were fun for all, most especially the children who were here. Wow! What joyful energy the young ones bring to any project. I felt one of their favorite events was the Fun & Funky Fund Raising Auction. A lively circle for sure with lots of laughter and homemade bid cards. And everyone loved creating a miniature Peace Pole, something to take away and "plant" anywhere. Quite a few people new to the community were here through word of mouth invitations, friends inviting friends and family members. We gained 3 new SunMoon Dancers who were here on the Land for the first time at the Chamber Gathering.

One of the highlights for me was bringing forward the many ways we Pray .... "make joyful noise". We shared one of my favorite 'hymns', "I Release & I Let Go". We shared a Goddess Chant, a Hindu Chant, a beautiful song for the children and of course, the Sacred Sounds from Joseph Rael. There was more but, as I write this, recalling all the details escapes me.

I've received phone calls and many notes since the Peace Chamber Gathering & the SunMoon Dance the following week-end. It feels like the People are "on fire" in a very good way asking when we are doing the next Chamber Gathering & Dance. It brings smiles to my heart.

Our good Sister, Rossana was asked to take photos for historical files and some of the photos are included in this newsletter. I ask that none of these photos be posted on Social Media.

It's ALL Good Medicine and Rainbow's End is beyond blessed to be part of Grandfather Joseph Rael, Beautiful Painted Arrow's Family, keeping his Visions and years of dedicated work alive and well.



I was truly blessed to speak with Grandfather Joseph before our Gathering and to receive his Blessing on the Chamber. He also shared a message for All of Us, which follows below.

### ***Joseph's Message to the 10<sup>th</sup> Gathering and to Us All***

**from notes taken by Valerie Eagle Heart during a phone call**

*We do this work....*

Because it's our job. It's why we were sent. Parents and Grandparents did what they did. Now it is our time. NOW is beginning.

Somewhere in the world there is always conflict. The OLD is no longer. God is telling us "beginning".

Call it whatever, whatever dance, whatever picture, floor or ground, this began life, this became life on Earth.

Land never used cleared to look ahead, making the future for all generations to follow, Holy Time. Earth, as it was, chose this. This is our time.

Our planet is round. We live in a round ball. We come from all directions bringing what we bring. Leaving tracks of what will be used for many generations. In a round ball walking and walking right back to where we started.

So we mop and sweep. Put all into this Dance to find where you return, realizing we are born again and again, like a child learning to walk.

Hang the baby in a sling from the tree while we are planting. Pat the baby as we plant so that it feels love. Telling about the New.



## ***The Sounds of Light at the Rainbow's End Gathering***

**from Colleen Paraboschi, Beautiful Star Woman, Tucson, Arizona**

The weekend of the chamber gathering embodied so much of what a chamber represents. There was community, sharing, joy, and a vision brought to fruition for the benefit of all people present and those still yet to come. And, of course, SOUND! Drumming, chanting, singing bowl, songs and stories all blessed the weekend.

I am not a chamber keeper myself but travelled to this Chamber Gathering as part of a small group of people representing the beautiful Sweetwater Chamber in Tucson, Arizona. I have, however, had a close relationship with Valerie Eagle Heart and the land at Rainbow's End since being called to dance there in a vision in 2010. It was here that I danced my first and most of my last 10 SunMoon Dances.

For my part of the weekend, I was gifted with the opportunity to be a presenter of light languages which I have spoken, sung and signed for many years. As I began my presentation, I felt that the Chamber was calling for something more. In response, many people stepped forward speaking and singing these beautiful light frequencies, some for the first time. Spontaneous songs came forth and suddenly we were singing and dancing in the middle of the space. The chamber became a kaleidoscope of celestial color and sound. The sound was both new and familiar at the same time, a sound of remembrance and of coming home.

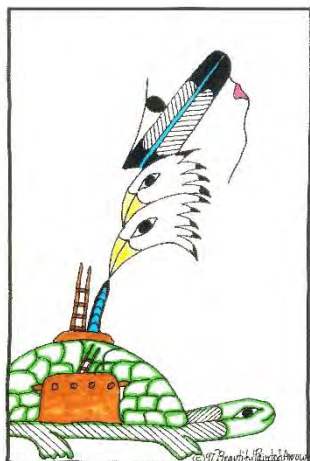
As the weekend closed with a final chanting of the vowel sounds a realization came to me. This new chamber at Rainbow's End is really the beginning of the Rainbow, a beacon of light, and a place of peace and of unlimited potential. A deep thank you to all those Chamber Keepers who follow their visions and create these sacred spaces for each one of us and the Cosmos.

Blessings, Colleen, <https://www.cosmiclanguageoflight.com>



**\*\*Footnote about "Sipapu":** in the early days of the manifestation of Joseph's Chamber Vision both "sipapu" and "kiva" were words that he used in relation to the Sound Chambers (as they were then called). These two words come from Joseph's heritage, and they are names from the sacred structures of Puebloan societies. People who were taught by Joseph in those days were given these words but, to respect the Puebloan cultures, as we continue his work perhaps, we should find our own words now.

*[Footnote written by editor Stella, please contact me if you would like to comment on what I have written in this footnote or to comment on any other aspect of how we can fully respect the wisdoms from his tribal heritages that Joseph, in order to help us find ours, has shared with us: [stellalongland@btinternet.com](mailto:stellalongland@btinternet.com)]*



Interested in the Chamber Vision?

Interested in Building a Chamber?

This video is for you!

[Introduction to Sound Chambers ~ Joseph Rael Beautiful Painted Arrow - YouTube](#)





## ***The Fire Creator - Insights and an Invitation***

**by Jennifer Lipski, dancer and drum student, surgical trauma Registered Nurse and yoga teacher**



Artwork (copyright © Joseph Rael)

from *Walking the Medicine Wheel: Healing Trauma & PTSD*, David Kopacz and Joseph Rael (p.xiv)

Our very own hearts, then, literally bless every action, every moment, every breath. Tie it all together and the etymology of the word “bless” means to “consecrate with blood.” We are literally the embodiment of the prayer. So we better “make it good.”

I am in deep gratitude to Valerie and everyone in the community at Rainbow’s End, for their exceptional efforts to bring forth this physical chamber. This Sound Chamber has emerged in a new world and is a symbol of rebirth.

With this, I offer an insight that perhaps the Sound Chambers are the “hearts”, and the Lands of Dance are the “playgrounds in which to grow”, and as such, I offer two encouragements (courage from the word “coeur” in French, meaning heart):

**1/** Travel ..... Why? Because we are the lifeblood of this work. Without us living this work, “circulating” this work, the work will fade and die. If you cannot travel, then make every effort to stay connected in whatever way you can. But if you can travel - go to other Chambers! In the past six months, I have physically participated in ceremony on the land of five different Sound Chambers around the country. While this has taken sacrifice and commitment on my end, I wouldn’t trade it for anything. Working, worshipping, sharing stories, engaging with, and growing with, my spiritual family. So make a plan, get the calendar of all world-wide events every year. You must set the time and make the effort to go to other places.

**2/** ..... and when you return home from the travel - SHARE!!! Share the vibrancy! Share the literacy of what they do! Say gosh, this was interesting and exciting! This was heartfelt! I met the most amazing people! This is what I learned! This opened my eyes! This nourished my heart!

My mentor, friend and Dance Chief, Kristen Bissinger, gathered us sweaty, exhausted, thirsty dancers at the Tree on the morning of the third day of our 2017 SunMoon Dance at Birdsong, and her words became etched in fire within me: “I know you are tired. Keep dancing. When you can’t dance, walk. When you can’t walk, crawl. And when you can’t crawl, run.” So my friends, there is not a moment to waste. Keep going.

The work we do is rich with vibration and steeped with lifetimes of wisdom shared from the Rael family. Their efforts over the past several decades help us to remember ourselves, how to create, how to truly “come to life.” And then, with this awakening, how to fill this life with the pure joy that exists in creating. We are called to bring our whole-hearted efforts, and to share that joy. Through our continuing work and dedication, we are being offered an Invitation: to live vividly.



## ***Our Dances are Being in Vibration***

**from editor Stella Longland**

How joyful it is to know that the Three Beautiful Painted Arrow Vision Dances continue to take place in this Dancing Year of 2022! For this Issue we have received articles from the Sun-Moon Dance at Birdsong, Pennsylvania and the Drum Dance at the Center for Peace, Tennessee. We also have news from our Dance Guardian, Geraldine Rael, about the Pagosa Sun-Moon Dance and more.

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.



### ***Reflections on This Year's Sun-Moon Dance***

***at Birdsong Peace Chamber, Pottstown, PA***

**with much love and many blessings, Ben Jezierski, Sun-Moon Dance Chief**

The annual Sun-Moon Dance was held this year at Birdsong Peace Chamber in Pottstown, PA from July, 7<sup>th</sup> through July, 10<sup>th</sup>. With so many of us having experienced a sense of separation during these last couple of years, it felt especially important for us to sweat together as a community, to dance together as a community, and to BE together as a community. In order to facilitate this, we asked people to rapid test before leaving their homes and tested attendees again upon their arrival. Once this was taken care of, we were able to move freely about the grounds and focus on our reason for being there.

It's always a blessing to witness the level of sacrifice that happens during the Dance. From the tying of the first knot in preparing the arbor on Thursday morning, to the washing and drying of the final plate on Sunday afternoon, everyone in attendance truly gave their all

Perhaps because of the excitement of being together in ceremony again, the initial energy of the Dance itself felt somewhat frenetic and unbalanced. We asked our Alpha Dog, Sam, to smudge the interior of the arbor with sage. At the same time, we asked Fletch, one of our support people, to smudge the exterior of the arbor with sweetgrass. Simultaneously having a woman carrying the masculine, purifying energy of sage on the inside, and a man carrying the softer feminine energy of the sweetgrass on the outside brought a deep sense of balance and stability to the Arbor, and the energy of the Dance immediately softened and fell around us like warm rain. That same energy continued to hold and support the entire ceremony for remainder of the weekend.

During the Dance, four of our nine Dancers fell; and while I could not hope to comment on their internal experiences at the time, externally it seemed as if they simply let go and floated on the surface of something unseen yet tangibly present, waiting to receive them lovingly and without hesitation.

And perhaps that's a central teaching the Sun-Moon Dance has to offer us: that no matter how difficult or frenetic our own path might seem, no matter how unbalanced our lives or our external world might appear, there's something larger than ourselves waiting to receive and support us if we simply open ourselves completely to it and surrender.

It's been an honor to find myself serving as Dance Chief for the first time in the midst of such loving, dedicated, and supportive Spirit Warriors. And while our next Sun-Moon Dance is still a ways off, it no less continues to call. I am always happy to address any questions or comments.

You can reach me any time at [Bjezierski1@yahoo.com](mailto:Bjezierski1@yahoo.com), and visit my website: [www.standingwest.com](http://www.standingwest.com)



## ***Sacred Plants for Ceremony, White Sage and Sweetgrass***

**written by Stella Longland, not a botanist...**

Depending on the local climate, different places use different plants for smudging during the Beautiful Painted Arrow ceremonies. In the article above Dance Chief Ben Jezierski names two, White Sage and Sweetgrass, that were used at the Birdsong Sun-Moon Dance this year and gives insights into their healing powers and how they can be woven into the metaphors of creation in the ceremony. Reading through his article, prior to publication of the current issue, I felt inspired to write something about the relationship between these plants and their habitats.

White Sage (botanical name: *Salvia Apiana*) is a desert plant which thrives in a dry environment and whose stems and leaves are whitened as a protection against the Sun. The leaves are dotted with indentations and their surface is hairy in order to trap the precious moisture suspended in the air. The woody stems are strong, and the upward growth forms a bushy shrub. In tune with the conditions in desert terrain, White Sage can endure both hot and cold extremes of temperature, a consequence of this is that the tannins, which are abundant in green plants, are reduced to a minimum during growing and are further reduced by drying and, once dried, White Sage does not easily reabsorb moisture. The amount of residual tannin in a dried plant determines how pure or how acrid the smoke will be and so the smoke of the smouldering dried White Sage is joy to the nose and kind to the lungs, it is both pure and purifying.



*source of the photo:* [the Wonderful White Sage Plant](#)

Sweetgrass (botanical name: *Hierochloe Odorata*) is a moisture loving plant which grows along the banks of water courses and other wetlands. It sends out short leaves in the spring which produce small amounts of seed but, to flourish, the plant depends on a deep system of rhizomes which can even withstand an arctic winter. Later in the year, slim leaves as long as 39" (1 metre) grow, lacking rigidity they tend to bend towards the horizontal. These are the leaves that are braided, while the grass is still pliable, and then dried for use in ceremony. The delicate scent of the Sweetgrass develops during the drying process and again the tannin levels drop but not so low as White Sage and braided Sweetgrass easily absorbs humidity from the air, this affects the strength of the scent and can also cause the braid, when lit, to smoulder with acrid smoke, so it is essential to keep Sweetgrass braids in very dry conditions.



*source of the photo:* [Sweet Grass Hierochloe Odorata](#)

While these two sacred plants are from very different environments and, consequently, have very different effects on our psyches, they are both powerful openers of awareness to the sacred realms and help us to be more receptive to messages from the Land.





## Drum Dance at Center for Peace in Tennessee, 2022

**my name is Brenda Sue Whitmire, and I am the chief of this edition of this Dance**

This was the 26th year Drum Dance has been held at the Center for Peace. This year the Drum Dance was celebrated on Labor Day weekend Sept 2,3,4 2022. It was a small Dance, and everyone worked together to create

a beautiful environment for the Dance and the Dancers. I have had the pleasure of working with Drum Dances in various capacities in a few places for many years. One thing I have learned is that no two Dances are alike except in one respect: They all work toward Peace in our time. This Dance was no exception.

We had several people cancel, some due to health issues, and that did not stop us. We worked as a coordinated, peaceful team to give birth to this prayer! Anytime there was a conflict path and a peaceful path, the peaceful path was always independently chosen without comment or resistance. It was heart touching to see! We had remarkable Drummers, Fire keepers, kitchen staff and help with the pre-Dance preparations. The Dance was also supported by gifts of needed equipment from people who could not be there in person. Each and every staff member did their job and so much more! We experienced the Peaceful way.



[Four Powers of Drum Dancer (copyright © Joseph Rael) sent by Brenda Sue to accompany this article.]

I am still “old school” about sharing particulars about what occurs in a ceremony. I am comfortable sharing a few happenings. I want to give special gratitude for the gentle rain with which we were blessed as well as the brief and intense heat that came. These extremes helped move the energy in such a beautiful way! Experienced Dancers and first timers all found their path and beyond.

Grandfather Beautiful Painted Arrow always taught that the Sound/Peace Chambers and the Dances are two parts of the same whole and should always be physically connected in so far as is possible. They are, of course, energetically connected all the time. We did several things to honor this. We began with the orientation meeting and the “Climate Change Lessening Ceremony” in the Sound/Peace Chamber. We were blessed to have with us Jeanne Robison one of the Co-founders of the Center for Peace and a Drum Dancer. She shared deeply meaningful information with the group. I never discuss this Drum Dance without remembering the other co-founder of the Center, Perry Robinson. He was a Drum Dancer, my co-chief, and my brother. While he is gone from the physical, he is never gone from our hearts and is always remembered and honored in this Dance. We returned to the Chamber after the completion of the Dance for the sharing and lots of yummy water, watermelon, and warm broth. When we finished our time in the Chamber, we adjourned to the Center’s kitchen. The kitchen angels had prepared a wonderful feast for us, and everyone enjoyed and was grateful for it all. I always end any Dance ceremony I am leading with a Giveaway. This one was generous and well received.

There are many ceremonies upcoming at the Center for Peace. The next Drum Dance is in 2023. For more details about the Center, this Drum Dance, or other Dances and ceremonies see

[www.centerforpeace.us/drum\\_dance.php](http://www.centerforpeace.us/drum_dance.php).

Everyone is welcome to join in! Hope to see you there!



[3 T-shirt designs (copyright © Joseph Rael) sent by Brenda Sue to accompany this article]



**News from Our Vision Dance Guardian, Geraldine Rael,  
Eldest Daughter of Joseph Rael, Beautiful Painted Arrow**

It was a great SunMoon Dance for 2022 in Pagosa Springs Colorado! The beginning of our Ceremony with the Southern Ute Bear Dance was aweSOME! It literally blew peoples' minds. Next, year I would like to increase the participation of the Bear Dance by a full day.

The Climate Change Ceremony was beautiful as always, conducted with the geothermal waters at the river's edge, in Pagosa Springs, Colorado.

During our Dance, dear Jim Houck graced us with his songs and his "heart" drumming. He said, "I love, and I very much believe in your Father's work, I am honored to be asked to be part of your SunMoon Dance." I was so touched that he agreed to honor us with his songs and drumming .... I will always be grateful and thankful.

The SunMoon Dance was full of so many bountiful Spiritual gifts, for all of us!

I invite those interested in SunMoon Dancing to partake in these incredible experiences in 2023 during the Memorial Day weekend. Our time together will begin with experiencing the Southern Ute Bear Dance, a traditional ceremony of my tribe, followed by the Climate Change Lessening ceremony, that came from a vision given to me, and finally the SunMoon Dance, the vision of my Father, who is also a Southern Ute tribal member. GiveAway is \$500 but really, it is whatEVER you can gift. It is about the Spiritual uplifting of your consciousness that we do these ceremonies, for ....

A wonderful piece of news is that I am now Sound Chamber keeper for Wah-Chi-Chi-Huu, the second Chamber that my Father built, which is so very great as I am free to engage in ceremony anytime I feel the need.

In September of 2022, my Father moved to New Mexico with his wife, Carolyn. He put the tribal land assignment, his home and the Sound Peace Chamber in my name before he left. Now he and Carolyn are free from the incredible burdens of looking after the land, shoveling snow, fixing fences, traveling the long drive into town for staples, and the long drives back and forth to Albuquerque for quality medical care. We are so happy for them!

Joseph Rael, Beautiful Painted Arrow, is 1000% retired, in the future should you have any spiritual questions, he says, "You will find your answers by reading my books."

I send many, MANY blessings out to our community and please don't forget to keep Ukraine in your prayers. Of course, prayers are needed for so many, MANY things but right now they really need our support. ....



***The International Vision Dance Schedule for 2023***

This Year of Dances is coming to a close, and this is the time for Chiefs and Coordinators of the *Beautiful Painted Arrow Vision Dances* to send the details and dates of their Dances to Jane Innmon for inclusion in the 2023 Dance Schedule,

please contact Jane via: [peoplegardener@gmail.com](mailto:peoplegardener@gmail.com)

Although the places where Dances will happen next year are not yet collected, over the years 25 countries have held Beautiful Painted Arrow Dances (namely the Long Dance, the Drum Dance, and the Sun-Moon Dance). In the USA alone Dances have taken place in 19 States.

In 2018 Beautiful Painted Arrow, Joseph Rael, appointed his eldest daughter, Geraldine Rael, to be Vision Dance Guardian for these 3 ceremonies and she is the person to approach for clarity on matters concerning them,

contact Geraldine via: [geraldinerael382@gmail.com](mailto:geraldinerael382@gmail.com)

visit the Vision Dances website at: [The Guardian: Geraldine Rael - Geraldine Rael](#)

The Schedule only lists the Dances that are submitted to be included and more Dances may be happening anywhere, also, as happened in 2020, listed Dances may sometimes not be able to take place. Appended to the list are Dances visioned by Joseph's students and other Dances given by Joseph to specific places.





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

**related by storyteller Jeff Combelic**

### ***part 4: The Construction of the Sound Chamber continued***

*See issues 24,25 and 26 for parts 1,2 and 3*

*Part 3 contains these words on how the land was prepared before building:*

On one visit he [Joseph] 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.

*photo: Joseph placing the power bundle assisted by Jeff, from Jeff Combelic*

~~~~~

Part 4 -

Joseph was coming around every few months and we were doing Shamanic journeying workshops and occasionally a sweat.

The Chamber walls got stuccoed, the volunteers very much enjoying this work. The next big question was the logs for the roof. I needed long ones. One morning I was up in Ward at a restaurant we had remodeled having breakfast and I overheard a friend, land guy JB, saying to an apparent customer, "all right, the land is yours, all you need to do is clear some trees". I went over, introduced myself, and said I was looking for some good-sized trees and would cut them free. JB asked me what they were for and after I told him, he said those would be too small but that he had some big ones that needed to be cleared in front of some mine shafts he was looking to rework.

It was fall and we proceeded to gather these wonderful straight trees, 16" in diameter at the base. After making tobacco offerings, we cut them to length, and load them with the boom on my truck. We would drop them on the upper terrace of my yard then roll them out on some wide stout sawhorses to peel them. We borrowed some draw-knives from a friend wood worker. Edwin and Kika seemed to like the work and I would come home weekdays to some newly peeled logs. This job took the winter to complete.



photo: very long logs, from Jeff Combelic

My excavator Max, who was donating his work, put a ramp up so we could load the logs on the truck, off load them onto the roof, and roll them out to their position. Somehow though we weren't quite ready. A subcontractor of mine, Bill, came by and looking at the project said, "you know you have to waterproof the top of the walls as moisture will wick up through the cinder blocks". Aha, that was it!

The "all Buddhist crew" and oftentimes a volunteer or two more would come over every Sunday morning, meditate, have oatmeal breakfast, and start cutting, placing logs, and pinning them. This was real fun, like building a jungle gym. We also installed the post and beams for the sunroom entryway.

It was really taking shape and on Sunday morning before work we were now meditating in the embryonic Kiva. Of note, my meditation teacher Bhante Gunaratana from the Bhavana Society in West Virginia came out and taught a group Lovingkindness Practice in my living room. In attendance was Pema Chodron who had just come back from Nepal. She went on to become the Lovingkindness Teacher in the Tibetan tradition.



Building the logs up took us into the summer. The plan was to pour a concrete dome over them. A lot of concrete would be needed as the steps up the logs would take much. We decide to infill the steps with rocks. The log work had been very masculine, so I talked to the women about gathering and placing these stones. They liked the idea and proceeded to do that. I made a point of gathering a stone from every yard in my little town of Gold Hill offering tobacco and praying in Metta energy.

photo: building the jungle gym, from Jeff Combelic

Time came to pour the roof which we hand mixed and carried up in 5-gallon buckets. This was the hardest work, and we could only pour half the roof by the end of the day. We were exhausted. I knew the volunteers wouldn't come back for a second dose, so I got my crew and some pick-up labor to do the other half. We then covered it with tar, tarpaper, and clay from a quarry up in the flatirons.

We installed the entryway overhead glass, windows, door, and the hatch at the top of the chamber roof. Wow, we were now dried and closed in! At a town bake sale, from a woman who would reappear many years later in Damanhur study groups, I bought an old round oak wood stove and installed it in the entry. We even had heat! And the nice outhouse I had refused to abandon when I installed my septic system in 1984 was right across the way!

I was now \$3,000 in debt to my suppliers. My next earning job was a kitchen bathroom addition for the neighbor of our family cabin up on Lake Conconnully in Washington State. I informed my suppliers of my situation, promising to have them paid off in three months. They all worked with me charging no interest. I took off early September 1989 in my little Nissan pickup loaded with tools, leaving renters Andy and Anna caring for the house and the Chamber.

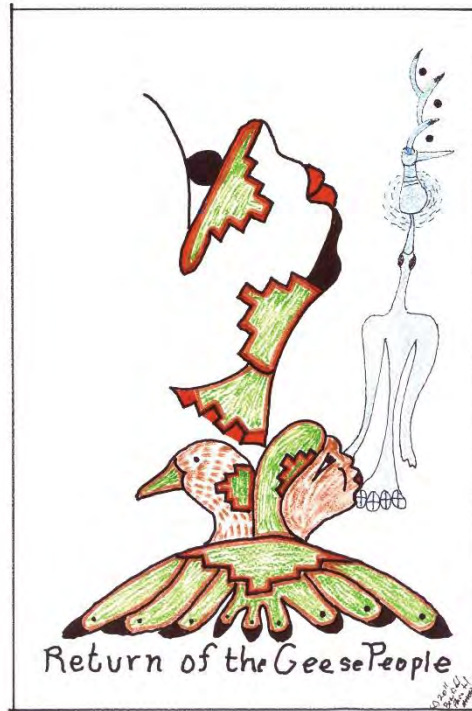
To be continued.....



My turn.

historic photo, from 1997, of the 1st Gathering at the Center for Peace, Tennessee, from Junitta Vallak





Artwork (copyright © Joseph Rael) sent to the Peace Group in 2011



LISTEN

What do the animals know that we don't?
 While we speak over one another
 our small tongue-tied human sounds.
 We can't hear their night-music:

*Milkwhite murky sap song
 Beading at the tips of stalks
 Broken by the musky amble
 Of Bear, foraging.*

The Earth wails her own deafening dirge.
 Listen, the geese never left this year.
 I watch them fly back and forth
 across a gunmetal sky,
 Their scattered, illegible verse
 overwriting the solace of winter rhythm.
 Their harsh cry once gathered our hearts
 Into the Kingdom of the worthy.
 But now their voices keen confusion
 when we are brave enough to quiet down and listen to their song.

What do the animals know that we don't?
 Here, at the end of the movement,
 At this held pause between breaths
 When the seasons are not promised
 To follow one after another anymore.

(copyright © Emily Kedar 2019)
 website: emilykedar.com



A Tribute to Nick Hurn, Dance Chief and supporter of Joseph's Visions for Peace

from the Dance and Chamber Family in the UK

Nick Hurn was by profession an acupuncturist, his practice was based in the Norwich, England. He was an early supporter of Joseph's Visions, meeting him in the 1980s and in the 1990s dancing in the New Mexico Sun Moon Dance in the USA. He went on to support the early years of the Sun Moon Dance in England, both as a dancer and as a Drum Team member.



Nick Hurn, Milena Weber, Martin Burberg, and Keith Brocklehurst.

photo of the drum team taken at the 2001 UK Sun Moon Dance by Barbara Helm

From 2007, he and his wife Cindy organised the Sun Moon Dance in the county of Norfolk in the UK. Nick was the Chief and Cindy was part of the Moon Mother team led by Sammye Jo Harvey. Seven Sun Moon Dances were held in Norfolk before, due to his declining health, the Dance there came to an end. Nevertheless, after intensive treatment and encouraged by Joseph, he was able, in 2017, to travel to South Africa to Chief there with Sammye Jo Harvey. In *Issue 25 February 2022* there is a tribute to Sammye Jo written by Nick, he was very ill at the beginning of this year but wished to honour his friend and mentor.

He was a quiet and sensitive person; he walked gently in the world.

In 2008 we organised a Chamber and Chiefs' Gathering followed by a Sun Moon Dance in the Scottish Borders. Nick attended both events, addressing the Gathering as a Dance Chief and dancing in the Sun Moon Dance. It was September, the weather inclement. Often wrapped in blankets, we had great fun at the Gathering. The Dance was tough, during the day and at night, moisture hung in the air and Nick's asthma flared up, he continued dancing.....

Nick travelled home to the Ancestors on August 8th 2022. He was a very brave and dedicated man and his contribution to the continuing of Joseph's visions is deeply appreciated by us all.



above: Chief Nick addressing the Gathering.

to the left: preparing to begin the Gathering with a walk to the Chamber led by the sound of bagpipes.

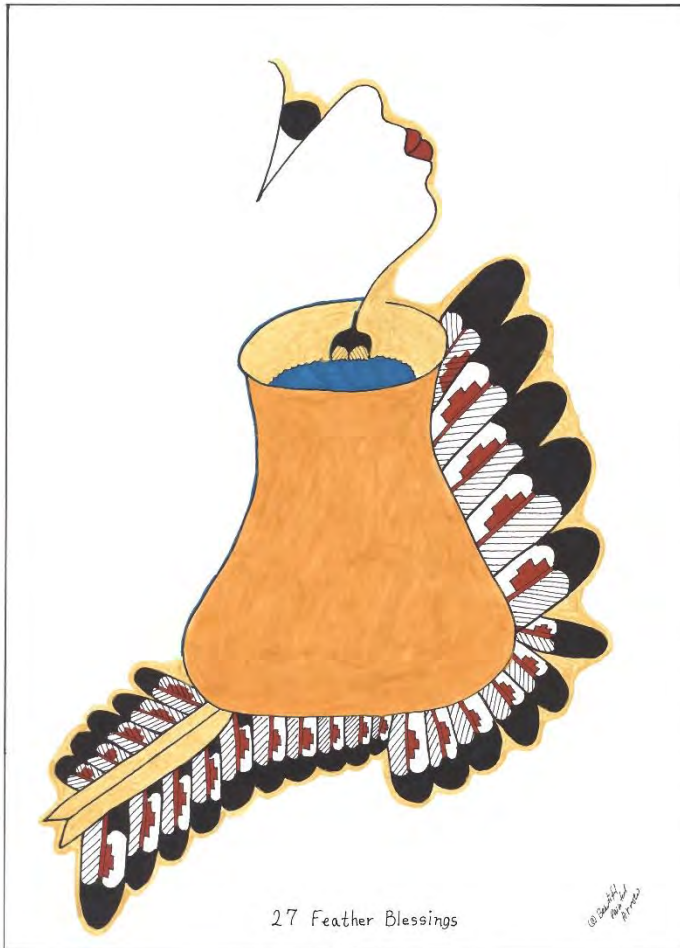
both photos by Jackie Glover



27 Feather Blessings from the Seeds of Peace newsletter

Yes, this is the 27th issue of Seeds of Peace!

The editors would like to say THANK YOU to everyone in the cycle of blessings given and received,
THANK YOU to all the writers that dip the feathers into the waters in the clay jar
and THANK YOU to all the readers that enjoy the refreshing waterdrops.



In the early days, from the 1980s up to the mid 2000s, there were paper newsletters of one or two pages sent by post to a list of Joseph's students. And then, for a time, email was the main way of sending news to the community. These ways of communication came and went.

The idea for the current newsletter was conceived at the 8th Gathering, held in 2014 at Wind Walker Chamber, near Johannesburg in South Africa. A Council of Elders with 19 members was also brought into being. They named the newsletter: Seeds of Peace.

Beginning in 2015, Fritz Duminy edited the first two Issues which were sent in .pdf to an email list. Then, due to Fritz being unable to continue, Andrew MacDonald joined him for an issue and from then became the editor through to Issue 9 when he added Stella Longland to his team. He stepped back from editing in 2018. Around that time the Council of Elders also underwent changes, and a new phase of the newsletter was born.

Artwork (copyright © Joseph Rael) first sent to the Peace Group in 2008

From Issue 10, which took the form of an Expression of Gratitude to Joseph Rael, Beautiful Painted Arrow, as he handed on to his Eldest Daughter, Geraldine Rael, the Guardianship of the 3 Vision Dances, there has been an editorial committee of six caretaking the newsletter. We committed to publishing 4 Issues a year and we set up the website: <https://seedsofpeace.news> where previous issues and other documents are available and where people can sign on to receive future Issues in a post from the website.

About 130 people have so far signed up on the website which is by far the most efficient way to get the newsletter (as long as your spam settings allow it). We also still have an emailing list of around 350, but we have no idea how many of these emails are still active. And we have no idea how many people read the newsletter. That, we will never know, but we think that, for a reader, it is better to sign up on the website where you have more privacy and personal control of your address as you can unsubscribe at any time.

When people peruse an Issue of the newsletter in its present format they often exclaim: "This is more of a magazine!" I guess there is something of a tradition in the idea of a Beautiful Painted Arrow newsletter and so we stick with that description.



NEXT ISSUE *Seeds of Peace* Issue 28

publication target date: February 5th 2023

please email submissions before January 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.

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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.

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Related websites:

<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.

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

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

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/> and enter your email address in the subscribe box on the **Home** page. You will then receive an email from the site asking you to **confirm** your subscription, once you do that you will receive, on future Issue dates, a post from the site containing a link to read and/or download the current issue. **If you do not receive the confirm email, check the filter settings on your device.** On the site you will also find previous issues and other documents available for download.



In Thanks for Harvests: Potatoes from a Colorado Mountain

photo courtesy of Lisemarie Coyote Windwalker