

A photograph of a forest with tall pine trees and a blue sky with white clouds. The trees are dark green and have a dense canopy. The sky is bright blue with several large, fluffy white clouds. The ground is covered in dry grass and small plants.

Issue 30
August 2023

Seeds of Peace

a place where dancing happens

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Sun Moon Dance ground, Pagosa, cover photo from Lukas Budimir

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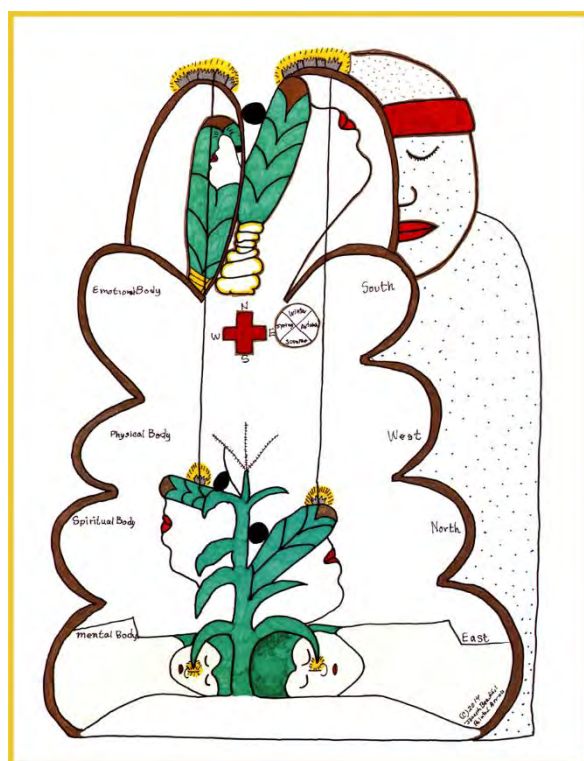
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Emotional body
N
W E
S
Physical Body
Spiritual Body
Mental Body



South
Winter
Spring Autumn
Summer
West
North
East

(copyright 2014 © Joseph Rael)

(Being and Vibration: Entering the New World p.79)

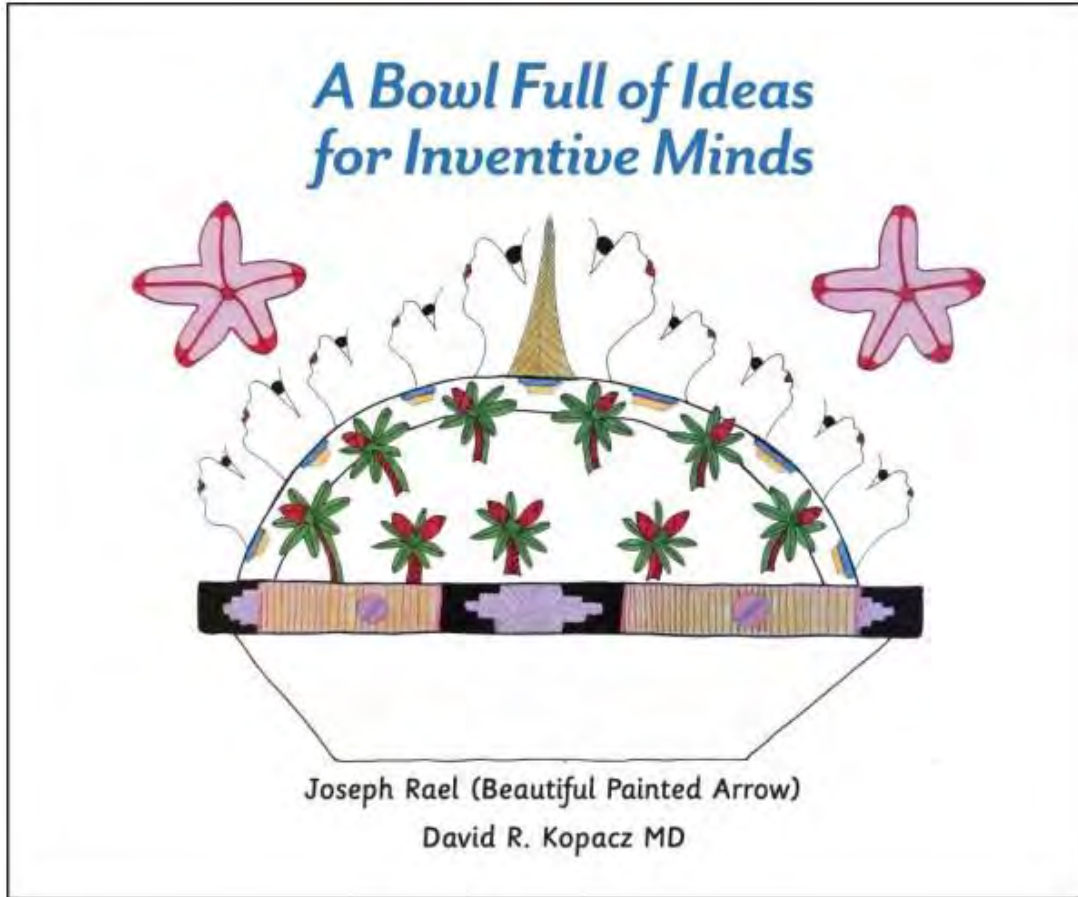
(Walking the Medicine Wheel p.44)

Announcing A New Book from Joseph and David

A Bowl Full of Ideas for Inventive Minds

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

published on June 2, 2023



These are the words of Joseph Earl Rael, who is also known by his Tiwa language name, Tsluu-teh-koh-ay, Beautiful Painted Arrow. Joseph spoke these words and ideas to me, David Kopacz, and I have written them down in this book. We include Joseph's artwork which he first learned at the Santa Fe Indian school from José Rey Toledo and other teachers. We hope you enjoy this offering of *A Bowl Full of Ideas for Inventive Minds*.

David R. Kopacz MD

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Southern Ute elder Joseph Rael (Beautiful Painted Arrow) offers words of wisdom to children and the young at heart..... Joseph fills the bowls of hearts and minds with 18 ideas to stimulate inventiveness, creativity, and an appreciation for sacredness in everyday life. Accompanied by Joseph's artwork that further illuminates inventive ideas that are so needed in the great big bowl of Mother Earth.

Available through: [Itasca Books](#), [Barnes & Noble](#), and [Amazon](#)

ISBN: 9781734280050

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When Magic Happens, We Know That We Are On Track

from Geraldine Rael, Eldest daughter of Joseph Rael, Beautiful Painted Arrow

Covid had been a very bleak time for most people, including me.

The first year there were almost no Long, Drum & SunMoon Dances. If there were ceremonies, they fasted & Danced from their backyards. One couldn't or shouldn't go out into public. If you did, you were risking their & your life.

This virus that changed the world forever began in 2019 and fast forward to 2023 it is still infecting people. During this bleak time it was lonely, sad & uncertain as to what the future would bring. I worried about my father & stepmother, my children, grandchildren, our community. I worried for all my loved ones, mostly I worried about my two brothers that depend on me as I do not know what would become of them should I not survive.

During that time, I prayed for my loved ones, my friends, I prayed for our Beautiful Painted Arrow communities & I prayed for all the people in the world.

In the stillness of the world stopping us in our tracks, I had a lot of time to reflect about my personal role in my father Joseph Rael's Beautiful Painted Arrow community. My community consisted of three women and myself. I was at a loss. How can I grow my own following to build on my father's legacy?

I understood the associated costs to hold a sacred Dance were great before I came on board. Now everything is sky-rocketing in price. A certified Drum Chief, if available, is \$1000 and \$600 for each Drummer plus all their expenses. When you have 3-4 Dancers one can't afford to hold a ceremony.

My home is on the reservation & our Southern Ute tribal campus is nearby. I cannot advertise or take out ads for likeminded people in a local newspaper to request participants for a SunMoon Dance or to call out to people that want to Drum. As long as I'm off the reservation, I can hold my father's sacred Dances.

During this dark, DARK time I prayed, I prayed to the Ancestors, I prayed to God, I prayed with tears running down my face. Out loud I prayed, "How am I going to create a following to keep my father's teachings, alive, I do not have much community on the ground." "Creator of all that is, I ask you for guidance."

It was right about 9 months later that I received a message on my Facebook page about one of my father's teachings that I had reposted. It was from a woman who lived local & had read one of father's books. I invited her out to see my father's Sound Peace Chamber. I told her of the honor I'd been gifted by my father to keep his work relevant. I spoke of how I struggled in building a larger community. I then showed her his art on the walls & gifted her a book. She soon shared with a musical friend of hers who might be interested in drumming for us. She later came out.

The musical friend was wowed by the chamber itself, the art and especially the drumming & chanting, she definitely felt "home" with chanting & drumming! She shared with me she & her husband owned several coffee shops, including the one she operates near our local College. She also spoke of her experience before coming out to the chamber, she saw an Eagle swoop down towards the window where she stood in her home as she was on the phone to her friend who had been in contact with me. It was then she KNEW it was a sign, she NEEDED to meet me. I immediately liked her, she was a warm & genuine person. This woman is now our Drum chief!

About a month later a third woman, who had recently visited the Chamber, rang me & asked if she could bring a group of likeminded people out. I told her that would be great! And we arranged the date. The following day, she'd taken one of my father's books that I'd gifted her to work. She had been briefly visiting with a customer when the door opened, and more customers came in. She put her book down to service them. The young man that she had been talking to, glanced down at the book. He told her, in surprise, that he'd read that same book twice, it is the one called *Sound*. She then further WOWED him

The Core of Mother Earth

a story of planetary healing from Reverend Sally Perry Sallybperry@aol.com

This was first written because I had told Geraldine, Joseph's Eldest daughter, about this and she said I was the only person besides her Dad that had spoke to her about the Core of the Earth. So she asked me to please write this to her so she could keep it.

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In 2017 I moved back to Virginia Beach after 17 years running a Retreat Center in Rockville, Virginia. In the 30 years I had lived in Virginia Beach previously I had met Joseph Rael, who I referred to as Painted Arrow, in 1981. By 1985 I became his sponsor, and he blessed land at Sandbridge for a Peace Chamber. The Chamber became reality thru donations from so many friends and students, along with the landowner, Chandler Dennis, who matched the \$6000 we raised. I remember it was Joseph's 60th birthday, but we hid the fact that after the "blessing ceremony" we would have a surprise party in the lovely renovated upstairs of the barn. He had taught me how to hide things and he was surprised since I had ask Spirit to hide it from him!

After 17 years I left Virginia Beach and I had ask the Chamber be Ascended since I thought our work had finished there. So now another 17 had passed and as I settled into my next home I heard, "You are here to now Descend the Peace Chamber Energy back to Earth, then take it down 3 Dimensions into the Earth, since it was Ascended 3 dimensions above, it now must descend 3 down". Halfway thru 2018 I was told that when it had descended into the Earth 3 Dimensions, I must then take it to the CORE OF MOTHER EARTH. This would finish the work Joseph and I had done here.

To my amazement the descent seemed stuck several months. Then Mary DeMartino called from California and in doing a ceremony there a stone had come to her and wanted to come to East coast. Leigh Lucero played a big part in listening to my not understanding why but when Mary came, she said, "You will be able to complete your work with Joseph NOW".

Mary buried the stone the end of February and immediately the energy started moving and within several weeks it reached the Core. Then I had to close all the Portals and seal that Precious Light in MOTHER EARTH'S CORE. Finished April 2019!

Now we can heal as a People at the Core of our Being since her Core has returned thru the male and female energy, one without separation, true union of our own self that lives within each of us.

Look only within to find your true self, all else is simply a reflection of what we need to heal within our self, "It's only us never ever anyone else".

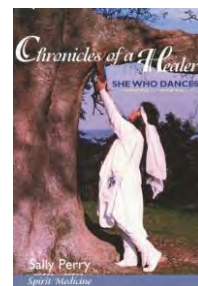
Remember, "Water is liquid light", examine your Core beliefs, some from past lives, others from childhood, or cultural influences, all feed into our relationships. Some benefit, others are ready to be released so we can lift our consciousness higher and higher.

Personally, so happy Joseph Rael has NOW turned his ceremonial work over to his elder daughter, Geraldine Rael. Thanks to Geraldine Rael, Benito Rael, Carla Jo and last but never last Joseph Rael, Beautiful Painted Arrow, who freed my heart. Happy healing for our females and males on this planet and beyond, She Who Danced, Spirit Medicine, Swami Satchidanand Ji

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published in 2000: **Chronicles of a Healer: She Who Dances:** by Sally Perry, Spirit Medicine.

A story of early tragedy and how, through self-healing, the author found that she was able to heal the hurt in others (ISBN: 0-9710002-1-2).



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Roadtrips to Sacred places in the United States in 2022 and 2023

from Marina and Lukas Budimir preparing to build a Chamber near Zagreb in Croatia

In 2022 as the doors to international travel finally opened, my husband Lukas and I were modest in our plans to reconnect to the Beautiful Painted Arrow community in the US. Zooms calls were great but can never come close to actually being and interacting face-to-face. We flew to Atlanta, Georgia, for a three-week visit that would gift us with chanting, songs, a sweat lodge and the embrace of a sound chamber and arbour that calls for our return.

Our first stop was a short visit with Mr Benito Rael, Alabama, our drum teacher, to catch up and see how he was doing. Bear hugs and a song to guide us on our way.



Next stop was at the Center for Peace in Seymour, Knoxville, Tennessee, and meeting up with Steve Citty and a visit to the sound chamber and arbour.

A live tree and the arbour had been planted 30 years ago and is a very special place. Going up to the sound chamber felt like coming home, the whole place buzzing with Peace energy.

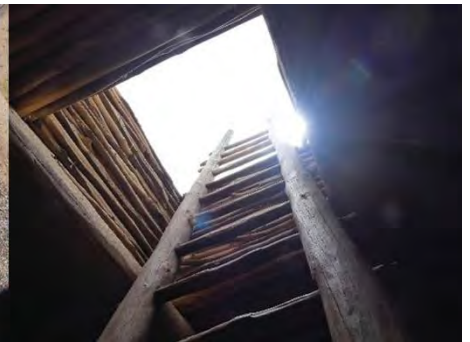


The last stop of this first week was a visit with Imani White at SoulFire Sanctuary, in North Carolina, her beautiful land and sound chamber where we chanted in the depths of a red egg-shaped spaceship, got to know a lady from Brazil who was visiting and neighbours that held a Lakota sweat lodge to welcome us.





After this first week we flew on to Albuquerque, New Mexico, and visited the painted Kiva / Coronado historic monument in Bernalillo. This is the only square kiva we have seen and it is even accessible with a guided tour. It once contained many layers of mural paintings and fourteen examples of the original art are on display in the Visitor's Center. Some similar ones we had also seen many years ago in Joseph Rael's first Sound Chamber once close by.



Another stop in New Mexico on our way up to Geraldine Rael's SunMoonDance in Pagosa Springs was Chaco canyon with the biggest kiva you can imagine and its amazing acoustics. Unfortunately, today visitors are not allowed to go into the kiva. It must have had space for several hundred people to meet.



This year, 2023, we flew to Denver, Colorado, with more audacious plans. Stopping over in Colorado Springs we visited The Garden of the Gods, once a neutral ground for Native Americans where even rival tribes laid down

their weapons when entering. This peaceful area was sacred and a hub for trade between nomadic tribes. The Ute people were native to the area and made the land near the formations their home during the winter months.



Then the Great Sand Dunes national park was on our way, the place where Joseph Rael recorded the videos linked below:

The Gift from Joseph Rael,

<https://www.youtube.com/watch?v=WU426Ne2E0Q>

and

Indigenous Holy Man Sets War Gods Free,

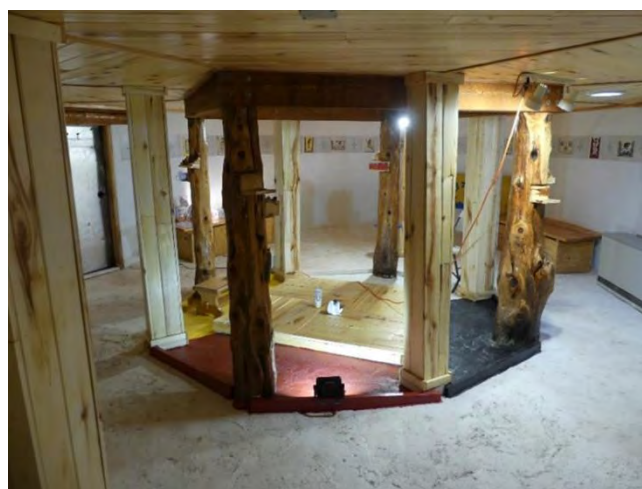
<https://www.youtube.com/watch?v=MXXMQAjNuLo>



We travelled on to *Where God Walks and Talks*, the second chamber Joseph built, that Geraldine has now opened for occasional ceremonies. Five of us gathered to chant the vowels, our names and play the flute. We also tried out a singing bowl to hear how the sound spiralled around in this oval shaped structure. The 38 artworks from Joseph duplicated on wall tiles making a circle around us, were like a whole gallery of vibrations. This is something that we are going to write about in the coming issues in more detail.



chanting, with Geraldine in the foreground



the chamber interior

On the land of Ponderosa pines above Pagosa Springs where the SunMoonDance was to happen, we met up with Ken Rich and Peggy Quakenbush who were to guide us to the next stage of our journey in connecting to the sound chamber network.

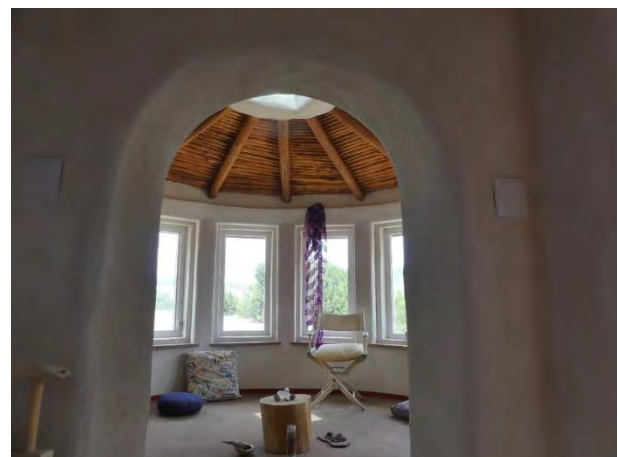
Dancers gathering with Chief Geraldine for a picture after the Dance



We headed for the sound chamber in Abiquiu, New Mexico, and a visit with Bill Enoch. Once called *The Sanctuary* and reminiscent of the soundchamber-like structure at the Findhorn Foundation in Scotland where the former owners had met, today the Abiquiu Sanctuary is a sound chamber that carries the name *In the Beginning We Stood Up and Became Two-Leggeds*. (For more information see the article on this chamber on page 14 at this link, <https://seedsofpeace.news/issue-23/>).



Abiquiu chamber exterior



Abiquiu chamber interior

Remaining in New Mexico, we travelled to Albuquerque, where we met up with Peggy and Ken, to visit Marie and Mike Pedroncelli and see the *Circle of Light* sound chamber.



Circle of Light exterior



inside the center of the roof is open to the sky

This visit has inspired us to change the building plan for our new sound chamber in Croatia and we will write about that in a future issue.

A photograph showing the interior of a traditional Mongolian ger. The ceiling is dark and features a large, diamond-shaped skylight that allows bright light to enter. The walls are covered in patterned textiles, including a colorful striped banner. In the foreground, there are wooden frames and draped fabrics, including a red and white patterned cloth. The floor is covered with a patterned rug and various items, including a small table with a white cloth and some objects on it.

We conclude that you really should go and visit people and places. It really is great to connect, or reconnect, with these amazing people in these amazing places. Share your life experiences, your ceremonies in daily life, acknowledge the effort that people do to bring Peace to this world. Work is worship as Joseph puts it. Repeating ceremonies brings development of new possibilities and building connections raises the impact of what we do.

Lukas Budimir email: soundchamber@gmail.com

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Lost in the Wilderness of the Body

from David Kopacz MD, extracts from his blog <https://beingfullyhuman.com/> posted May 26, 2023

[note from editor Stella Longland: I have chosen the following passages to give an overview of the post. On the post David describes his journey in greater detail.]

'I haven't written anything for *Being Fully Human* for some time. I have been on an odyssey, a continuing journey, through the inner reaches of the body and the outer halls of academic medicine. You see, I have been lost in the wilderness of the body.

I was diagnosed with nevoid melanoma last year. Nevoid means mole-like, similar to the common nevus (mole). It did not look like a typical melanoma with irregular borders, asymmetry, or coloration. It looked like a regular mole. However, this was not a common mole, but a malignant cancer that had spread to two of the lymph nodes in my axilla (armpit), making it a Stage IIIa cancer.

My oncologist recommended adjuvant immunotherapy to prevent any recurrence. Immunotherapy is a relatively new treatment for cancer over the past decade or so. Nivolumab is a monoclonal antibody (-mab) that "switches on" the body's own immune system in a way that over-rides the immune-blocking properties of cancer. The risk, however, is that one's activated immune system can turn against the self, causing various autoimmune conditions anywhere in the body.'

'The decision to start this medication was difficult for me. With roughly a 10% chance of potentially permanent side effects, this is a serious medicine. However, my oncologist thought there was a 10-20% chance that I could have a recurrence of melanoma without treatment.

When my oncologist said that he thought my risk of recurrence might be closer to 20% and immunotherapy could cut that risk in half, I decided to go on the year-long course of monthly IV infusions.'

'When I first was diagnosed with melanoma, my friend, co-author, and teacher, Joseph Rael (Beautiful Painted Arrow) asked me why I thought I had gotten cancer. I sputtered out a couple of things and he interrupted and simply said, "*Because you are still in training.*"

This attitude could actually apply to all of life. When anything goes the way we don't want it to, we could say, well, this is a good training exercise – what can I learn from it, how can I grow? To approach life as a student, rather than a victim, is the road less traveled, the pathway of transformation.

The first infusion of Nivolumab was uneventful. I felt a little tired after, but nothing dramatic. However, about two weeks later my right foot hurt every time I took a step. This lasted about three days and then the pain resolved but I had tingling paresthesia of neuropathy.

Two weeks after the third infusion the neuropathy symptoms intensified and began to move up my legs – tingling, electric jolts, burning sensations, aches, and cramping pains.'

'Over two weeks the neuropathy picked up speed, reaching my chest (which led to an emergency room visit to evaluate chest pressure and cramping that later seemed to be related to the spread of the neuropathy). I was alarmed at the rapidity of the upward spread – like a brush fire – and I began reviewing different kinds of rapidly ascending neuropathies.'

'I felt like my team was always a couple steps behind the rapidly evolving symptoms and that they lacked imagination to think beyond reductionistic symptoms to encompass the overall pattern of what was happening.

Eventually they started Prednisone to shut off the immune activation. This was a high dose of steroids, up to 100 mg and then a slow taper down. It pushed the neuropathy symptoms mostly back down below my waist, but I was still having active symptoms in my lower body.

Now, off prednisone, I continue to have head-to-toe neuropathy symptoms.

I also developed a heavy feeling in my legs, difficulty standing straight (but walking ok), leg tremor, low back pain, and balance problems.

Despite my detailed descriptions, and even the doctors own objective findings on physical exam, I haven't felt that any of the doctors have adequately explained the balance symptoms and instead have focused on trying to determine what kind of neuropathy I have.

I've been off work for two and a half months and just returned to work part-time this week. I still have head-to-toe neuropathy symptoms. I don't have to use a cane for short walks, or prop myself up with the counter if cooking or doing dishes. I do still feel off-balance and use my hands to steady myself as I walk through the house, as if I was on a ship rolling at sea.'

'If I seem embittered toward the medical system – I am. I have had some very compassionate nurses, and a couple physicians who were not part of my immediate specialty care team. My primary care doctor is great, but I've been lost in the wilderness of medical specialties, medical technology and evaluations, and twice been to the emergency department. On the one hand, medical technology surgically removed the cancer and identified the two metastatic lymph nodes, and as far as we can tell, removed all visible signs of the cancer. On the other hand, I can't help but think of immunotherapy as contemporary alchemy, with my young oncologist as a kind of modern-day alchemist, playing around with mercury and other arcane substances to try to create the philosopher's stone that will be the panacea to cure all cancer.'

'The ancient Greeks had a word for medicine – *pharmakon*. They also had a word for poison – *pharmakon*. These modern-day alchemists, in their zeal to cure, may be causing a whole panoply of iatrogenic diseases. The dual nature of *pharmakon* – a poison and a cure – should engender humility, caution, and a sense of awe at the *mysterium tremendum et fascinans* of life – the terrible yet fascinating mystery of health, life, illness, and death.

Please don't mistake my personal narrative as medical advice. If I had advanced metastatic cancer, the trade-off of my ongoing symptoms for being cancer-free would be a different calculation. However, for me, I didn't feel sick until I received the treatment to make me "healthy." I'm not sure the trade-off, from a cost-benefit analysis was worth it.'

'I also feel like I have been hood-winked by contemporary medical, technological science again! When I was in medical school, I felt like I was losing an important part of my humanity as I grew in skill as a medical technician. I felt I was losing my soul and I developed the idea of a *counter-curriculum of re-humanization* – a kind of soul retrieval through meditation, reading, poetry, the arts, and creative practices. Now, as a patient, I feel another loss of my soul and humanity as I've been processed through the medical system. I've been continually frustrated as I've laid open my soul to these young doctors who are always attending to the demands of their computers.

The Greek word for physician or healer is *iatros*. The Greek word for soul is *psyche*. As a psychiatrist – or *psyche-iatros* – I've viewed my calling and role as reminding medical professionals that we should be striving for a balance of our roles as technicians and our roles as healers. As we seek to modulate the inner workings of the body with technology, we should balance this with the role of the healer who works with our psyches – our souls – as well as with our bodies.

To treat the body without the psyche or the psyche without the mind is to be at least partially insane. Human reality is psyche-soma, mind-body. To ignore this holism is to ignore and blind ourselves to half of reality, which means we are voluntarily insane – if by insane we mean someone who ignores or is unaware of reality.'

'I've been lost in the wilderness of the body – but to say it this way is really not quite true. This illness experience has shown me that my psyche and soma, my mind and body are one. I have been exploring the inner reaches of the territories of my being. This is not looking at the body from outside, trying to manipulate it into health, but rather exploring a vast wilderness of the unknown within myself. What we do not know at first appears dark until we bring the illumination of consciousness into that dark realm.

Rather than wail and gnash my teeth or rail at the contemporary medical technology system, I try to remember the words of Beautiful Painted Arrow, "You are still in training." Then I ask myself, "What can I learn here, in this dark wilderness of the body, what treasures might lurk in the abyss, what vistas might be found over that mountain ridge?" Rather than trying to negate or eliminate sickness, or try to run out of this wilderness back into the light of the remembered memory of who I used to be in some sunny meadow outside of this dark wood, I will go deeper into the unknown realms of the body.

We need to explore ourselves, our inner natures as well as our outer natures.'

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In **Issue 12** of our *Seeds of Peace* newsletter you can read David's article on co-authoring books with Joseph Rael titled, *Following the Teachings of Beautiful Painted Arrow (in Circles)*.

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About David

David Kopacz is a holistic and integrative psychiatrist who works at Puget Sound VA in Seattle. He is a national VA

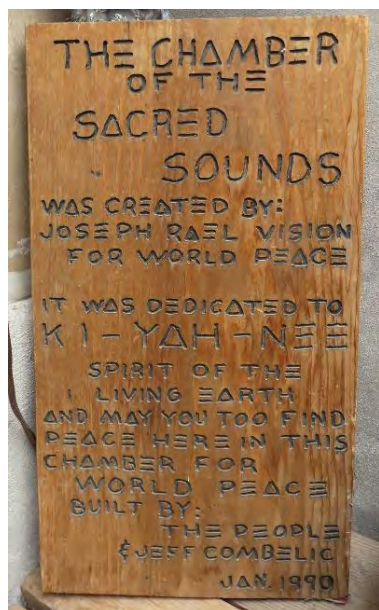


Whole Health Education Champion and an Assistant Professor at University of Washington. He is the author of *Re-humanizing Medicine: A Holistic Framework for Transforming Your Self, Your Practice, and the Culture of Medicine*

And, with co-author Joseph Rael, *Walking the Medicine Wheel: Healing Trauma & PTSD*, *Becoming Medicine: Pathways of Initiation into a Living Spirituality*, *Becoming Who You Are: Beautiful Painted Arrow's Life & Lessons for Children ages 10-100*, and the **NEW BOOK** featured on the previous page.

photo courtesy of Karen Kopacz (copyright © Karen Kopacz)

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Stories of Thundersong Chamber, Gold Hill, Colorado

related by storyteller Jeff Combelic

part 6: Working and Networking

See issues 24-28 for parts 1-5

photo taken by Lukas Budimir in May 2023

showing the original wooden plaque in the entryway of the Chamber

Part 5 ended on this note:

Joseph comes over and about 20 of us dedicate the Chamber on Sunday January 7th, 1990. Since it's the 7th, he also gives us the Fire Ceremony and its story which he received after a sweat in California overlooking the ocean when he was taken down under the ocean to meet with Oceanus, the king of the Mer-people, and was asked by him to do a Fire Ceremony at 7 on the seventh of every month to purify the waters and to remove any negativities that might have been brought into the Chamber. What I like is that my housemates Anna and Andy were away for the dedication but when they return, I share with them the story and Anna exclaims "Oh, I was at that sweat. He went into trance afterwards and asked to be left alone". Mid January, I load up my truck and head back East.

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Part 6 –

On my way back East, I spend 10 days with Cathy and Meg, do a week-long Vipassana retreat, and then take up a room in Reading, Pennsylvania. I contact Tom & Kristen Bissinger in Pottstown and right away get invited to their next sweat. I also contact the Dailey's in Philadelphia who have a Peace Chamber. I attend ceremonies at both and find a new group of friends and ways of doing ceremony. Nice, Real Nice.

I find out these Chick-Fil-A roadside diner jobs I am working on start out mellow and then wind up to an 80 hour/week crescendo. Talking with my housemates Andy and Anna, I plan a meditation retreat with my teacher's associate, Bhante Rahula, to take place upon my return. However, at work we get shifted to a remodel and the retreat ends up happening without me.

When I head back home, I find out I am being promoted to superintendent and the next job is in Waldorf, Maryland, in May. Our core Chamber group decides to go down to Joseph's in Bernalillo and get educated. We receive a download of Teachings, of elders in the four directions/seasons with assistants, of weekly ceremonies of chanting, prayer, and song, and of the effigies in the four directions.

Andy and Anna move to California. A few days later I come home to a note on my door saying, "I really want to live here". Her name is Almut, and she works at the Naropa Café in Boulder where she had met Andy and Anna. I go out and pray. Yep, it's her.

She starts moving in as Joseph comes for a Vision Quest. It's March and we end up getting snowed out after 2 nights. Into the house we pour, about a dozen cold and disheveled, upon newly arrived Almut who graciously warms up food for us. Later she will say: "That was quite an experience, Jeffrey". She gets curious and starts doing ceremony. Years later she would do all the painted tiles in Joseph's Chamber on the Ute reservation, WaChiChiHu.

[for readers who may not know about Vision Quests, under the leader's guidance, participants, seeking a vision, sit it out alone in the wilderness for 3 days]



photo of snowy Thundersong Chamber from Jeff

I find out Mike Wollard is in Denver. He comes up and visits. I want to put in a flagstone walkway out to the Chamber. He needs work so I say, "Come help me, I can pay you". Also, it turns out that Almut has a boyfriend who is the chief organizer for a channeler, Oceana. She has done a group or two in the Chamber and feels called to meet Joseph. It turns out she wants to ask Joseph to come work with her group. Much would come of this.

At this time Mike and I are installing the flagstone, and Bevel Bob, who helped build the Chamber decides to move to northern California to Chagdud Rinpoche's center. Mike moves into his cabin nearby and takes over his job!

I travel out to Maryland to my job and get settled. I hear that Bissingers are having a Drum Dance in a few weeks. I go out in the woods and pray, "Great Spirit if you make it possible, I will go do this dance". Turns out that coming into that weekend I have work scheduled that Saturday as well as the regular week. Looks like a no-go.

Word comes back that the earliest they might be back on the job is Monday. I ask my carpenter if he can cover the job. "Yes", he says. Well Great Spirit I can go to the dance! Trepidation - no food or water for three days...

There is quite a memorable crew leading the dance: Joseph with his brothers, Benito and Tayo, doing the drumming and singing along with Benito's daughter Carla Jo, as I remember.



My first dance is tough as the first afternoon, I seem to keep dreaming of all the smoothies I can make... Joseph loans me a rattle that he has been gifted. That shifts things. I enjoyed the morning sunrise ceremony and Joseph's instruction. On Sunday, I remember him saying, "Let all thoughts and emotions move through", so very Vipassana.

The feast on Monday is very welcome and I meet a lot of people, Rick and Elisa Cotroneo in particular and hear about some interesting events. I leave talking to a woman headed towards an older Cadillac seemingly loaded with all her belongings. I am wondering if I should have eaten vegetarian and avoided the chicken. She retorts: "Why do you think God created the chicken". I liked that and still eat chicken.

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Sun Moon Dance, Arizona 2023

insights from the Dance and dancing at Sweetwater from Chief Jane Innmon



2 of the dancers, Maggie Rose and Jonathan Kane, preparing for ceremony, creating the Eagle's nest in the living Dance Tree, photos from Jane Innmon

We have a small arbor, small but potent, as it is surrounded by the great Saguaro cactus that only grow here in the Sonoran Desert. We completed our seventh dance on this land this year, and we had seven new dancers and fifteen total – we were supposed to have 17 dancers but two of them had Covid and could not come. The Arbor can hold between 18-20 depending on how much space we give the supporters, drummers, and the chief and moon mothers, and I've got a feeling it will be full next year!

Usually, it takes a little time for the full energy of the dance to cook the dancers but not this time. By the morning of the second day I could feel the work of the dancers rising and growing. It's a sight to see/feel for sure and I was keeping a good eye on my dancers as their prayers and steps got more and more potent.

We had one dancer "go to the Tree" as we say on this day, she is my gateway, she is almost always my first dancer to surrender at the Tree. She seems to open the doorway for all the dancers even though she is not always happy to be "first".

There is a tension within the new dancers especially... like how should I "go to the Tree" or let go at the Tree. Do I want to put down my burdens, they have become so familiar. What does that look like, when do I let go, there are too many people watching me, will they be able to pick me up and carry me, why do I have to? So many things can go through the heads of the dancers, even when they clearly surrender to Great Spirit. Personally, as a dancer I did not "fall" at the Tree till my fifth dance but I still had my surrender to God, which is why I say it can look different for each dancer.

Here's the good news! There is no "right way" to meet God, we just get to that place where it happens and sometimes – we fall down and sometimes we don't. Sometimes we lay down at the tree and sometimes we keep dancing with our tears and full heart.

This is the beauty of the dance. We can come together and create this marvelous container that Grandfather has gifted us with – so that all of us, Dancers, Chief, Moon Mother(s), Drummers and every single Dog Soldier, Supporter, and Kitchen Angel can meet God in ourselves and in each other. It is a holy encounter. I get chills when I think of it.

For four days we get to see what it might be like if we could walk in that Beauty every single day and maybe we even get to do that for a period of time after the dance. Maybe the period of time gets longer each year and we can maintain our connection for longer.

Guided by Spirit

a book by Michael Pedroncelli, reviewed here by Lukas Budimir

In the introduction of his book, Michael Pedroncelli notices,

"that many of the most important experiences and turning points in my life ... have happened when I didn't understand what was happening at the time, or why I was doing what I was doing... Most times I felt that I should or even that I must do them. Then, after I followed those calls to pay attention and follow through with unusual situations, I looked back on them and found them to be extraordinary and important in the course of my overall life journey."

*But, taken as a whole, I see this as a process of some greater force of beauty, grace, harmony, and goodness that I could have ever conceived on my own. And even now, I see this process and the connecting thread as something larger than I can comprehend or articulate. I call it **Guided by Spirit**."* (p.2)

My experience is that these situations are recognizable by the need of some extra courage, braveness and that we can deal with a certain insecurity in ourselves, described scientifically as Ambiguity tolerance. So if you find yourself in such a challenging situation, choose the more demanding, because it has the most benefits for yourself and everyone.

The bold written text in this article is bold written in the book. The way Michael Pedroncelli writes is like telling a story. Therefore I didn't change much, but rather quote him. For this Newsletter, it had to be shortened as a summary. If you want to read all of it, I very much suggest to buy the book. (ISBN 9781092371742)

Besides many other non-ordinary experiences that Michael describes from his life experiences, he focuses on his reoccurring vision of what manifested as the SoundChamber "Circle of Light".

(right: the completed chamber in 2023)

"It started sometime in the 1980's but my job, our kids and our household were our priority. So I didn't get around to building this structure for over 25 years." (p.29)

At that time Joseph was building his first SoundChamber about 15 miles away from where Pedroncellis' live.

In 2009 Michael heard the name Joseph Rael for the first time. He directly,

"went into something like a waking dream state. I was floating above and slightly behind the left shoulder of a small Native American Man as he walked through a high desert canyon... He was walking with

such vitality and vigor - neither in a hurry nor slowly, but deliberately, with great concentration, awareness, clarity, and purposefulness. As he walked past, the air, dirt, rocks, desert plants, and insects in the air and the earth, all vibrated with light, color and sound... Things came alive in a wave near him as he passed by, and there was a resting, joyful, rejuvenated vibration along his path after he went by... He seemed to be chanting silently in his mind and performing ceremony as he walked... Then, just as quickly as I entered the vision, I exited..." (p.30-31)

"It started sometime in the 1980's. I started seeing a building in my mind's eye. It was cylindrical in shape with an opening in the middle of the roof like a Native American kiva, but different from a kiva in that it had a door on one side. And also, it was different than most kivas in that it was half underground and half above ground.... This dream kept coming back... When I saw this structure, it always seemed bright and "full of light". It was made out of adobe (dried mud bricks) and it had no windows" (p.29).





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The farmer is God planting.

Sound p.191 (copyright © Joseph Rael)

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.

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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.

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NEXT ISSUE *Seeds of Peace* Issue 31
publication target date: November 5th 2023
please email submissions before **October 15th**

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.

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