

Seeds of Peace

“for future generations.”



**inspirations from
the teachings of
Beautiful Painted Arrow,
Joseph Rael**

Issue 31 November 2023

quarterly newsletter

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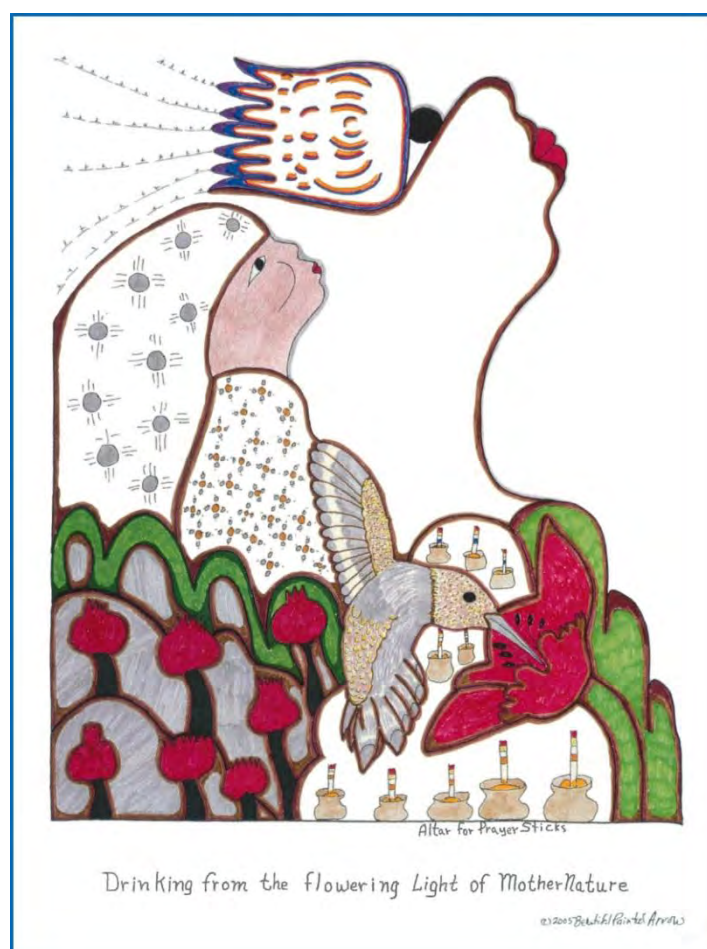
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Drinking from the flowering Light of Mother Nature

(copyright 2005 © Joseph Rael)

Becoming Medicine: Pathways of Initiation into a Living Spirituality, David Kopacz and Joseph Rael (p.344)

Our Solstice 2023 Call for 24 hours of Chanting for Peace

Organized by Rick Cotroneo from the House of Mica Chamber Community

In 2023, the December solstice occurs at December 22, 3:27 am UT, same as December 21, 10:27 pm ET.

We will chant for 24 hours such that the solstice occurs roughly in the middle of our 24 hours of chanting.

Chanting will begin on December 21st, at 3 pm Universal Time (GMT or UT) and continue until December 22, 3 pm UT/GMT. This is the same as: December 21, 10 am US east coast time to December 22, 10 am ET.

See the chanting chart at <https://www.houseofmica.org/solstice-peace-chant.html> to make this clear.

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Each year, around this time, I put out a call for solstice chanting for peace. Each year the inspiration for a theme has come effortlessly. It would just appear. This year felt different. With another round of terrible conflict in Israel and Gaza, the dragging on of the war in Ukraine, and so much violence and divisiveness permeating our societies, I have to admit that I have been feeling a sense of hopelessness. What is the role for chanting and prayers for peace at a time like this? What do I have to say to others about why we should chant and pray? Maybe I am just a witness to all this and there is nothing I can actually do.

The message came through this evening as I was washing the dishes. Maybe it was the warmth of the water on my hands or the sound of the water coming out of the tap. Maybe it was just a moment without thinking that allowed the inspiration to come through.

The reason I will chant today, and the reason I will chant for solstice this year, is that I was born at this time for this purpose. For some reason, my soul's path and this collective dream are aligned and I am here to be who I am and who I am is a chanter for peace. I am a care-taker for the earth and someone who was born to hold the intention of liberation and happiness for all beings.

As a person who facilitates the Sun-Moon dance, I recall messages that came through to deliver to dancers on Sunday afternoon. Sunday is a difficult time in the dance – it is often very hot, people are tired but can't necessarily rest, and people are on the verge of shattering the stuck places in their lives. It is not easy. I share with dancers in these moments that there is only one day in the year, only one Sunday afternoon of the Sun-Moon Dance, when you have this special opportunity to shatter your sense of limitations. You were born for this. Your soul chose it. Embrace this moment. Make the most of it because this is your soul's calling and there is only one time you have this specific opportunity.

The message here is that, in terms of praying for peace, we are in the "Sunday afternoon of the dance" stage, as a global community. It is not easy. We have to know that we chose this at the soul level, that it is not a coincidence that we are here at this time, and this is a time when it is important to allow our full beingness to shine for the sake of all humanity.

So, the theme for this year's chanting, if you choose to embrace it, is:

At the beginning of time, my soul chose to incarnate to be a chanter for peace at this particular moment in time. It is my soul's calling, part of my purpose for being. It is hard and I may feel weary or hopeless, but despite that, I step up with courage and persistence to play my part in this cosmic unfolding.

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A few more insights and suggestions:

1. Joseph's last name is Rael – and of course, we are praying for peace in Is-rael. Coincidence?
2. Include in your peace ceremony some time chanting the "Da-Vee" sound to honor the being who oversees the chambers. We often like to start with this sound. Maybe we should chant Da-Vee Ra-el?
3. The morning after the fighting broke out in Israel/Gaza, at sunrise I went out to the chamber and built a small fire outside. For some reason, it feels like fire may help transform the energies or bring light to the situation. So, you may want to consider building a fire or chanting around a fire.
4. In the new edition of *Being and Vibration: Entering the New World*, on page 140-141, there is a section titled *Chants for the New World*. In that section, Joseph shares some particular sounds to chant. I suggest you include

chanting these sounds in your ceremony.

Key-Ya-Tah: May there be peace.

Joseph writes: “Bring this sound into your skin, nerves, brain and Higher Mind. Visualize it entering the Vast Self and let it go without seeking results.”

Waa-Chee-Puu-Chi: May healing come to thee.

A while back I created a song in response to a previous outbreak of fighting in Israel and Palestine. I was driving in the car and heard the news of the fighting and began singing a song.

It started by singing Israel – Palestine, Israel – Palestine and then I chanted the above phrases – *waa-chee-puu-chi* and *key-ya-tah* - meaning: Israel and Palestine may healing come to thee, may there be peace.

After a while, I started to only sing the vowel sounds of Israel and Palestine. I (‘I’ pronounced ee) ah eh (for Israel) and Pa’ah ee eh (for Palestine), so the song goes like this:

Ee ah eh pa’ ah ee eh
Ee ah eh pa’ ah ee eh
waa-chee-puu-chi key-ya-tah
waa-chee-puu-chi key-ya-tah
waa-chee-puu-chi key-ya-tah

You can listen to the song at: <https://www.houseofmica.org/solstice-peace-chant.html>. Feel free to sing this song anytime you like.

5. In my sense of hopelessness, at one point I thought that maybe my role is simply to be a witness to all that is happening. Actually, I think that is an important insight to keep in mind. May we remember: I am the witness. I am the observer. As Joseph says, we only suffer when we think we exist, i.e. when we are involved in perceptual reality.

With five suggestions, perhaps we are half-way to manifestation.

Please join us in creating 24 hours of continuous chanting for peace. More information is posted at <https://www.houseofmica.org/solstice-peace-chant.html>.

Email us at rick@houseofmica.org to indicate the time you would like to chant.

So much gratitude that we are in each other’s lives and for the presence of this global community of love, Rick

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A Request for Articles from the Editors of the Newsletter

Stella Longland and Marina Budimir

stellalongland@btinternet.com or marinabudimir@gmail.com

In the next newsletter, Issue 32 published in February 2024, we would like to feature your feedback and insights about this year’s Solstice Chanting experiences. Please send them to either of us via the emails above.

We would also like to request articles from chiefs, dancers, chamber people, and others, on any aspects of the work you do with the Teachings and Visions of Beautiful Painted Arrow, Joseph Rael.

So many inspirations and stories are generated by Joseph’s Visions and Teachings, and it is good to share them with the wider community so that we feed each other.

Writing is also a wonderful way to develop the ability to communicate these very sacred things that are so hard to put into words, and that is a good personal reason to put experiences on paper.

Guidelines for writing Articles

The best format for an article to be submitted in is a Word.docx file or equivalent. The length of contributions can be from a few sentences to around a maximum of 1500 words.

Pictures and images are welcome and, for better quality reproduction, should ideally be sent as separate .jpg files. Pictures and images should also be included inserted in the submitted file to indicate their position in the text.

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The Roles of Vowels and Consonants in Chanting

Teachings on the Letters of the Alphabet from Joseph Rael



“The five vowels are metaphorically the five fingers on the hand of God and the metaphor meanings of these letters when applied to words which we use gives us the key to understanding the very essence of the deep mystery contained within that word.

The consonants too have their own metaphoric meaning and so we can take any consonant in a name and by applying its metaphor meaning we can get down to the original and deepest meaning of the consonant and its connection to the other letters in a name.”

TofDL (p.13)

“THE MEANING OF THE FIVE VOWELS OF THE ENGLISH LANGUAGE

A washing, purity, purification, purifying light

E reflection, reflectivity, relationship, placing, placement, grid, mirror, echo

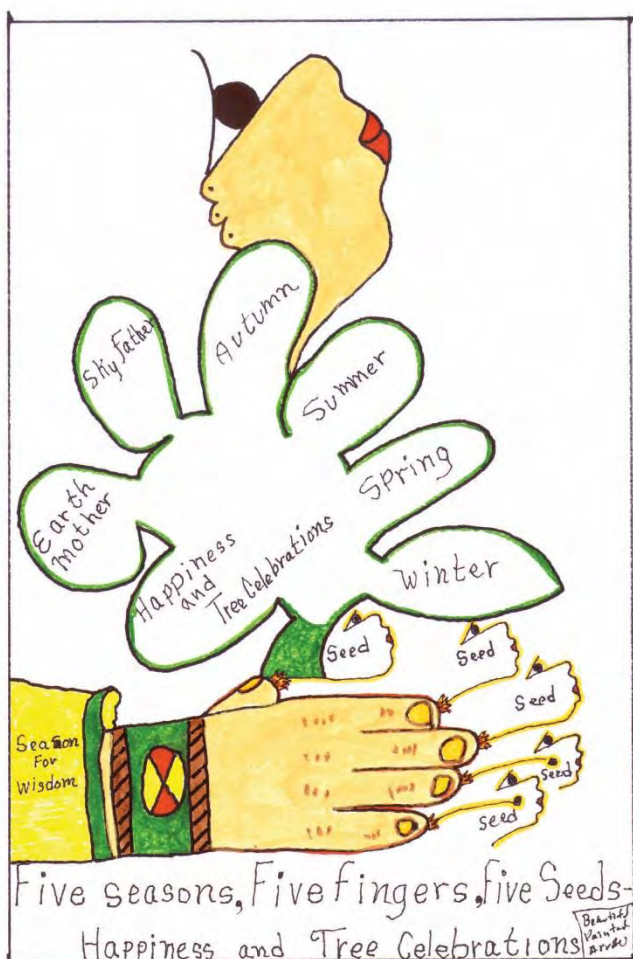
I awareness

O innocence, childlike innocence, circle of light, hollow bone, hollow reed, medicine wheel

U to carry, carrying light”

TofDL (p.14)

“THE MEANING OF THE CONSONANTS OF THE ENGLISH LANGUAGE



B path, straight, sacred path

C beauty, beautify

D doing, creating, creation, throwing light

F faith

G goodness, God

H stepladder to the heavenly plains, beyond the beyond

J sight, seeing, vision

K planting, planting field, (sowing)

L ascending light

M to bring forth, manifesting, matter

N the personal and infinite self

P heart, centre, sunset

Q initiation, eternal quest

R radiance, radiating light, abundance

S one half of eternity

T time, crystallized light, speeding light that is slowed down light

V descending light

W two ways of descending light

X power, empowered

Y awareness

Z as above so below, heaven and earth”

TofDL (p.14)

“The vowel sounds connect us to the spirit world; the consonants connect us to the relative, to placement in physical world. Vowels are spirit and consonants are direction.”
BV (p.91), *BV5thW* (p.58)

“Mysteries of the Consonants

Vowels in any given word reveal the power of the word and the consonants determine the direction the power of the energy must travel. Vowels alone are sufficient for chanting, so it would not be necessary to include consonants. However, a list of consonants and their definitions is included, so that in your word studies, you may have more information about the deeper levels of the vibration of any word.

[The list that follows can be added to the list given in *Tracks of Dancing Light* above.]

- B – head
- C – thirst
- D – touch
- F – faith
- G – beauty
- H - lifting, unchanging, arms
- J – shepherd
- K - soul, planting
- L - mental, sky and earth connection
- M - manifestation
- N - self
- P - heart
- Q - initiation
- R - abundance
- S - Above/Below, The Beautiful One
- T - time
- V - drinking, swallowing
- W - twice carrying
- X - physical power
- Y - awareness
- Z - above, below”



“Once you understand the meaning of the vowels and the consonants, then you can do a breakdown of any word and explore other possibilities of meanings. For example, take the word peaceful: p - heart, eee - awareness, s – the Beautiful One (God), f - faith, uu - carrying, L - sky and earth connection. When all the sounds are put together, it translates this way: the heart is aware of the Beautiful One and so in faith carries mind and body as one.”
BV (p.142), *BV5thW* (p.88)

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

“In a chant, the vowels carry the essential meaning or fundamental truth embedded in each syllable, and the consonants propel, or give form. Like ripples across the lake, the sound waves move out into the earth from each chamber. These waves then open the earth to healing from the ancient sacred places where wisdom has been stored for countless eons.”
BV (p.153)

“The vowels in any given word reveal the power of the word while the consonants conduct the power of that energy into a healing current and give it a physical, mental, emotional, or spiritual impulse. The vibration of the vowel sounds enters at the breath level (spirit), and then through the physical level (matter), and then flows (movement) through the body. Thus, we can visualize chanting as the essence of - or metaphor for spirit becoming form in movement through matter.”

BV5thW (p.78)

“In chanting, hold the vowel sounds in the word for as long as you can. Consonants can be passed over very quickly or even left out of your chanting, because the vowel sounds are what carry the essence of the word's various levels of meaning.”

BV5thW (p.82)

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Find below the full titles of the books quoted from above:

TofDL: Tracks of Dancing Light, A Native American Approach to Understanding Your Name by Joseph E. Rael (Beautiful Painted Arrow) and Lindsay Sutton 1993

BV: Being & Vibration by Joseph Rael and Mary Elizabeth Marlow 1993

BV5thW: Being and Vibration: Entering the New World by Joseph Rael, Beautiful Painted Arrow 2015

The 3 artworks in this article are (copyright © Joseph Rael):

Four Directions is one of the Red Road Cards from *Beautiful Painted Arrow Visionary Art Cards: The Path of the Red Road*.

Five Seasons, Five Fingers, Five Seeds – Happiness and Tree Celebrations was sent out in an email to the Peace Group in 2011.

Sacred Offering of the Five-Fingered is from *Becoming Medicine: Pathways of Initiation into a Living Spirituality*, from David Kopacz and Joseph Rael

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Chanting is a Summoning

Tom Bissinger co-holder with Kristen Bissinger, of Birdsong Peace Sound Chamber

Below: Birdsong chamber photo from Tom and Kristen

Chanting is a summoning, and intakes and expels breath shaped into a vast vocality of hums: oohs – ahhs – yays – hohs – ees, and on and on; whatever the chanter brings to the moment. It is well to listen to other sounds and harmonies and tones, from nature and man-made. Some of the sessions in Birdsong Peace chamber are sublime; a higher vibration has been reached. A choir of chanters from the country of Georgia came to Birdsong back in the early 2000's. They wouldn't go into the chamber because of the incense we burned there which was not that of their Eastern Orthodox tradition (Sage was/is being burned).



However, outdoors, on the dance field, they lined up and they sang hymns and folk songs in many part harmonies, really lovely. One man said (they were all men), and this part struck me, that when they were on the road waiting for a ride, they would chant. One person would vocalize a tone sound, and the next would add on and the next the same, not imitating or repeating the first tone but building a chord. When that harmonic was concluded, they would start again.

On a vibrational level, chanting attempts to tune into other vibrations, existing vibrations as well as those coming into being for the first time. To chant is to declare; to declare is to become.

In [Issue 24 – Seeds of Peace newsletter](#) a shorter version of this story featured titled, *Unexpected Visitors to the Birdsong Chamber*

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Silent Chanting in the Body

from Stella Longland, chanter and caretaker of the Cave of Clay chamber

In January 2021, I experienced a bout of prolonged abdominal pain which began in the late afternoon and lasted far into the night. Eventually I found a way to take the edge off it. I visualized the pipe of my throat and, with a silent voice that I did not know that I had till then, I sent the vowel sounds through the pipe into the pain. For this particular pain, “-ah” worked especially well.

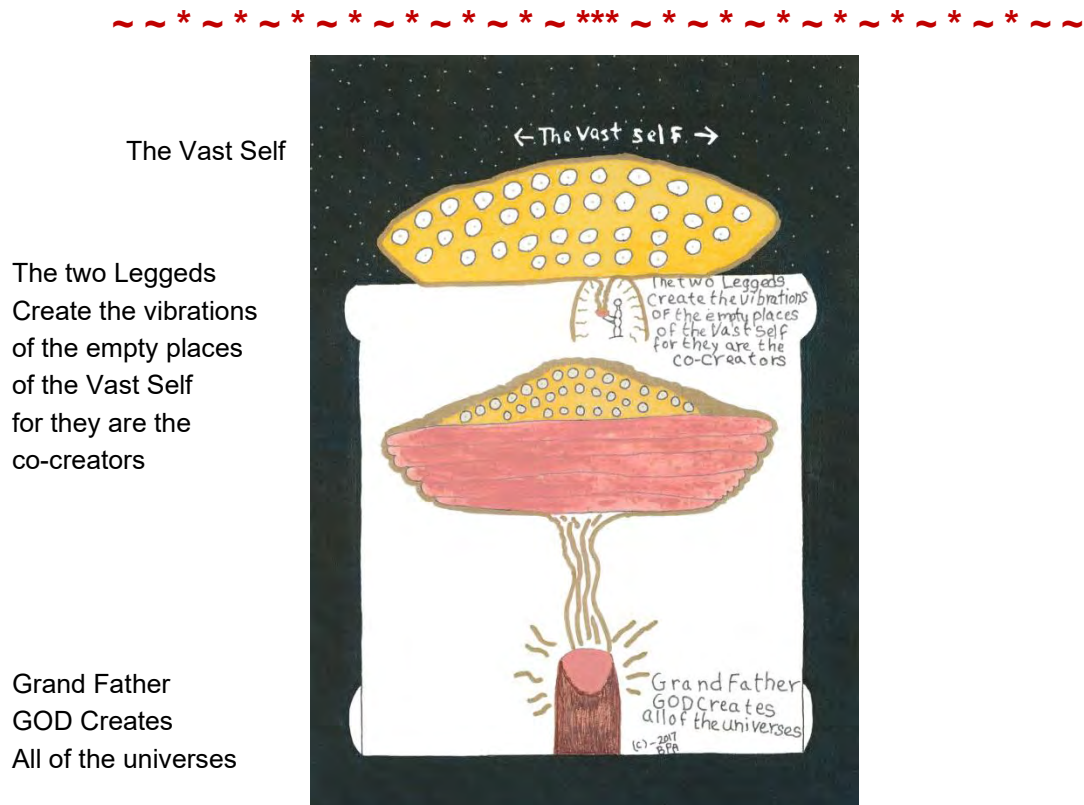
Breathe in to fill the pain area, then, while exhaling, chant the silent vowel internally, energetically (by that I mean in terms of energy), into the pain. You will hear and feel it but, should there be anyone else there, they will not.

It may be that there are occasions when people cannot chant aloud; if they are under duress, have had a stroke or have other reasons for not using their vocal cords, this kind of chant would be marvellous then. Silent chanting could also work to ease panic attacks, to dispel fear, and at other challenging moments when it is not advisable to chant out loud.

When I described my experience to some friends, they were not impressed! They couldn't get it and asked how it was different to chanting out loud. I could not answer that then, but later I investigated to see if there was a difference. I found that the difference was in the light. In external chanting, sounding out with the voice, the sound travels out of the mouth and on through the transparent light of air, farther and farther, fading, then vanishing from hearing and sometimes an echo will come back. In internal chanting, with no voice box, so not physical, the vibration resonates in the black light. It does not spread out. It is somehow everywhere and there is no echo.

I discovered this silent chant through necessity, and I would sum up my experience like this: The sound of the internal chant was loud, as if filling a vast empty space, vibrating the velvet blackness of the Great Mystery and the most secret places of the divine potential. The difference between outward flowing voiced sound and the 'silent' chant is that the outward travels in light light, while the inner chant permeates the dark light. The outer chant may, if it hits a surface and bounces back, produce an echo; the inner chant does not have an echo, perhaps because there are no surfaces in the black light.

I share this experience because you might like to explore the inner sound for yourself.



Artwork (copyright 2017 © Joseph Rael)

Becoming Medicine: Pathways of Initiation into a Living Spirituality, David Kopacz and Joseph Rael (p.328)

The Chanting of Hollow Tree

from *Being and Vibration: Entering the New World* by Joseph Rael, Beautiful Painted Arrow (p.81)

'Chanting and the Breath

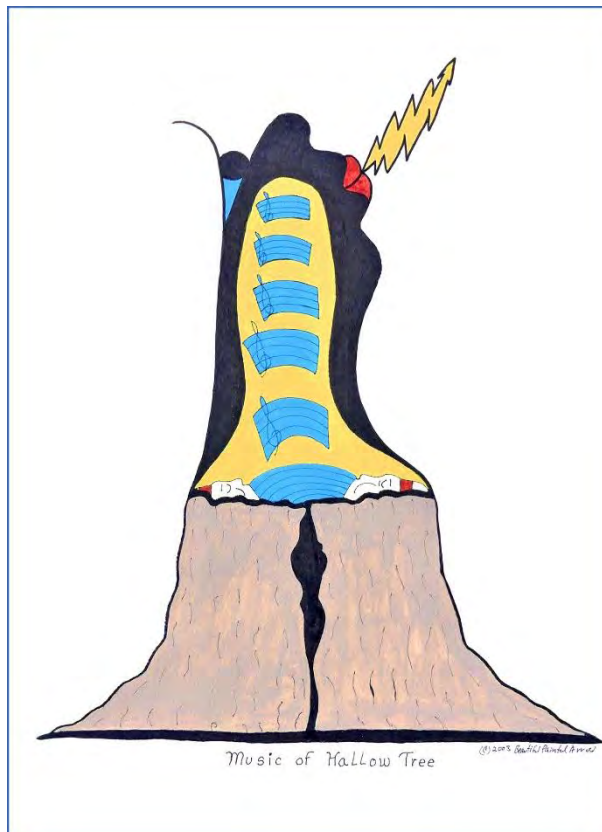
In vocalizing the sound you are chanting, for example" peeez," hold the " eee" sound for the length of the out-breath and then breathe in and repeat the sound with each slow exhalation for a pre-determined period of time. (The suggested time period is ten to twenty minutes.) Be attentive to insights, such as metaphors that occur to you or images that appear.

When chanting, breathe with the inhalation through the nose and voice the sound as you exhale through the mouth. The inhalation is the metaphor of Father Sky and the exhalation represents Mother Earth. We seek to keep earth and sky and ourselves bonded together and enhance them through chanting. When we chant, we are giving energy to their connection. Historically speaking, separation has led to world unrest, wars, etc., and at a personal level, we feel disconnected because of the lack of connection between earth, sky, and ourselves. The theory is that as we chant our physical bodies into finer attunement, the people living on the earth and the living earth itself will find peace.

Visualize a hollow tree and the wind traveling down the trunk of the tree. The in-breath is bringing in life, and as the wind leaves earth (soul) having touched and fused it with life, it announces the newly created breath of life. *Hu* is outward, carrying, expansion of all life. The incoming and outgoing of the wind (breath) is the spirit of life, the hollow tree is the mind-focus, and the land is "that which drinks the heart resonance of peace to live:"

The taking-out and bringing-in actions are to be understood as actions of creator-spirit using humans as a form of creative expression. And so, in chanting, we lose ourselves to the expression of singing.'

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Music of Hallow Tree

Artwork (copyright 2003 © Joseph Rael)

photo of an original artwork owned by Marina Budimir

fun note: 'Hallow' means to honour as holy: 'Hollow' means to have space inside.

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Why Build a Sound Chamber?

written by Stella Longland, caretaker of the Cave of Clay Chamber in Scotland, UK



an altar for honouring

Entering a Chamber enables a person

to tune in to the Earth's vibration,
to open up to the power of the 5 primal sounds,
to rediscover their personal voice through chanting,
to reach personal and community harmony,
to say thank you to the Ancestors and
to plant blessings for the future.

chamber ready for a meeting



In a Sound Peace Chamber, it is possible to sing yourself into harmony.



a rainbow above the Cave of Clay chamber

3 photos above taken by the caretaker

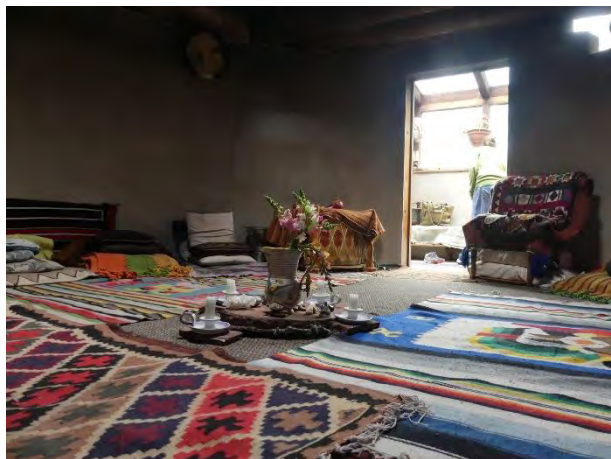
website: **in a chamber** (somethingdoeshappen.co.uk)

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'The Sound Chambers were created to bless All the People so even if someone has never been inside a Sound Chamber this vision is still for them too. After all, each of us with our breath and our voice is a Sound Chamber.'

Being and Vibration: Entering the New World by Joseph Rael, Beautiful Painted Arrow (p.1)

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Stories of Thundersong Chamber, Gold Hill, Colorado

related by storyteller Jeff Combelic

*photo of Thundersong interior in 2023,
courtesy of Lukas Budimir*

See issues 24-28 and 30 for parts 1-6

part 7: A Tale of Two Stories

It's a tale of two cities at this point. At home the teachings received from Beautiful Painted Arrow, Joseph Rael, in Bernalillo are fulfilled: elders and assistants in the four directions, the creation of effigies for each direction, one in the Chamber and the other buried in a location chosen by its elders, and weekly ceremony of chanting, praying, singing, drumming and open mic.

Back east, my next job is in Liberty Place, downtown Philadelphia. I stay at the Bissingers in a tent for the intervening week. On the job I go down to the loading dock to receive some equipment and observe five roll off dumpsters, some containing quite a bit of metal. I had a longtime vow to Earth mother that I would recycle everything I could, metal in particular. I knew the chief laborer, since I'd been busted by him for sweeping my job (labor unions task!), and I suggest to him that they get a metal dumpster from which they could get some money.

Two weeks later he comes and invites me to a softball game complete with keg and a nice barbecue, all financed from the dumpster proceeds. I am introduced, get a time at bat, and hit a triple. A week later my 1100 lb. ten foot long hot and cold prep table won't fit through the back door of our space and has to come over the front counter wall which is steel I-beams. I talk to the chief and 15 guys show up and it gets passed over the steel wall as light as a coffin!

I attend ceremonies at the Dailey's Chamber ^{**1} weekly and start dating Regina. We go see the Dalai Lama at Penn University and I also go see Thich Nhat Hanh in Camden on a cold night in a cathedral. I am sitting near the end of a pew and a Buddhist monk comes in sits next to me. "Are you coming to see Thich Nhat Hanh" I ask. "Yes" he replies. We sit in silence for ten minutes, then he gets up and walks to the stage. It was him!

A Lakota woman shaman, Deodi Chips, comes to do a workshop at Dailey's and some sweats at Bissingers. I end up tending fire and the next day leading a men's sweat. She is going up to Omega Institute near Woodstock. I offer to drive. This gives me an opportunity to visit the chamber in Bearsville ^{**2} and to meet Bob and Betsy Stang, owners at that time. They are having some occasional water table issues as their chamber is partially below ground. I suggest some gravel with visqueen over it and a sump pump.

A Cree elder, Don Campbell, is there to lead a sweat. He sings a few songs as we build and get the fire going. One of them is a Cree version of a song Eagle Elk, my first sweat lodge teacher used to sing in English. I always thought he had made it up! I need to work the next morning, so I gift him and head home.

Deodi Chips comes back from Omega and the next thing I hear is that she has convinced the Dailey's to take down their Chamber! Interestingly Regina and I have dinner planned with her that evening. I greet her with "So what else have you been up to today besides taking down Sound Chambers?" Long and short of it, she says the chamber had negative energy I sense a power trip and that's the last I see of her.

Of interest to me was that she had shared that in her Chips family Lakota there are 4 levels of pipe carriers, and that Godfrey Cups was level three and lived away from people in the hills, no longer had the need for a female companion, and was supported by the people. This corresponded to the Theravadan Buddhist tradition of four levels

of enlightenment with the third having overcome sense desire and anger completely and needing to live in a monastic or retreat situation.

My job ends and I go down to Swannanoa, North Carolina, to help with the construction of the chamber there. Joseph is there and deplores the destruction of the Philly chamber. Wouldn't a good smudging have sufficed we wonder ... Mike Wollard is also there and shares that Joseph cried when he heard the news. Next day we pour the footings for the Swannanoa Chamber **3.

It's nearing Christmas and I head home to a solstice sing led by Emily Rose, curiously a neighbor 2 houses up who is a keeper of sacred songs and is now the elder of the West. It's a heartwarming welcome home.



photo of the sweat lodge at Thundersong in 2023, courtesy of Lukas Budimir

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****Footnotes 1-3:**

****1 the Dailey's Chamber, Philadelphia:** There are few records of this early Chamber. The Bissingers referenced it in [Issue 19 – Seeds of Peace newsletter](#) in their article titled: *Yes's and No's, a Journey into Spiritual Practice and the Chu Cho Cha a Nay Chamber*. It is also mentioned in a document from around 1986 in the archives of the House of Mica Chamber where it is one of the chambers mentioned as in construction, as in this cutting:

TOL-QUE-YEE is named for the being who chases after the sun and sends the rays of light to the earth. This kiva is on Mariam & Tim Dailey's land in Philadelphia. After months of diligent work they are ready to start digging the foundation. This kiva will be made of field stone, and will be very much in tune with the local architecture.

A photograph showing the interior of a traditional oven. The walls are constructed from rough, stacked stones. The roof is made of dark wooden beams radiating from a central circular opening. In the foreground, a large white ceramic pot sits on a red patterned cloth. Behind it, a small wooden table holds a purple cloth and a small yellow object. A wooden bucket is visible on the right side of the oven.

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

What I want to make known is that my prayers were answered! I believe it is because I took the SunMoon Dance back to the origin. And it is not about money. People are giving of themselves to help out in love.

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I felt obligated to attend on my father's behalf. Her assistant conveyed to me that Joseph Rael, Beautiful Painted Arrow, was C.C.'s inspiration to follow her spiritual path. This was because she and Sally Perry, were on the ground level of my father's work.

photo of Claretta Cavette from the Celebration of Life memorial



My father's teachings & dances began her life-long commitment to helping heal the world. Her whole life, from beginning to end, was "in prayer". So much so that she was known as the "Woman who prays".

When I was nearing the end of my eulogy, I let them know that when the Reverend & the three women initiated the African spiritual ceremony, the watering of a plant is a metaphor for "GROWING" love and peace.

People don't always get the true meaning of something unless you say something about it. This is why my father's mystery schools were so successful! Creating a new mystery school is something to be considered. Perhaps, I will suggest a format and invite Chiefs and Chamber Keepers to speak about specific teachings. It's just a thought, we'll see. One mystery teaching that my father would give people is that when something of importance is occurring, you will know because there will be random sounds, such as the sudden blaring of a car horn, or a dog barking. When you hear unexpected things like that pay special attention to what is happening.

I met many lovely hearts at C.C.'s memorial service. In conversation on the way to the airport I mentioned to the woman who was taking me that I hold a SunMoon Dance every year, that, in fact, there was one coming up soon & if she knew of any students of C.C.'s that might want to join, let them know. Within five days, I had six dancers & one new Moon Mother. Then three more dancers that are friends of the others, asked to participate.

As well as these new people, I received an email from a Gold Hill Chamber keeper, he knew a young woman that wanted to SunMoon Dance. Two community members from Arizona, that have experience in every role, offered to be my Moon Mothers this year. They also were bringing a young woman that wanted to dance.

The drummer from last year that had offered to drum for us again this year, called me two days before the Dance, he could not come, he and his wife had Covid. Attending the Dance I had a couple from Croatia, Lukas and Marina Budimir, that have been long time supporters of my father's community. My husband suggested that if Lukas was a long-term community member, surely, he must know the songs and could drum for the Dance. So, I asked Lukas and he said, "Yes". He said he would be rusty, but he'd give it his best. I found my old ghetto blaster and a package of my father's CDs, Lukas listened to the songs & that brought back many of them to him & his wife.

During the Dance, we played some of my father's songs in the arbor on that ghetto blaster & it was an ABSOLUTE success! Some rounds were danced without drumming or singing, some rounds were with drumming only, some were with drumming and singing, some were my father's song, *Seeds of Peace*, that is recorded on one of the CDs. The Dance felt so blessed! I was overwhelmed with happiness!

The elder man of my father's community from Gold Hill came to me & asked to dance. He asked to go in the second night as he didn't think he could go the entire length of the ceremony. He hadn't come prepared to dance, Spirit called him, the songs & the drum called to him. I sent him in, it was the right thing to do.

It got back to me that some of the dancers were wondering why was this person allowed to come in, so late? I went up to the arbor the next morning and after sunrise service, I called all the dancers to assemble in the arbor. I let them know that this man had started this work with my father. I let them know that without this man and many others early on, without these dedicated persons believing in my father's work, we would not be standing in this arbor today. It is with deep respect and much humbleness that I have allowed this man to come into the Dance after it started. After the close of the Dance, he handed me money, I wouldn't accept it, it was my honor for him to dance in this arbor.

During the ceremony, on the last night, I'd reached deep into a pocket in one of my tote bags and found two pouches of Corn pollen, sometimes referred to as Bee pollen. I was completely taken aback! I had looked for months to locate Corn pollen. How it happened that those pouches were in my tote bag is a mystery to me. The next morning, when I went up to the arbor, I handed those two pouches of Corn pollen to one of the Moon Mother's and asked her to bring it to me when the water ceremony, signalling the end of the Dance, was about to begin.

During the second to the last song before the close, I was doctoring a dancer at the Tree, another dancer came quietly up to me and pointed to an insect on the Tree just about my eye level on the South side of the Tree. Without my eyeglasses on, I couldn't tell what it was, but it looked like it was coming out of a cocoon. I nodded to let her know that I saw it. Later people told me that it was a Bee and that later a dancer, seeing her on the ground, had collected her and placed her somewhere safe.

When our ceremony was coming to closure, the Moon Mother brought the two pouches of pollen to me. Spirit told me that the Bee pollen was needed for this SunMoon. I stood thinking about how to use it, "If I put a dab on the top

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Editorial policy: *Seeds of Peace* newsletter seeks to connect people who love and follow the Teachings of Joseph Rael, Beautiful Painted Arrow, creating a space where ideas and experiences generated by his Gifts can be shared, forming an archive of material for the future.

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

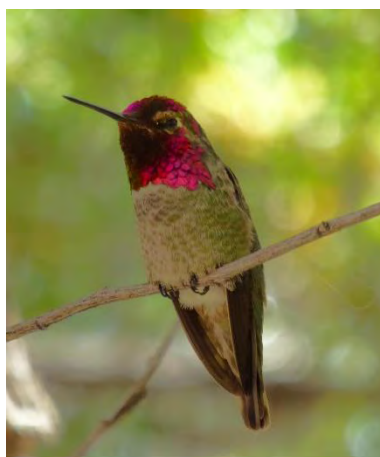
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Resting Hummingbird

photo above and cover photo taken in the Sonora Desert Museum, Arizona, by Stella Longland