

**“From the place  
of the unexpected,  
Spirit talks to me.”**

# **Seeds of Peace**

**Issue 33: May 2024**

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***Solar Eclipse 2024-03-08, Bangor, Maine, USA*** cover photo

from Gavin Shepherd Kirkland, Grandson of Lindsley Field

***Cover Words context:***

*from House of Shattering Light: Life as an American Indian Mystic, Joseph Rael (p.116)*

'I have learned over the years that I should always follow whatever happens from the place of the unexpected. From the place of the unexpected, Spirit talks to me. I cannot ignore the thing that comes through from left field. When it happens, I know it's right on, even though logically it shouldn't be happening. Sometimes I want to ignore it because my plan does not include this unexpected thing.

All of a sudden something happens and I'm going off in an unexpected direction, but I know there's a reason for it. I know there's blessing there. The blessing will unfold as the week goes by, or within the next month, because that's the way it always is with the unexpected.'

! - ! - ! - ! - ! - ! - ! - ! - !



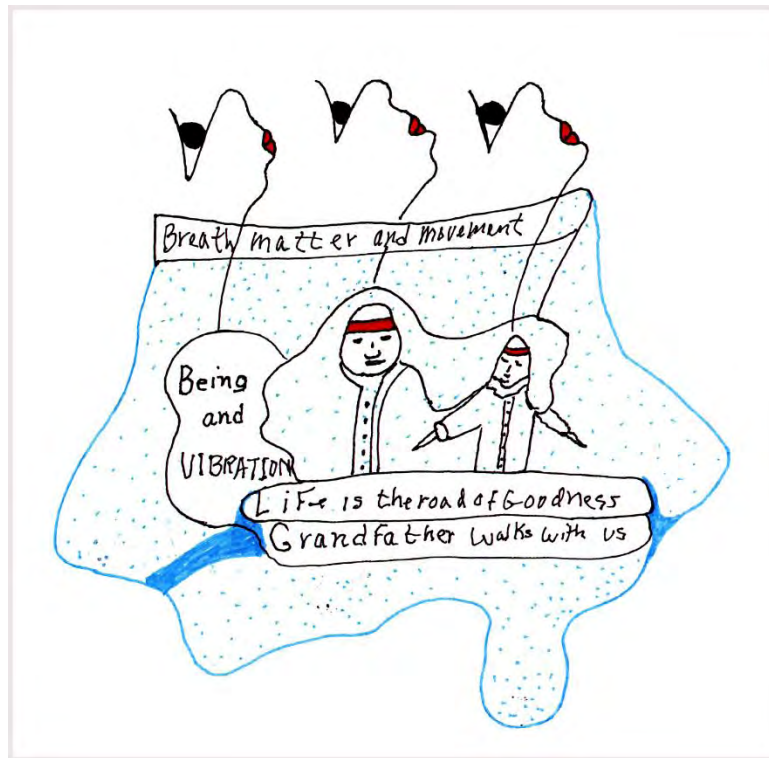
*Solar Eclipse photo also from Gavin*



## ***Beautiful Painted Arrow, Joseph Rael's 89th Birthday is on the Second of June***

**blessings and love from his students, followers, family and friends**

Last year, in Issue 29, the suggestion was made to honour Joseph on this special day by creating ceremonies dedicated to him. This year we can again take this opportunity to tune in to the Beautiful Painted Arrow vibration and walk for a while carrying his gifts along the Road of Goodness that is Life.

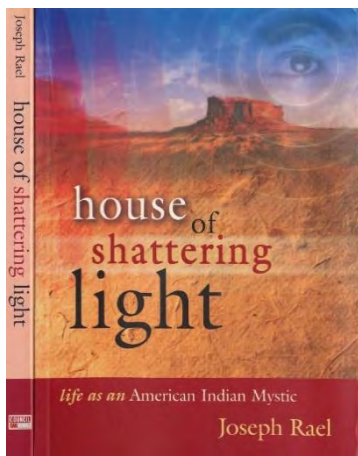


(copyright © Joseph Rael)

## ***Joseph's Book - House of Shattering Light - Takes a New Form***

**exciting news from Tom Bissinger**

The last six months of 2023, I produced and narrated Joseph's autobiography, *House of Shattering Light*. I was asked to do so by Paulette Millichap, publisher of many of Joseph's books. It took 8 hours to read it in Birdsong Peace Chamber, where it was recorded by my engineer, Eric Miller. It took another five months to edit and add a soundtrack. Paulette and I are waiting to hear from Amazon Audible as I write this.

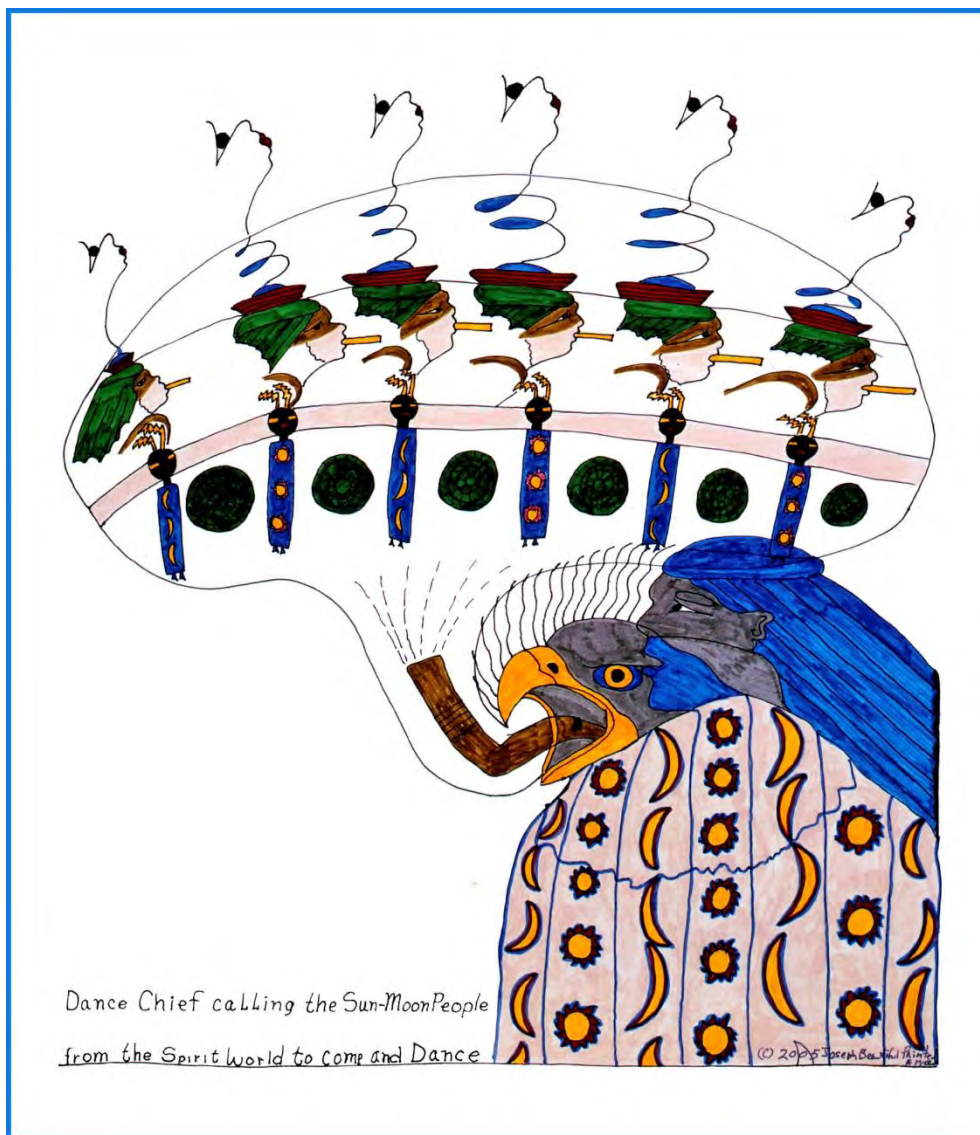


Joseph's autobiography highlights his many supernatural experiences starting when he was a child. If there is a plea in the book, it is that we be open to develop our supersensible abilities and rely less on our technology. He is firm in stating that when asked to do something, he did it, regardless of whether he wanted to or not. He notes that in giving, without being asked, he receives.

There are funny stories, sad ones, a picture of what it was like growing up in the 1930's and 1940's on Southern Ute and then Picuris land. His high school and college and post-graduate years, sometimes funny, sometimes not. The insights he was able to take from his experiences and then pass them on to us, his readers, are nuggets of wisdom. We may not be a super sensory like Joseph, but his inspiring words come through, helpful and healing.

Although I haven't seen Joseph in a number of years, I feel like I grew closer to him through this voyage through his autobiography and I am grateful.





(2005 copyright © Joseph Rael)

Dance Chief calling the Sun-Moon People from the Spirit World to come and Dance

*Sound, Native Teachings and Visionary Art, by Joseph Rael (p.54)*



## ***Beautiful Painted Arrow Dance Dates for 2024 from May to the end of August***

**published in the newsletter with permission from the Chiefs of the Dances listed**

### ***A Note from the Editors:***

Dear Readers, this is the second part of this year's Dance list for those of you who would be interested in experiencing first-hand any of the Three Vision Dances gifted to us by Joseph Rael, Beautiful Painted Arrow. When Joseph retired he appointed his Eldest Daughter, Geraldine Rael, to be the Vision Dance Guardian. Geraldine is the person to approach for clarity on matters concerning these Dances. She can be contacted on this email: [geraldinerael382@gmail.com](mailto:geraldinerael382@gmail.com).

There are 4 newsletters each year. In this Issue, the listing is for Dances scheduled to take place in May to the end of August. The August Issue will list Dances in August to the end of November. The November Issue will list Dances in November to the end of February.

In this way, as well as giving the information to our readers, we hope to include Dances that were decided on after the publication of the Dance Schedules at the beginning of the Year. Chiefs and Co-ordinators can send us details when they have them, and also inform readers of changes of date, or other details, if they occur.

**2024 May - end of August:**  
**Beautiful Painted Arrow Long Dances, Drum Dances and Sun-Moon Dances**



**May 24 - 25 LONG DANCE, Japan.**

Chief Jennie Coles - [sevencirclesoz@gmail.com](mailto:sevencirclesoz@gmail.com)



**May 25 - 28 SUN-MOON DANCE, Colorado, USA.**

Chief Geraldine Rael - [geraldinerael382@gmail.com](mailto:geraldinerael382@gmail.com)



**June 1 - 2 LONG DANCE, Rice, Virginia.**

Chief Angela Whittaker - [awhittaker1578@gmail.com](mailto:awhittaker1578@gmail.com)

Co-chief Greg Smith - [rh53mech@yahoo.com](mailto:rh53mech@yahoo.com)

Coord Joan Kruzicki - [jkruzicki@gmail.com](mailto:jkruzicki@gmail.com)



**June 20 - 21 LONG DANCE, Bolivia.**

Chief Miguel Kavlin - [miguelkavlin@gmail.com](mailto:miguelkavlin@gmail.com)



**June 21 - 23 DRUM DANCE, Pennsylvania, USA.**

Chief Lindsley Field - [mysticheartdancer@gmail.com](mailto:mysticheartdancer@gmail.com)

Host – Tom Bissinger - [tomasbiss@gmail.com](mailto:tomasbiss@gmail.com)



**July 5 - 8 SUN-MOON DANCE, Croatia.**

Chief Luka Hodak - [lukahodak30@gmail.com](mailto:lukahodak30@gmail.com)



**July 7 - 10 SUN-MOON DANCE, Tennessee, USA.**

Chief Steve City - [steve.city@gmail.com](mailto:steve.city@gmail.com)



**July 11 - 14 SUN-MOON DANCE, Pennsylvania, USA.**

Chief Ben Jezierski - [Bjezierski1@yahoo.com](mailto:Bjezierski1@yahoo.com)



**July 19 - 22 SUN-MOON DANCE, West Virginia, USA.**

Chief Debby Diserens - [debby.diserens@gmail.com](mailto:debby.diserens@gmail.com)



**August 2 - 5 SUN-MOON DANCE, New York, USA.**

Chief Rick Cotroneo - [rick@houseofmica.org](mailto:rick@houseofmica.org)

Chief Elisa Cotroneo



**August 16 - 19 SUN-MOON DANCE, Germany.**

Chief Hans Baselli - [lorenzobasselli@gmail.com](mailto:lorenzobasselli@gmail.com)

Coord: Lars Richter - [richter-lars@gmx.de](mailto:richter-lars@gmx.de)

Coord: Bettina Moeller - [bet.moeller@gmx.de](mailto:bet.moeller@gmx.de)



**August 23 - 25 DRUM DANCE, Tennessee, USA.**

Chief Brenda Sue Whitmire - [bswhitmire@windstream.net](mailto:bswhitmire@windstream.net)



**August 31 – September 1 DRUM DANCE, England.**

Chief Carlos Glover - [carlosrop@hotmail.com](mailto:carlosrop@hotmail.com)



## Notes on the Beautiful Painted Arrow Vision Dances

from Stella Longland, connected to the Dances since 1999

It is good to always make it clear that the Three Vision Dances from Beautiful Painted Arrow, Joseph Rael, are not traditional Native American ceremonies. Native American tribal groups have ceremonies that belong exclusively to their heritage. Many tribes have a Sun Dance ceremony, and each one is individual to their community. When Joseph uses the words 'Sun Dance' in his books (or on his artwork) he is referencing his experiences in the Southern Ute Sun Dance. Our Sun-Moon Dance is not a Sun Dance.

I feel more than lucky when I participate in any of the Dances given to us by Joseph. They are ceremonies he received in visions with the instruction that they are for all people, and I feel deeply grateful that I have been given the chance to rediscover subtle things that were not acknowledged in the culture that I grew up in.



The following quote from Joseph gives an overview of the underlying process in his Vision Dances:

"We, as humans, are slowed down (cooled down) energy that has crystallized us into ideas that came from the blowing blackness. We, as humans, will have tendencies to get stuck in the forms that we create because it is in our nature to do so. It is in our nature because we are made of energy that has the potential to be a liquid, solid, or gas. We become moon-sun dancers, long dancers or drum dancers to break the crystallization - to unstick ourselves from our self-imposed limitations.

We were made in the same way or image as the earth was made by blowing blackness. Consequently, when we dance we do it for the earth as well as for our personal selves. And this is how we serve the earth.'

*Being and Vibration, Entering the New World (p.101-102)*

All of Joseph's Vision Dances require the dancers to maintain a dry-fast for the duration of their dance. This is the stumbling block for many potential dancers and so I include these quotes about the reasons for the dry-fast from the audio tapes that are connected to the book, *Sound, Native Teachings and Visionary Art*, by Joseph Rael.

"Now, in my ceremonies I ask people to fast. Now the reason for fasting is a very, very important one, and many of the ancient mysteries used fasting as a way to achieve connection with the greatness of the Great Being: Breath, Matter and Movement, which is the Tiwa word for God.

So, in this fasting we're interested in lowering the salt content of the physical body because when we lower the content of the salt in our bodies, we can then enhance our capacity to access those channels that can teach us rightful thinking, rightful living. And, while we need salt in our bodies to do physical work and it is important that we intake salt, when it comes to understanding the greater depths of the spiritual resonances, we need to look at how much salt we're eating.

Now, on the other hand, sugar, we need sugar and we should eat sugar, but when it comes to understanding the cosmic resonance of these principle ideas that are important for us to understand so that we can create appropriately in the right ways, in the right direction, the sugar tends to detract from that potential so we need to cut down on the sugar that we use."

The above quote is from the mp3 named, *Fasting in Ceremony*.

Find the full set of these tapes at: [audio files from Sound – Seeds of Peace newsletter](#)

The quote below is from the mp3 named, *Rest and Movement*.

We do not know the original date of these tapes but the dance referred to below is, most likely, the Drum Dance.

"Once a year my students come and they dance for three days with no food or water in which they are fasting" "the human body is made of unity and diversity, and this diversity causes struggle which I refer to as movement, and this struggle, or polarities, in which the physical body, the physical anatomy, is in state of struggle, it reconciles itself, and, in that process of reconciling itself, it enhances itself even to a higher potential because, as soon as it reconciles itself, ... through dance, fasting and effort, it moves to its spiritual purpose. And now it knows how it needs to continue to inspire its movements for even greater potential achievement. And, the body having understood that now, the mind and the body



having understood that, it moves automatically into transformational potential. And it is at that point of transformational potential that it wants to achieve its highest greatness.

This Dance that I've been doing now for quite a number of years, I've learned some things about it. One of the things is that you only have to do it once a year. Once a year is enough on account of by the time you get to nine, to ten months, eleven months, the body begins to start craving it again, and then, once it has new input and it has broken through, once again, its self-imposed limitations, it goes through an increased level of creativity. Something happens to the psyche of the dancer, all of a sudden now they are creatively alive and they feel wonderful, they feel joyous and all they want to do is create goodness, they want to be generous, they want to be spontaneous, they want to be alive, they want to love for the sake of loving, and they want to work for work's sake, not for gain but for just the action of movement.

Now when the dancers are dancing this Dance and the reason it is so hard for them to dance .... when they are dancing three or four days, when they are fasting with no food or water, is because they are also breaking the stuck places for the Planet where other people who will never hear about the dancing are also being healed because when one human Being is healed he becomes a light for all of the other planetary citizens and in that way I know that we are connected to each other. The Sun and the Earth, it's helping us to grow to highest potential because we are their children, and they love us very much and they want us to be the very best we can be. They have given us all these different forms as ways by which we recognise our potentialities."



With these words from Joseph in mind and for those of our readers that have not been to a Beautiful Painted Arrow Vision Dance, I have put together this extremely brief summary of the basic form of each Dance as I have experienced of them:

**The Beautiful Painted Arrow Long Dance:** a 1-night ceremony.

Within a sacred space, supported by firelight, the sound of the drum and the dance chief, through the hours of darkness the dancers, surrounded by their visionary banners, dance their personal vision ..... \*\*.

**The Beautiful Painted Arrow Drum Dance:** a 3-day ceremony.

Within a sacred space, a line, with feathers hanging from it, is tied between wooden poles. The dancers, supported by the chief and by drumming and singing, move forwards and backwards, to and from, a feather, seeking, seeking, seeking ..... \*\*. Periods of dancing and resting follow one another during this dance.

**The Beautiful Painted Arrow Sun-Moon Dance:** a 4-day ceremony.

Within a circular sacred space, dancing from the periphery to a Tree at the centre, the dancers blow Turkey-bone whistles calling to the Divine for help in their search for ..... \*\*. They are supported by the chief, a team of drummers and singers, and other groups of helpers. Periods of dancing and resting follow one another during this dance.

Then there is also

**The Beautiful Painted Arrow Hollow Bone Dance:** a 4-day ceremony.

The form of this ceremony is similar to the Sun-Moon Dance, but the chief is also a dancer. Apart from, maybe, one or two people looking after the dance area, there is no one else on site. The sounds of the whistles and the footfalls of the dancers fill the air ..... During this ceremony the dancers care for each other.

**\*\*Footnote:** I put a line of dots in the summary of the Dances above because, for me, a dancer's journey is a secret space that I do not want to limit with a ring of words.



**Dance Articles in Previous Newsletters**

**Issue 13** of the newsletter was specifically focused on the Dances, **Issue 14** has a couple of articles on the Hollow Bone Dance, and most Issues of the newsletter contain articles about these Dance Ceremonies. In **Issue 17** you can also find a list of published books that have been written by people working with Joseph, which contain insights into the Dances.



## ***An Appeal to Our Readers to Contribute to the Newsletter***

Beginning in the 1980s and continuing into the 1990s, Joseph developed the forms of these Dances while teaching the students that came to seminars and ceremonies led by him. However, he has not written extensively in his books about their unfolding over the ensuing years, and this is why I feel it is important that we include articles in the newsletter from those who have organised, supported and attended them during that time.

It does not matter how long ago these experiences happened, they are still relevant because dancing in ceremony reminds us that we are always connected to the Timeless and so the experiences that we have do not go 'out of date' but will always be relevant and will always have the potential to inspire us to step into Greatness. Nevertheless, it is also good to remember that after a Dance the process of absorbing the experience takes place over many months and sharing too soon may affect that process.

Those of us who put the newsletter together hope that both the chiefs and the participants will feel it is appropriate to send us articles about their experiences, from whatever aspect of a Dance they choose, so that the wider community can read about the Beauty and the transformative Power of these Beautiful Painted Arrow Vision Dance Ceremonies.

We are looking forward to hearing from you,

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

If you would like the annual dance schedule for 2024, please contact Jane Innmon [peoplegardener@gmail.com](mailto:peoplegardener@gmail.com)



(copyright 2006 © Joseph Rael)

*A Bowl Full of Ideas for Inventive Minds* Joseph Rael & David R. Kopacz MD (p.22)



## ***New Soundchamber for Peace outside of Zagreb, Croatia, Europe***

**an update on progress from Lukas Budimir**

Joseph Rael - Beautiful Painted Arrow - had a vision of SoundChambers for Peace in 1983 and built the first one in 1984, that means 40 years ago. Do we have peace yet? No, actually there are many wars going on right now. But that doesn't mean that we give up.



*above: the chamber close to completion*

He writes: 'My vision came during a Long Dance. The Cosmic Mother-Father being came in a flash of light, a point of illumination which lasted only two or three seconds. I cannot begin to explain this vision, it was so beautiful. I then slowed down time and went back into the vision to have another look.

In the vision I was shown people praying (directing our faith) and singing (bonding our faith with the present) together in a sacred Sound Chamber resonating with light. The chamber was an oval structure of mud (matter carrying direction) and straw (ancient knowledge), partly underground (underworld) and partly above ground (middle world). It was a house of the sound of presentness, a structure built to reverberate sound. The melodious chanting of men (essence of expanding light) and women (essence of descending light) was a reflection of people whose spirits and voices resonated in absolute harmony to balance the present, the future, and the memory of how the cosmos is oriented, through the use of sound.'

'In my culture everything is alive and vibrating - a vision is alive and vibrating and might be shared with the People as a dance, or as a drawing, or as a ritual, or a song. When we get a vision for a dance, we dance the way the vision teaches us, but remember, the dance and the vision are alive, and everything alive can evolve and change.'

*texts from the website:* [Joseph Rael — MILLICHAP BOOKS](#)

*below: the design of the framework*

In building the new SoundChamber outside of Zagreb, Croatia, Europe we had to adjust the original vision to fit to the climate and the given pre-conditions. It is not made out of mud, and it could not be built into the ground because of high water table levels and risk of flooding. Joseph always said: this is how to do it and then there are practical reasons and things change constantly. Following the building rules here, we had to build a foundation of at least 70cm / 2 feet above ground, and as many of the typical farmhouses in the surrounding area are made of wood, we chose a wooden structure as our basis. Wood is considered by Joseph to be Greatness and besides that, it stores CO2.



To make the energetic connection between the earth and the sky we placed a 23kg / 50 pound Rose quartz under the foundation into the earth; for us it represents and vibrates heart energy.



At the apex of the roof is an oval structure formed by 2 semicircles and a straight middle section, showing the unity in diversity of the two basic principles, round (female) and straight (male). Each semicircle has 6 triangular openings, 12 in all, and together they create a circle of light.

Since Easter, as the red shingles went up, people started to call the building “the big red egg” and we like that very much, since for us it is a Seed of Peace. Our chamber is already vibrating and connected to the network as of April 7 when we were part of a global drumming ceremony and also filled it with chanting the vowels.

*interior structure, not yet completed*



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. Look at your skull, does that look somehow similar? It is a SoundChamber too!

We can bring harmony back to life by balancing the mental, emotional, physical and spiritual through our heart. We can do this through singing / chanting, dancing and work in our daily life and we honor life by enjoying what we do. Joseph teaches, that “work is worship” and we did a lot of it to make this building happen. The first ideas changed and developed in the process to what is visible today - a red basket placed on the ground?

We also want to thank all the different helpers for their support and also the people who donated money, without even being asked.

The SoundChamber is open for everyone to use and it was built beside a former farmhouse, which we have renovated as a guesthouse. Most of the time we are our own guests. It has a bedroom, a kitchen-living room and a bathroom and is located 35km /20 miles from Zagreb city center 20 km/ 12 miles from Zagreb airport.



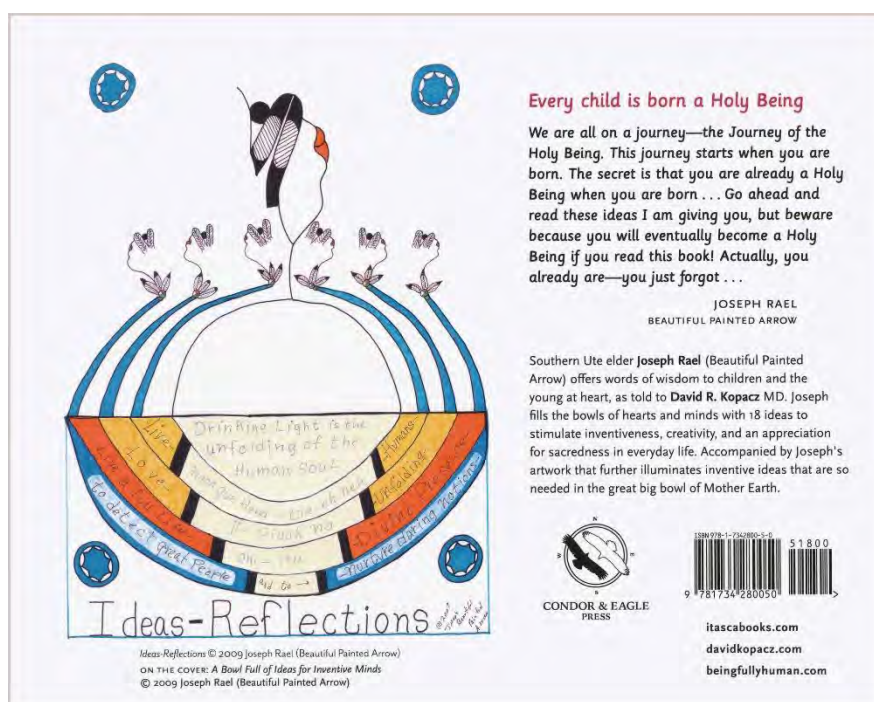
For more information contact Marina and Lukas Budimir, [soundchambereurope@gmail.com](mailto:soundchambereurope@gmail.com)

SoundChambers work as a network, so please build one, if you have the possibility.

Then the global network of peace-full energy will get stronger and stronger!

**‘Sound and vibration are the source of all creation’**

a quote from *A Bowl Full of Ideas for Inventive Minds* (p.33) see the back cover of the book below for further information





**Editor Stella adds**, I could not resist including this Beautiful Painted Arrow artwork from the above book which was published on June 2 2023, it is the fourth from the fruitful collaboration between Joseph Rael and David Kopacz.



title: The Many Powers of the Red Basket

(copyright © Joseph Rael)

*A Bowl Full of Ideas for Inventive Minds (p.vi)*

And also to include, for those with an interest in construction, some photos of the stages of building.

*groundworks:*



*strengthening the lower frame:*



*roof frame:*



*outer under-layer, notice the concrete foundation:*





*the Chamber after the ceremony on April 7th, showing the beautiful red shingle exterior, the 2 doorways, and the octagonal drum made for ceremony by Ole Bjorn Michel from Norway in 1995:*

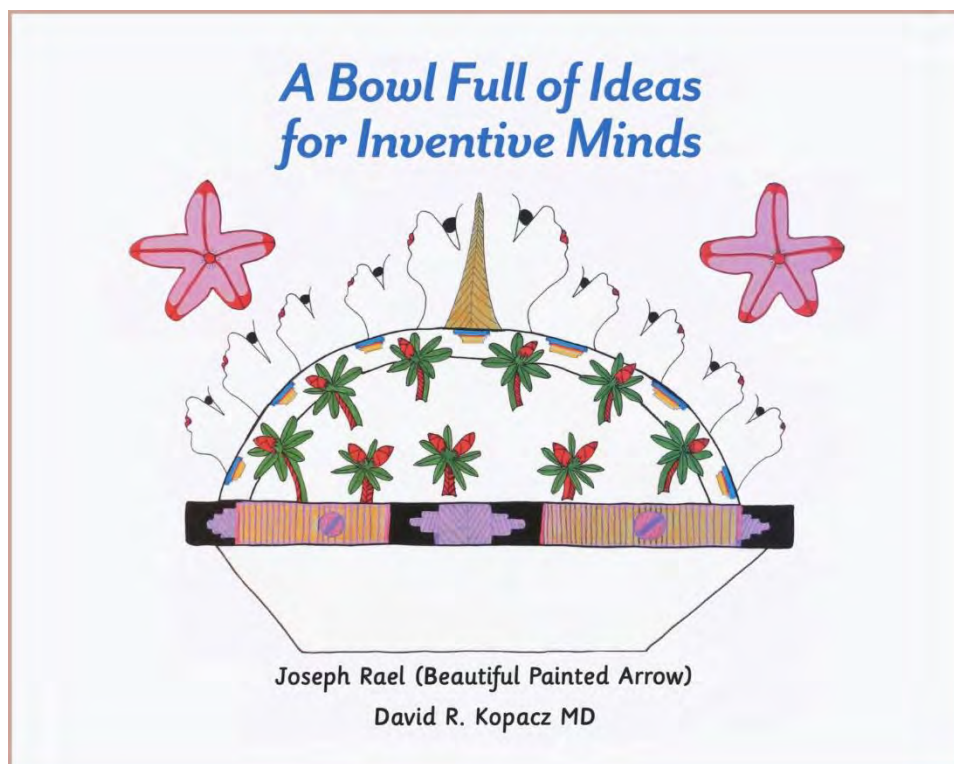
*dimensions of the interior with Marina for scale:*



*all photos from Lukas Budimir*



**The Front Cover of**



*(2009 copyright © Joseph Rael)*

## ***Who is Fluent in English and German?***

### **a request from Lukas Budimir for volunteers to check a translation**

I am looking for proofreaders for my German translation of the latest book from Joseph Rael and David Kopacz, ***A Bowl Full of Ideas for Inventive Minds***, as referenced in the previous pages.

I recently translated this book into German for a friend that doesn't speak much English and I wrote to co-author David Kopacz about it. He wants to make the book available to as many people as possible. He would like to have it printed in German, but until then he agrees that the translation can be made available to people who purchase the original book in English. My aim is to make the text in the book accessible to German speakers without sufficient knowledge of English.

I am not a professional translator, but, in previous years, I used to translate the lectures that Joseph Rael gave in Germany into German. For me, the main concern was comprehensibility, but I did try to retain the poetic, metaphoric language of the original words as much as possible. Many words also have different possible translations, for example, the word 'bowl' in the title of the book, can be translated as bowl, container, recess or basket.

The page numbers of my German translation correspond to those in the original English book so that they can be inserted into it. The translation will be available free of charge. The Beautiful Painted Arrow artworks in the book will not be in the German text and so a copy of the book in English is essential for proofreaders. If you are able to help with this endeavor, but don't have the original book, I would supply it to you, so you can compare the words and be inspired in your suggestions by the beautiful pictures. There are 48 pages in the book which include 29 artworks so the amount of text to be translated is not overwhelming.

If you don't know German, you can read this sentence below and see why I translated the book for people who don't speak English:

**Viele Worte haben zudem verschiedene mögliche Übersetzungen wie z.B. das Wort „Schale“ im Titel. Es könnte auch mit Schüssel, Behältnis, Vertiefung oder Korb übersetzt werden.**

~~~~~

Please contact me if you would like to commit to reading through the German translation and sending me your comments and suggestions for improvement. My email is: [soundchambereurope@gmail.com](mailto:soundchambereurope@gmail.com).



## ***A Ceremony to Bring About Peace***

*Sound, Native Teachings and Visionary Art*, by Joseph Rael (p.118)

'When the Picuris people heard about the explosion of an atom bomb at Hiroshima, we performed a ceremony to bring about peace. We took all the implements of war from the village and buried them. in the ground. The reason that we take a powerful instrument and stick it in the ground is to send it back to its origin, to the infinite self. The finite is the weapon, the infinite is the Earth. So we send it back. And when we send it back that way, something happens psychically to the planet and to the object. It returns to innocence - back to the Self - just like the image in the Bible of beating swords into plowshares. When we place something in the ground, the vibration of that object reverts to an energy of compassion.

The Picuris people, when they buried the weapons of war, were taking care of the Earth. They see theirs as a role of caretaking. Caretaking is what the shepherds were doing when Jesus was born.

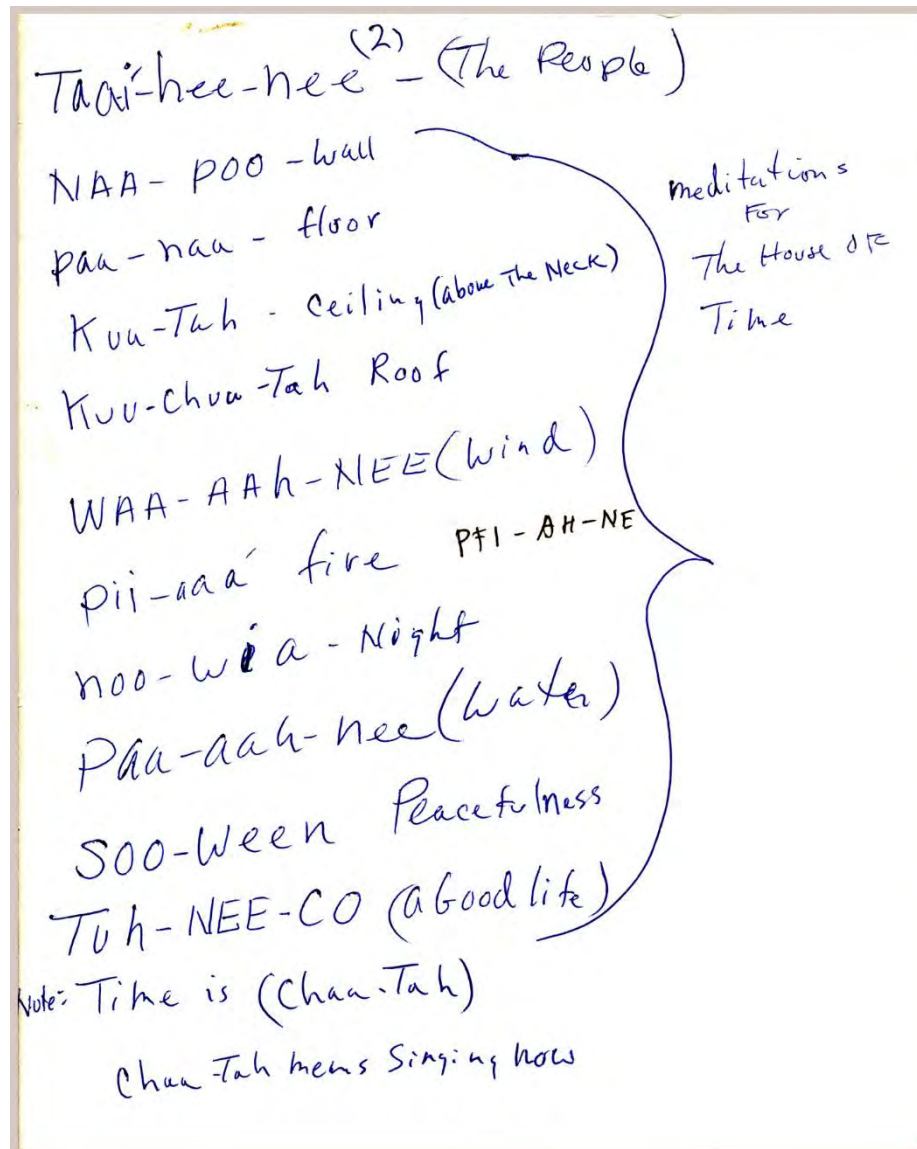
When you put something in the ground, when you bury anything, it returns to the dream. When you bury a rifle, it returns back to the dream, before it was dreamt into rifle-ness for the purposes of injury, of killing.'





## Meditations for the House of Time

sounds for chanting found in the archives of Alexander Heybroek



This page from Joseph gives chanters a ground-plan for building with sound.

### Note from Stella Longland

This is the text on the second of two handwritten pages that were among Alexander's papers relating to his time with his acknowledged Teacher, Joseph Rael. The words in blue are in Joseph's handwriting, the three words in black capitals are Alexander's addition. In the text, 'ee' is most likely sounded 'eh' and not 'ii'.

The two pages were given to Alexander in the late 1980s, at that time Alexander was a member of the Findhorn Foundation and led workshops on Sound which were centred around Joseph's Teachings. I met Alexander in October 1997 and my journey with Joseph's Teachings started then.



Check out this page on our newsletter website: [Connections to the Source – Seeds of Peace newsletter](#)

The pdf named *List of Books by Beautiful Painted Arrow, Joseph Rael and his co-authors* has been updated to include *A Bowl Full of Ideas for Inventive Minds* published last year and a previously unlisted book from the 1990s. Also on that page is a pdf listing Audio Recordings, and another of Videos and DVDs. A copy of the 1987 Long Dance instructions, an original description given by Joseph Rael in the very early days, is to be found there too.





## NEXT ISSUE *Seeds of Peace* Issue 34

publication target date: August 5<sup>th</sup> 2024

please email your articles for inclusion to us before July 15<sup>th</sup>

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

### About submitting articles:

Anyone who is studying Joseph's Teachings is welcome to submit an article, with accompanying photos and images. The editorial committee will also be actively seeking articles. In either case, the editorial committee reserve the right to decide if submissions will be included.

### Editorial committee:

Stella Longland: [stellalongland@btinternet.com](mailto:stellalongland@btinternet.com) based in the U.K.

Marina Budimir: [marinabudimir@gmail.com](mailto:marinabudimir@gmail.com) based in Croatia.

Rick Cotroneo: [homica@nycap.rr.com](mailto:homica@nycap.rr.com) based in New York State, U.S.

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

**Disclaimer:** We endeavour to publish accurate material and ask readers to let us know if any of the facts given are not correct. However, the views expressed in the articles are the personal responsibility of the writer and are not necessarily those of members of the editorial committee, nor indeed, of our Teacher, Joseph Rael.

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### Related websites:

<https://www.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](mailto:geraldinerael382@gmail.com).

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

**Joseph Rael — MILLICHAP BOOKS** : publisher of *Being and Vibration: Entering the New World* and other books by Joseph Rael, plus many videos to view of Joseph Teaching.

[www.peacechamber.co.uk](http://www.peacechamber.co.uk) : a website covering the Chamber Vision and the manifestations of Sound Peace Chambers worldwide (a little out-of-date but nevertheless plenty of info).

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### The NEWSLETTER comes out 4 times a year

February 5<sup>th</sup>, May 5<sup>th</sup>, August 5<sup>th</sup> and November 5<sup>th</sup>.

Marina sends out each Issue in a post from <https://seedsofpeace.news/> to those who have subscribed to receive it via Word Press. For those who have not subscribed on the newsletter website, Marina also sends the Issue as an attachment via Gmail.

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