

Seeds of Peace

quarterly newsletter

Issue 34: August 2024

Being

in the Vibration of

**the Beautiful Painted Arrow Teachings,
gifted to us by Grandfather Joseph Rael**

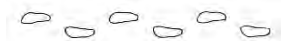


Tah chi who

'As a child I was taught that two-leggeds - humans - came to this Earth to bring reconciliation. Our job is to be the catalysts for the reconciliation of ideas. It is a part of the process that began when the unity of the Vast Self began to perceive itself as diversity. Out of that diversity came polarity. We are here to act on that polarity to help bring about reconciliation.

We are the catalysts for this reconciliation because we have two legs. In the process of walking, we balance and reconcile polarities of left and right. The word for "walk" in Tiwa is *Tah chi who*. *Tah* means to plow, or to seed; *chi* means movement, especially a movement of reconciliation; *who* means carrying, or right action. Inherent in the word *tah chi who* is the understanding that by walking we are implanting this Earth plane with the sort of movement that will carry, or bring balance - that will reconcile polarities. As we walk our destiny as two-leggeds, we will find ourselves designing new technologies that are in balance with our ecosystem. This is our specific task as humans. We walk so that we can transform ourselves - genetically and in other ways - to continue our evolution.'

Sound, Native Teachings and Visionary Art, by Joseph Rael (p.78)



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Joseph's Autobiographical Book, House of Shattering Light

now available online as an audio book

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Trust the Journey; Let Go of Expectations

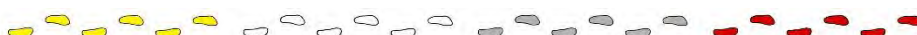
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A Bowl Full of Ideas for Inventive Minds by Joseph Rael & David R. Kopacz MD

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The Story of the Peace Sound Chamber, Cosby, Tennessee, USA

from the Caretaker Ula Rae Mynatt

1995 was a year of looking for real estate with a view of the beautiful Smoky Mountain National Park in Tennessee, USA. In November of 1995, a friend and I were visiting New Mexico when a call came to my answering machine back in TN with a message that a lady would like to sell. I did not return that call until much later. We continued on our trip which took us to the Church at Chimayo, NM. While praying there I saw a small round building on the upper corner of the property which was to be a place of prayer.

I did not speak to Joseph about the vision until fall of 1996, because I had to work on myself to see if I could handle the responsibility of a Sound Chamber.... Just in case Joseph should say, "Yes, it is a sound chamber". In the interim friends and I went to the site and prayed many times. The land was purchased for the purpose of a Peace Sound Chamber in December, 1995.



photo of Ula Rae from Steve Citty



In the spring of 1996, we tried hard to get machinery to the site that Jeanne and Perry Robinson of Center for Peace, had helped pinpoint. Mother Earth's surface was too wet, and the machinery fell into her making ugly tracks that could go nowhere!

In September of 1996, friends built a sweat lodge on the property and 4 crones did vision quest on the mountain. I sat on the Chamber site and prayed in support. Two weeks later a man came to the mountain and said he could get machinery to the site.

Mother Earth opened herself to the machine in October, 1996, and she made known to the operator where the machine could and could not go!

That same October, women did ceremony and placed crystals in the foundation footer which was poured with concrete the next day. The chamber structure was built in a 20 foot by 16 foot oval, made of concrete block with the outside covered in stucco.

the walkway to the Chamber, photo from Skye-Dianne Holmgren

April 1998 the Chamber was Dedicated by Jean White Eagle and John Pehrson. Fire Ceremony is held on the 7th of the month at 7 pm ET, although in some winter months the ceremony cannot not be held there. Fire Ceremonies are held outside or inside the Chamber, also depending on the weather.

The site has been home to a sweat lodge and Tee Pee over the years. Vision Quests are held, along with Drumming, Chanting and prayer ceremonies. During 2023 an existing woodshed with composting toilet was upgraded to a shelter for ceremony or event support. Many members of the community have contributed as supporters on site and in prayer over the years. The following is an example of depth and longevity of this community.

*Chamber interior with the Fire in the center,
photo from the Chamber group*



Early in the Chamber's history a family from Ohio, who had a resort home near the Chamber, found us and visited. They had 2 daughters and 4 grand children; 3 little boys and 1 girl. One of the daughters asked for healing. The mother and a daughter danced a year or two at Sun Moon Ceremony at Center for Peace in Seymour, TN.

Fast forward to 2023..... 14 members of that family came to the Cosby Peace Sound Chamber, after a long while. The oldest of the grandchildren is now 30 Years old. As a surprise to celebrate his birthday, the family came

back to the same Resort house in Gatlinburg. The group included Grandparents, Daughters, Grandsons and their spouses or their 'Soon to Be's'.

Gathering in the Chamber we did vowel sounds' chant in the 4 directions giving gratitude to the ancestors. Then we used the vowels of their names for each of them. It was a beautiful reunion. So heartwarming that so many were grateful and returned after 25 years! 24 years since the prayers for healing of the young lady whose recent MRI and Cat scans have found no change. Grandmother Diana called me after their visit to say they were all going around addressing each other with vowel sounds!



Chamber interior showing the sacred pit in the center, photo from the Chamber group

Supporters of the Chamber helped prepare for this reunion. Those present for this family reunion were Joe Williams, Skye Holmgren, Loye Abahaddou, Karen Woten and me. Preparations are taking place for this Chamber to be a place for sacred ceremony for many, well into the future.

In July, 2023, a Vision Quest led by Robbie and Brandy was held for a gentleman from Iceland. Later that summer, Istra Martin Andersen came from Sweden for a visit. There is another Vision Quest scheduled for 2024. In December, 2023, there was a chanting group which included me explaining who Deva is to the newcomers to the Chamber.

Fire Ceremonies continue to be held on the 7th of each month, except in deep winter when weather does not permit. Loye Abahaddou or Joe Williams lead the ceremony, including the prayerful laying of the fire. Loye, Joe, Skye, Karen, Cathy, Ula Rae, Cathy Clark, Kathy Stephanie, Jo Levkoff & others, frequently come to the gatherings and support the Chamber in many ways.

During 2023, the Memorial Garden on the property was expanded with a permanent cover to the plaque which is engraved with the names of those whose ashes have been ceremonially spread at the site.... Thanks to Joe Williams.

There is a significant community of people who come regularly to Fire Ceremony or attend other gatherings on the property.



All those who support the
Cosby Peace Sound Chamber
are greatly appreciated.

WADO!



Memorial Garden photos thanks to Skye-Dianne Holmgren



Honoring the Unexpected: When the Shape of a Dance Changes

from Jennifer Lipski, SunMoon and Drum Dancer

For those who Drum Dance, you may know of the change that happens to the feather line. I vividly remember my first Drum Dance and I think I audibly gasped. I felt so *free*! I remember trotting back-and-forth with renewed vigor, feeling released from limitations, feeling like I could fly!

"Just when the caterpillar thought the world was over, it became a butterfly..."

(Chuang Tzu, 4th century BCE)

This experience, many years ago, taught me to not get too comfortable with expectations! I have never forgotten this reminder that things naturally *change*; the word "change" is derived from the Latin "*cambire*," meaning to "exchange or barter." For the *past three decades*, all of those involved in the Dances visioned and given by Grandfather Joseph Rael have had their own unique experiences - a literal world-wide evolution of personal and community growth and change. Dance after Dance, we commit in *years*, in *decades*!... and we honor the commitment through our participation. And through our participation, we ourselves change; for myself, I sincerely realized that I had the capacity to exchange deeply-etched sorrow for profound joy.

But what happens when something about the *form* of a Dance changes - or just say, we have a plan to dance but can't go, or if the Dance itself, in the way we have known it, changes or pauses? At my very first sweat lodge at Birdsong, Pennsylvania, I still remember hearing Tom Bissinger's voice singsong through the water sizzling on fire-hot rocks: "Joseph always says, 'don't get stuck in form...' "

When what we have come to "expect" changes, perhaps we can permit ourselves to be *responsibly organic*; renewing momentum, invigorating courage and hope within ourselves, and planting the seeds of peace both within ourselves and within the world. We allow new potentialities to be realized, we invite creativity, wonder, and joy - to truly BE beings-in-vibration. Moment by moment, with each pause breath sound silence step. Feel it!

It is said that a generation spans 20 years. That means we are indeed looking at the 2nd and 3rd generations of these life-changing Dances. Soon, it will be the 4th generation! Consider a family tree and consider the wonders and miracles - from great-grandparent to great-grandchild, in all directions.

What is all of this like for the Dancers, for the Support, for the Land, for the Drum, for the Kitchen? For the Arbor and the Dance Field? For the Tree? For the Chief? For the Moon Mothers and Medicine People? For the Elders? For Youth? What about the jugs of Water that were already set aside? Or the Prayers that have been made and tied into tobacco bundles? What about the Paths etched year to year, and the salty Tears wept that gather into the deep skirts of the Earth?

Our work together is a wide and wonderful tapestry, and we are encouraged to remember that every effort impacts the weave. In one of the first teachings I received from our beloved Drum Chief, Benito Rael regarding the memories of his first Dance, he said quietly: "I am still dancing it."

I am sure that anyone reading this has, at times, wondered: "*Well, what comes next?*"

Here's the key: *it is only by continuing - by showing up in whatever way we can, being open and patient, being present while listening, from generation to generation - that we will ever find out.*

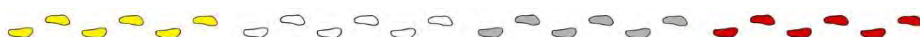
Joseph has said that anything we need to know to carry on what he has given us is in his books and teachings; as such, here is his wisdom regarding 'change' from the **House of Shattering Light** (p.116):

"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."



The SunMoon Dance 2024 at Pagosa Springs, Colorado

from Eldest Daughter Geraldine Rael, Mantle Carrier for her father Joseph Rael

Greetings to all,

In 2022 Spirit guided me to bring together the two ceremonies, the SunMoon Dance of my Father and the Southern Ute Bear Dance of our Family's Tribal heritage. Now I understand why.

This year, as we gathered to prepare for the Pagosa SunMoon Dance, all who were coming to my Father's ceremony were invited by the Southern Ute Tribe to attend as guests on the opening day of the Bear Dance.



It just so happened to be that Memorial Day, held annually on the last Monday in May, was on the opening day of the Bear Dance this year. It is a day for the living to honor everyone who has crossed over since the beginning of time.

This is the metaphor of the bridge my father built for us a few years back which crosses over the La Plata River on his assigned tribal land. It now allows for the ancestors to come across, to support us

Southern Ute Bear Claw beadwork

After we attended the Bear Dance, we left for Pagosa as the SunMoon Dance site needed work; more tents needed to be set up, some work was needed to finish dressing the arbor. and some dancers had work to do on their prayer ties.

It is my experience that unexpected twists and turns often happen around SunMoon Dances and the Pagosa Dance is no exception. In the last few days of the ceremony, I'd noticed physical changes inside the arbor. As the ceremony was reaching a crescendo, I watched a dancer, continuously and intently gazing at the top of the sacred tree, dancing with great intensity and much vigor.

My gaze fell upon two male dancers on the south side of the arbor. They were dancing in a steady and methodical way. There was familiarity to their steps. Then it hit me! Their style of dance looked to be how a Kachina doll might dance if they came into beingness. Our parents knew it was critical that we attend Southern Ute ceremonies as well as Dad's ceremonies within the lineage of his Picuris Pueblo teachings. As young ones, we were happy to attend August 10th feast day and especially anxious to play with aunts & uncles!

Thinking back, I recalled seeing the dancers, female or male, lined up in single file and dancing in synchronicity inside the plaza. I recalled being 10 years old and thinking how remarkable it was, astounding actually, to see that the 10-inch carved Kachina dolls could come to life dancing in the plaza, and then return to being small carved wooden Kachina dolls once again sitting in a place of honor on Grandma's altar. I am so grateful to these two male dancers for being the vessel that brought in Kachina medicine, it opened the door for the Ancestors to dance, among us!

The Drum Chief's singing was louder and stronger than I'd heard during this Dance till then. The accompanying drummers' beats were in perfect synchronicity and very strong! It was as though something 'MORE' entered into the arbor. When this happens, the particular ceremony is being BLESSED. The Universe is saying to whomever is invested physically in the ceremony, "YOU are being blessed for your sacrifice, rather you're a dancer or a support person!"

As the ceremony was nearing its end, I reinitiated the Bee Pollen ceremony from 2023 (Blessing with Corn Pollen). I see this as the dancers & the support becoming "pollinators" of Peace, Love & Unity. Everyone in attendance participated and when they left the site they carried Bee medicine to all directions; not only in the USA, but in Croatia, Italy and South Africa the Bee medicine "pollinated" people they interacted with along their way.

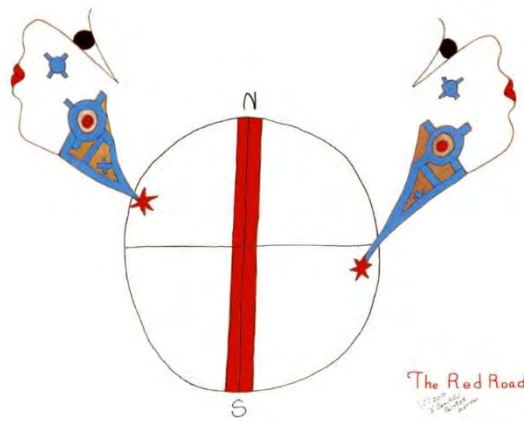
A second-year dancer, a young college girl in her early 20's, wore a tee shirt with a Bee. When something continuously turns up, you're being guided.

I understand now that our SunMoon Dance brings together the strands of our heritage and connects us strongly to our Ancestors, not simply the Southern Ute and Picuris Pueblo lines that combine to form the metaphors of the Dance, but also the Ancestral lines of everyone who attends and beyond.



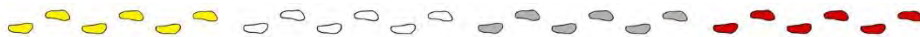
Bee Kachina doll

Geraldine Rael: geraldinerael382@gmail.com



(2017 copyright © Joseph Rael)

Beautiful Painted Arrow Visionary Art Cards: The Path of the Red Road (p.16)



Building Bridges

text from *Becoming Who You Are: Beautiful Painted Arrow's Life & Lessons for Children ages 10-100*,
by Joseph Rael (Beautiful Painted Arrow) & David R. Kopacz MD (p.99)

'I am building a bridge over the river on the land where I live, near where I am planting the cottonwood trees. We've been working on the bridge and we have the first load of the new cottonwoods. I dedicated the bridge to Magpietail Boy and his wife, Yellow Corn Woman - a Picuris story that I have written about in my books. Magpietail Boy is a boy who has a black and white magpie tail. Magpies are in the crow and raven family and like the crow and raven, they can all be tricksters. Remember that the magpie bird is white and black. This gives us movement. The black is dark matter - that keeps separating everything, and that leads to movement. As soon as the Big Bang happened, everything went to the

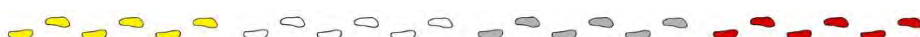


North, South fast, West, up and down - dark matter separated, and held everything apart. White matter is the opposite. It wants to give birth and create, but it can't stay in one place for too long because dark matter is always doing its thing – always separating. Sooner or later, one galaxy will collide with another galaxy. Isn't that destruction? You bet.

There is separation. One side of the river is Tribal, Southern Ute, the other side of the river is non-Tribal. When I put up the plaque honoring Magpietail Boy & Yellow Corn Woman, what it means to me is that we are the ones that have to keep separation from happening. We have to do the right thing here on Planet Earth. It has to be a physical act by one person or two people or ten people. We have to put a stop to separation. So, I'm doing what I'm doing. I'm planting trees that will do what? They build oxygen to help all of us breathe. I am building bridges - they will help us remember that we are connected.'

bridge photos from Marina Budimir 2022

Footnote: The story of *Magpietail Boy and his Wife* can be found in *Beautiful Painted Arrow, Stories and Teachings from the Native American Tradition* by Joseph E. Rael, published by Element Books in 1992 (p57)



Attending this Year's SunMoon Dance at the Center for Peace

from Vision Dance Guardian Geraldine Rael, Eldest Daughter

I had been invited by long time Chief Steve City to attend the Tennessee Center for Peace's SunMoon Dance in July 12-15, 2024, for this beautiful ceremony.

Some weeks after the Pagosa SunMoon Dance, I travelled there, and I have to say that the sacred living Tree in the arbor has grown a lot since the time I'd danced there back in 2003.

During my time there this year, I was asked to initiate the Climate Change Lessening ceremony and I decided to initiate the Corn Pollen (Bee) ceremony, as well.

It was such a great privilege to spend time with many old friends and an honor to befriend many new ones, too!



Beautiful Painted Arrow Dance Dates for 2024 from August to the end of November

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

A Note from the Editors:

Dear Readers, this is the third 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.

There are 4 newsletters each year. In this Issue, the listing is for Dances scheduled to take place 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 August - end of November:

Beautiful Painted Arrow Long Dances, Drum Dances and Sun-Moon Dances



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

Chief Hans Baselli - lorenzobasselli@gmail.com

Coord: Lars Richter - richter-lars@gmx.de

Coord: Bettina Moeller - bet.moeller@gmx.de



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

Chief Brenda Sue Whitmire - bswhitmire@windstream.net



August 30 – Sept 1 DRUM DANCE, the Wirral, England, UK.

Chief Carlos Glover - carlosrop@hotmail.com



September 6 – 8 DRUM DANCE, Sao Paulo, Brazil.

Chief Felicity Macdonald - fggmacd@gmail.com

Coord Alexia Pescuma - contato@mooncircle.com.br



September 10 - 11 LONG DANCE, Croatia.

Chief Luka Hodak - lukahodak30@gmail.com



September 19 - 22 WOMAN'S HOLLOW BONE SUN-MOON DANCE, Rice, Virginia, USA.

Chief Angela Whittaker - awhittaker1578@gmail.com

Coord Joan Kruzicki - jkruzicki@gmail.com



September 21 - 22 LONG DANCE, Pennsylvania, USA.

Chief Stephanie Moore - stephaniemooremedicine@gmail.com



September 21 - 22 LONG DANCE, Bolivia.

Chief Miguel Kavlin - miguelkavlin@gmail.com



September 20 - 23 SUN-MOON DANCE, SOUTH AFRICA.

Chief Jennie Coles - sevendirclesoz@gmail.com



October 26 - 27 LONG DANCE, Sao Paulo, Brazil.

Chief Felicity Macdonald - fggmacd@gmail.com

Coord Alexia Pescuma - contato@mooncircle.com.br



November 2 - 3 LONG DANCE, Tucson, Arizona, USA.

Chief Martha Boose - mamaphd64@gmail.com

Coord Jane Innmon - peoplegardener@gmail.com



Note from editor Stella: 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.



A Resident Chief for the SunMoon Dance in South Africa

an endorsement from Eldest Daughter Geraldine Rael, Mantle Carrier for her father Joseph Rael

In a phone call, I understood that Soozi van der Linde of South Africa was integral in helping with coordination of ceremonies for Elba and Fritz Duminy and Felicity and Andrew McDonald, as well as with Jeannie White Eagle for many years in Gauteng Province, South Africa. I'd learned that Soozi had also been assisting in coordinating Beautiful Painted Arrow ceremonies in Western Cape Province, South Africa for an Australian Chief for a couple of years. After Fritz Duminy passed over, his wife, Elba, had to sell their land and since then a suitable dance site within a fairly close proximity had not presented itself.

During our conversation, I asked her, "As well as coordinating Dances, why are you not Chiefing?" She replied that she had never entertained the thought!

I pointed out that she could be a Chief in two years but with her experience she must have gathered quite a bit of spiritual information without really realizing it; taking on many roles while working closely with a Chief during a ceremony, I would say, counts to some degree.

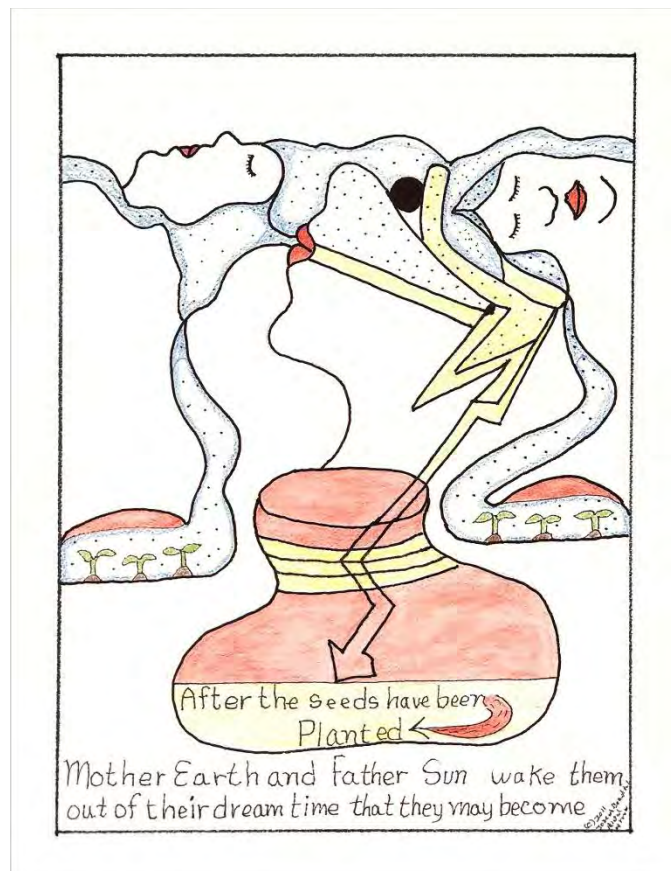
I feel we NEED Chiefs in South Africa more than ever.

I began a conversation with longtime Bolivian Chief Miguel Kavlin in hopes that she could travel to Bolivia to train with him as his location is closer to her than the USA, he agreed. However the travel was something that could not happen for her.

I invited her to our Pagosa SunMoon Dance. She started fund raising and Lukas and Marina Budimur also contributed to her passage. She shadowed me through our SunMoon ceremony and did really well. I expected that she would do well. Soozi is bringing a lot of hands-on experience.

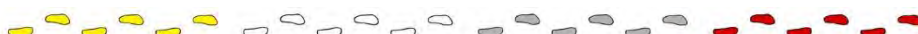
I impressed upon her that less is more. When my father handed the mantle to me, he expressly wanted me to take his beloved SunMoon Dance back to its simplicity. I told Soozi, no matter the Chiefing styles you've experienced I'd prefer that you keep it as close to its original form as this is what I have done.

It has taken time & effort to build my community, but it is happening, more & more. It blows me away, but more than that, it humbles me!



(copyright © Joseph Rael)

artwork courtesy of Geraldine Rael



Reflections on Becoming a SunMoon Dance Chief

from Soozi van der Linde in South Africa

"Why don't you chief the Dance?" The question made me pause, in a few seconds all my insecurities flashed before me, then my ego got, what we call here in South Africa, a "klap" which is basically a good smack – "You are not in charge". Again, I was asked, again I looked at the practical reasons, costs etc... again I was "klapped". I had organised, crewed and danced many Dances, was it not time to say yes? I felt so many emotions and most of all so much gratitude to Geraldine, Lukas and Marina who stepped up to make my mentorship possible.

Through them, in May 2024 I had the privilege to be in Colorado, to be mentored & to co-chief with Geraldine Rael, keeper of the lineage and work of her Father Joseph Rael. It was a pipe dream that started 9 months prior to the Dance and Spirit opened the way for me to be able to attend through chiefs who became friends, contributing financially and opening their homes and hearts to me to be able to take this step. I had no idea how I was going to get there when I received the invitation to come to the Dance, but with a dance fund Lukas had built up and Geraldine opening her lovely home, it happened, like a bright blessing when you see a triple rainbow after the rain. I saw one after I left Colorado and landed in Canada with family connected to the possible land for the Dance. They asked for the Dance for Canada to return there as well! Again, a sign that I was to follow the rainbow path of peace and trust the path Spirit is planning. The Rainbow light has always guided me.



photo: Triple rainbow appeared after I landed in Canada just after we completed a ceremony.

In the title of this article I **specifically use the word "Becoming"**. Joseph explains that the Tiwa languages are Verb languages, everything is in movement where we are existing in breath, matter and movement. I learned the mantra of "celebrating what we are becoming" when I was initiated in the sacred tradition of Peru. It's a process of growth and understanding that continuously happens within us when spirit puts a vision in front of us. You, we, me, are always becoming.

South Africa: Beginning in 2016, we held 3 SunMoon Dances in Johannesburg on the land of Fritz and Elba Duminy who were keepers of the beautiful arbour and sound chamber. The first 2 years Sammye-Jo Harvey, from the USA, & Nick Hurn, from the UK, were co-chiefs. In 2018 both Sammye-Jo and Nick were taken ill so we had no Dance that year. In 2019 the last SunMoon Dance was held there chiefed by Kristen Bissinger from the USA, assisted by her husband, Tom Bissinger.

All 3 SunMoon Dances were attended by Chief Felicity and her husband, Andrew Macdonald, from Brazil, who were a huge support to us in setting up and showing us the protocol. They took on the roles of moon mother and alpha dog. The Brazilian drum team also came. We had a strong community supporting our dances. I was then mostly involved in organising the logistics of the dances, communicating, dancing or being on the crew - specifically the SunMoon Dance and prior to that from 2007 supporting and organising other dance ceremonies.

We also held a Drum Dance in 2019 in a remote mountain location where I was living at the time. Felicity Macdonald was Chief and I co-chiefed to learn that Dance.

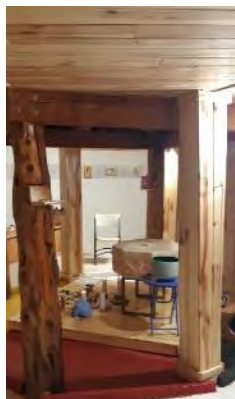
We also had 3 SunMoon Dances in Cape Town from 2016 – 2018, chiefed by Jennie Coles, from Australia. These Dances never had a permanent home and were held on various lands. Due to illness of Jennie's husband, Michael, they were no longer able to travel and have held online Dances since.

In 2018 I was blessed to be sponsored to crew at the SunMoon Dance in Brazil and to dance at the SunMoon Dance at Buena Vista near Santa Fe. Spirit was already working with me in ways I did not know to lead me to this place of holding space for this Dance. I met Geraldine at the 2018 Buena Vista Dance when her Father handed on his work to her officially.

With the covid outbreak in 2020 and 2 of our chiefs, Samye-Jo and Nick, as well as some of our key elders like Andrew and Fritz, passing over, the SunMoon Dance came to a pause. After Fritz passed Elba had to sell the land and the communities started to disperse with just a core keeping in touch.

But one thing remained. The Dance kept on calling to me to complete the 4th round and be replanted back in Africa. Year after year I heard from community members asking when the SunMoon Dance would be coming back to South Africa, and I had to say, "Well we don't have a chief yet", and we had no finances to bring chiefs over anymore as flights became just too expensive.

For 3 years the Dance kept on speaking to me, so I finally contacted Geraldine and started a conversation with her with the intention of inviting her to Chief. I thought we would do as we did before, inviting a chief & drummers to come over and I would handle logistics this side. What I did not expect was Geraldine asking me, "Why don't you chief the Dance?" As we spoke about this, we both saw Eagles in the sky on our sides of the world and knew we had to trust the vision. However, the price of tickets for me to fly to an overseas Dance to gain experience of chiefing was unaffordable for me. I have no words to express what unfolded in the following months as Lukas & Marina and Geraldine made it possible for me to fly to Colorado through "dance away" funds and contributions, to be at her side, to be mentored as a co-chief. Geraldine opened her lovely home to me with a generous heart and the 3 of them drove me around, fed me and taught me, not so much in words and about how the Dance should be done, but by example of being decent humble extra ordinary humans that supported deeply the vision of the SunMoon Dance and its returning to Africa.



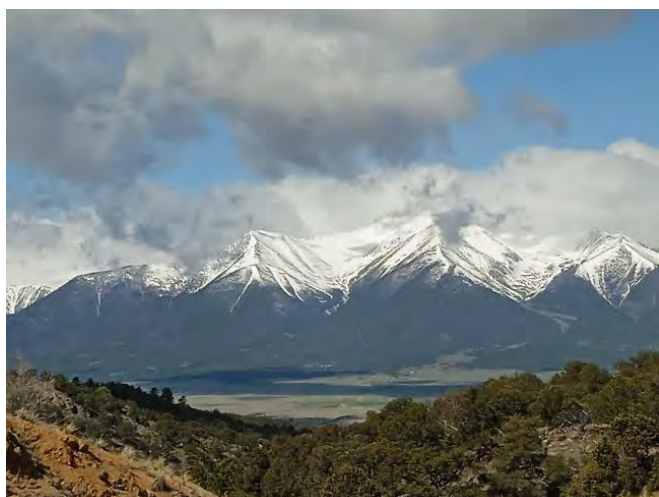
I woke up every day in Colorado with gratitude and awareness of what a great gift I had received, to be able to stay on the land where Grandfather Joseph once lived, be in his sound chamber, have conversations with Geraldine the lineage holder, and Lukas and Marina with their years of holding Dances and learning the work of Joseph. As I walked on the land every day all I heard was, "Dance for peace, dance for peace".



photo: interior of the Wah Chi Chi Hu chamber

photo: in conversation with Geraldine

The day before we were going to the SunMoon Dance site, on land high above Pagosa Springs, we were blessed to attend the opening of the Southern Ute Bear Dance and dance a few rounds. I am from a Bear clan through my maternal grandfather (my mother's maiden name is De Beer – meaning The Bear) and I felt so much joy to connect with the energy of this ceremony.



Arriving at the SunMoon Dance arbour the next day, I was met with the most beautiful sight of the majestic San Juan Mountain keeping an eye over the forest of the Dance ground. Every moment on the land felt like everything and everyone was feeding energy to me, although very few people knew that I was there to be mentored and co-chief with Geraldine, people were so kind to me and curious about my country and offered support in many ways.

photo: San Juan Mountain from the Dance site

I watched and absorbed and learned. I recognised the power in simplicity, of holding a sacred container for dancers to do the work. Of treating all present with respect, of being aware of subtle messages, signs and nudges from Spirit during the ceremony. We had so many

visits of hummingbirds and other birds and beings and also Bee—ings. The Bee energy has become an important part of the Dance.

Co-ordinating a Dance is a lot of work. Holding space for the Dance as a chief is listening, being humble, acting on inspiration, respect, working hard and leading with heart. Joseph's mantra of not being stuck in the form became very real to me as I watched how things were flowing, and, although Geraldine shared guidelines with me before, I realised that the Dance creates itself in every moment over and over as Joseph has taught us about our being in existence. Before the Dance I was asked to help with the "Eagle's nest" gift for the tree. I had learned many ways and meanings of honouring the arbour by bringing in beauty and gifts, so I did my thing but as the Dance progressed, I paid attention to the cycle of energy where everything we bring into the arbour, animates and affects the energies, and that not being stuck in the form was key. We are "formed" during our lives by our parents, teachers, religions, workplaces, friends and society; the powerful medicine of dropping all of these forms and keeping it simple, learning from the original ways of Joseph Rael who gifted these ceremonies to us, became so clear. I learned to separate inspiration from ego.

I learned from the dancers, I learned from the crew, most of all from the quiet strong grounded presence of the beautiful woman sitting next to me, observing all that went on with a loving open heart. I listened as she quietly spoke words to dancers and crew. A fluid form emerged that created a powerful ceremony.

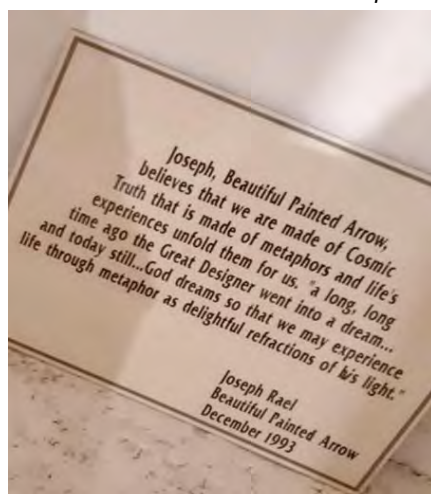
Now back in South Africa, in recent reflections on how "I" am to bring the Dance and community back together, I saw a light circle around the planet, the circle was made up of all the dance arbours and sound chambers, chiefs, chanters, crew and dancers within them. I felt the circle of light call me in saying, "We are one Dance". It was like a line of people all descending from one ancestor – the metaphor being the seeds of peace planted by Joseph taking root and growing. New seeds are being sowed in Africa and she is held in this circle of light.

I don't know what it looks like yet, the land where we will hold the ceremony still has to be finalised, and at times I'm anxious, complicating things causes anxiety, but then I have to laugh at myself It's simple. As I look back on what I received, I go back to gratitude and faith and what got me to Colorado. It was not any of my doing..... Now I'm calling to the land, the dancers, the crew, and the Spirit of the Dance to arrive here again so we can dance for peace in Africa and the World. Am I ready? Are we ever? I am readying..... I am saying, "Yes", I'm trusting and believing, I'm looking forward to seeing you in Africa.

With gratitude to my mentor Geraldine Rael, lineage holder, and to my friends Lukas & Marina from Croatia, who all believed in this vision, and to all the kind people I met at the Dance.



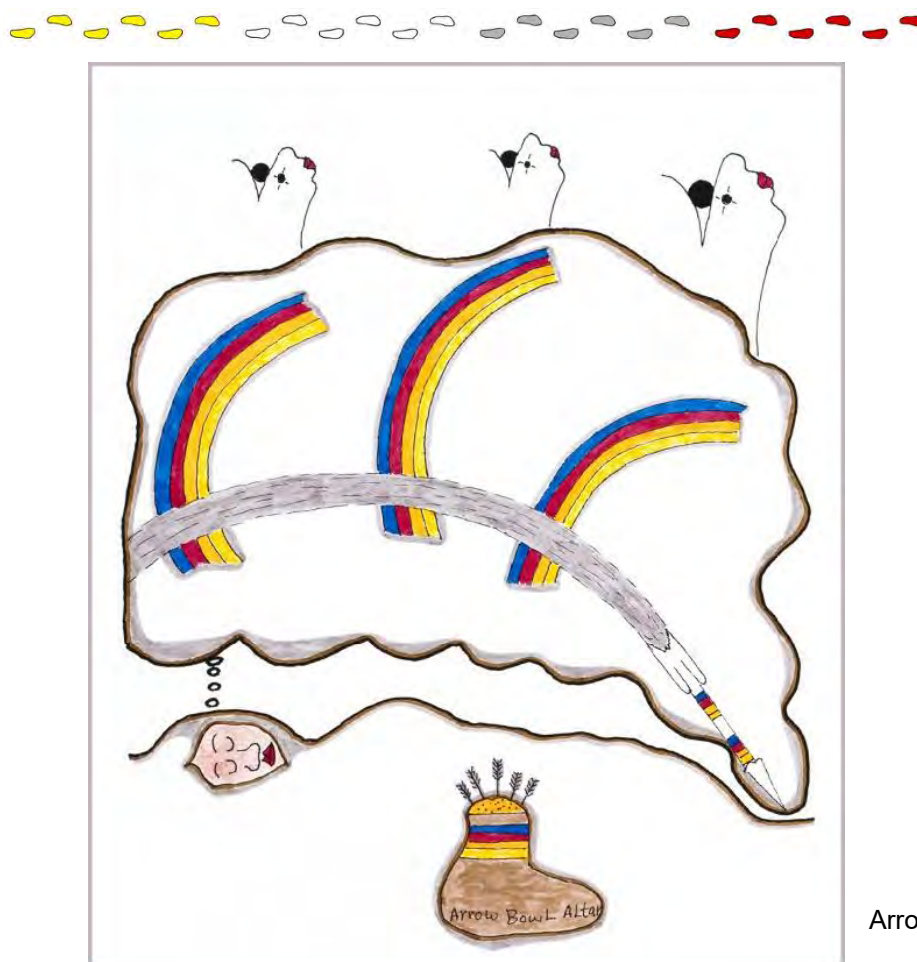
photo: Marina, Geraldine, Soozi, Lukas



A Light-hearted postscript with a Big Message from Sooz van der Linde

About 2 days after the dance, Lukas gifted me with a copy of Joseph's newest book co-authored with David Kopacz, *A Bowl Full of Ideas for Inventive Minds* (for ages 10-100). The book is about 40 pages. Now, I am usually a quiet sleeper and wake up pretty much in the same position, I fall asleep in with my bed pretty much intact. That night before going to bed I decided to read Joseph's book. I read the whole book in one sitting paying detailed attention to everything, the condensed teachings/concepts and the pictures. I went to sleep but a quite eventful night unfolded. It seems that during the night I was very busy, not sure if I was travelling or what, but I woke up with half my blankets on the floor, the sheet around my neck, a pillow on the floor, the bed which was on wheels, had shifted sideways somewhat across the room.

I only really came back to this world when Marina knocked just before 9 to see if I was up, as we were going on a trip... I'm usually up early. She described me as having my hair stick up all over, with a bit of a bewildered look on my face, it looked like I had a rough night, it took me a bit to realise where I was.... I mumbled, "Yes, I'm up". She said, "OK, I better go make coffee". ... I stumbled up and looked at the mess my bed was in and wondered what the heck??? It seems I had put too many ideas into my mind, and I was sure busy processing all that information during the night! SO, although it seems to be a small book, it's a powerful one, don't eat the whole cake at once, take the messages one at a time, they come from lifetimes of teachings and wisdom and are powerful thoughts for meditation. One at a time!



Arrow Bowl Altar

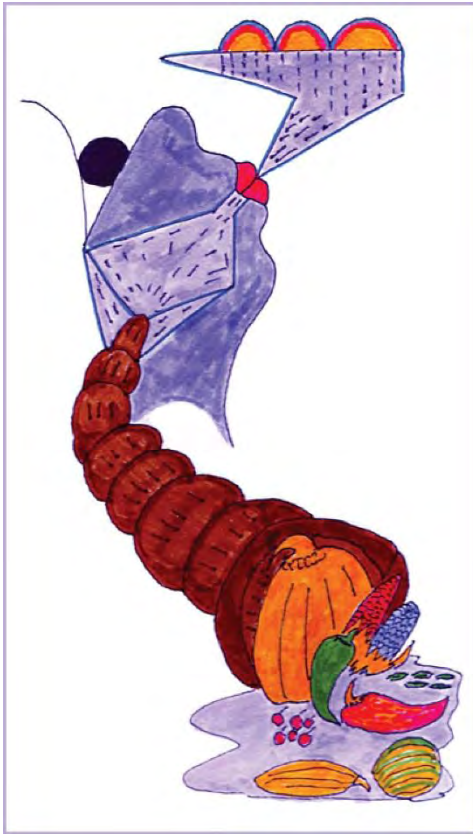
Dreams of Painted Arrow's Rainbows

(copyright © 2005 Joseph Rael)

from *A Bowl Full of Ideas for Inventive Minds* (p.2)

Awake Before Dawn

a poem about Kitchen Angels by Tim Dunne, a member of the Arizona Dance Community



Awake before dawn, their dance begins
Multidimensional music that feeds the spirit
Creates patterns in a physical reality.
In this space, time flows in rhythmic beauty
Whispers of imagination coexist
Within dreams created to nourish body and soul.
These angels empty themselves
Creating magical songs crafted with love
Pouring beauty, caring, imagination and power
Till the music sings with their passion
Heals with their love.
Daily they dance and create
Here, there is only today
Tomorrow is just a dream
Open to imagination and interpretation
To those with the passion to discover.
Kitchen Angels Dance to serve the spirits
They dance with a passion that lives in their hearts
Feeding and healing all.

Horn of Plenty – 2006 (copyright © Joseph Rael)



Joseph's Autobiographical Book, House of Shattering Light

now available online as an audio book

find and buy the audio book here:

Amazon.com: House of Shattering Light: The Life and Teachings of a Native American Mystic (Audible Audio Edition): Joseph Rael, Tom Bissinger, Pointer Oak/Tri S Foundation: Books

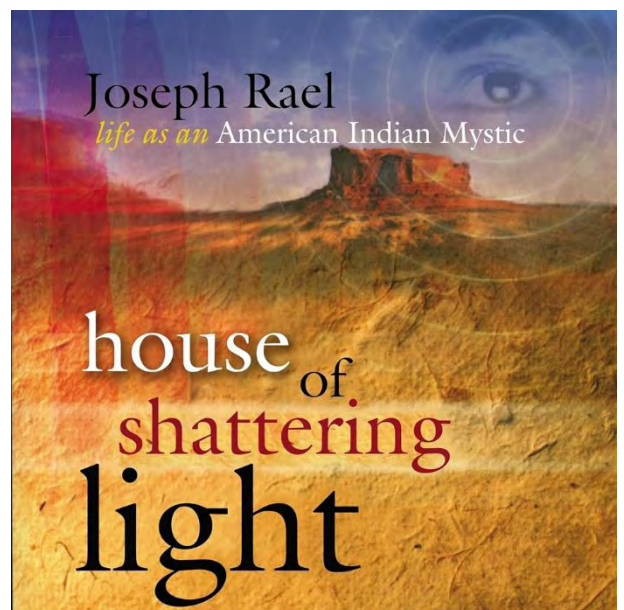
©2003 Joseph Rael (P)2024 Joseph Rael

book summary from the website:

Here is the amazing personal story of Joseph Rael, Beautiful Painted Arrow, from his birth on the Southern Ute reservation, through his childhood at Picuris Pueblo, to his work today as a healer, visionary and man of peace. It is a story of the power of Native American ceremonies, both ancient and contemporary, of visions, miracles, and mystical knowledge.

Listening time: 5 hours and 52 minutes

narrator: Tom Bissinger



Trust the Journey; Let Go of Expectations

from Martha Boose, a member of the Arizona Dance and Chamber Community

While attempting to complete an essay for my writing group with the prompt; Trust the journey; let go of expectations, my mind continued to return to a phone conversation with a very close friend, who lives many states and life experiences away. She asked me if I was REALLY going to dance the Sun Moon Dance again this year. What I heard was, "Why do you dance?" I know she wants to support me, but she thinks fasting food and water for 4 days (really more like 72 hours) is ... well, she has never really said it, but I am betting she thinks it is just foolishness. I can almost hear her say: "Doing that dance is just crazy - and then to top it off, she would probably add, "especially at our age".

Of course, it is not the first time I have been asked the why question, whether literal or metaphorical, and I have no pat answer - no elevator spiel. Actually, this may be at the core of why I dance. Each time I step into the Sun Moon Dance it's new, as I recognize I am new. So, becoming the Hollow Bone as Spirit moves through me is a practice in patience. Finding balance, coming to understand the elements of vulnerability and zeal, dropping the mask of knowing and allowing Love, Light, Sound to enfold me - to fill me - to transform me, so novel from my everyday life. Dancers change, Drummers and support people change. Then I notice the Land has changed. And the energy form and potency; the Visions, the Lessons, are current for in this Dance, Spirit meets me right where I stand.

I prepare my prayer ties - clear mind, open heart, courageous body, loving spirit. The repetition is hypnotic and images of the Arbor form. My vision focuses on observing me seeing the Tree - clearly openly, courageously, lovingly One. And with gratitude, I lay out the next set of colors, as more prayer ties are requested.

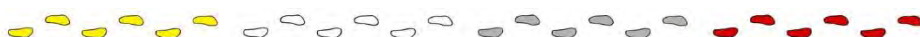
While I may begin my preparations with some anxiety, yes, fears do pop up, as I am just human being with the encompassing frailties, I realize as I am thinking about it, it's like what I read in Dr. Gladys McGarey's book** - just move through it. She says this about fear - about grief - about anything which may create an obstacle to forward movement - a stuckness. I am not sure if it was McGarey or me who expressed that deep depression was a state of stuck, in which any movement toward one's well-being seemed too impossible or exhausting to complete. I may have actually embellished this from personal experience.

I am so much better than I was before, yet 'before' was not all that long ago. I think I may have come into this world with a proclivity toward depression. Once when I was suicidal and called and told my mother, after the briefest of pauses, in a voice and tone with which I had not had much experience, she said, "Well, you come by it honestly". She was speaking of her father, who had shot himself dead in her home, when she was about 4 years old. I hadn't heard about his demise until I was 27 and had gained enough gumption to straight out ask my grandmother for the truth about her husband. I believe she had had just enough whisky and coke to loosen her tongue to let me in on one of the major family secrets. Armored with this information, I understood the connection my mother was making, which was oddly comforting. Coming by this honestly, actually decreased the shame I was feeling.

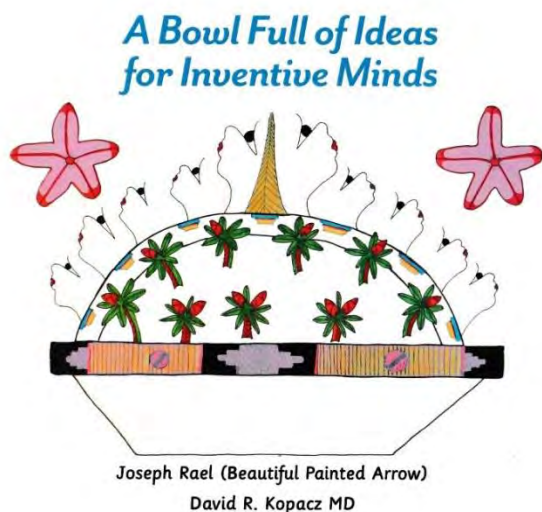
All of this rambling and attempts at connecting my authenticity with the original why question brought me to this resolve: I dance so I can come back to me, I can come back to my Divine Self. I dance so I know the truth regarding my belonging. I belong to Creation. I am One. I dance to remind myself of my part in this life illusion, to break free of the external, which is unattached to my inner truths and being. Allowing. Accepting abundance of Love.

So I do trust this journey of this Dance. And because it is always new, I can choose to be surprised and delighted with my visions and the experience, rather than waste my energy forecasting limiting expectations.

*****The Well-Lived Life: A 102-Year-Old Doctor's Six Secrets to Health and Happiness at Every Age by Gladys McGarey***



Joseph Rael's and David Kopacz' newest book is now also available with German translation



Every child is born a Holy Being

We are all on a journey—the Journey of the Holy Being. This journey starts when you are born. The secret is that you are already a Holy Being when you are born... Go ahead and read these ideas I am giving you, but beware because you will eventually become a Holy Being if you read this book! Actually, you already are—you just forgot...

JOSEPH RAE
BEAUTIFUL PAINTED ARROW

Southern Ute elder Joseph Rael (Beautiful Painted Arrow) offers words of wisdom to children and the young at heart, as told to David R. Kopacz MD. 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.



itscbooks.com
davidkopacz.com
beingfullyhuman.com

Opening

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

You will receive the original book including German translation and shipping costs for 20,-€ if you order it by August 18, 2024 at soundchambereurope@gmail.com (Cost price)

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Below: is the German translation of the above texts

## Joseph Rael und David Kopacz neuestes Buch ist jetzt mit deutscher Übersetzung erhältlich

Text from the front cover:

### Eine Schale voller Ideen für erfinderische Köpfe

Von Joseph Rael- Beautiful Painted Arrow (Schön Bemalter Pfeil) und David Kopacz MD

Text from Opening:

Dies sind die Worte von Joseph Earl Rael, der auch unter seinem Tiwa-Indianernamen Tsluu-teh-koh-ay, „Schöner Bemalter Pfeil“, bekannt ist. Joseph sprach diese Worte und Ideen zu mir, David Kopacz, und ich habe sie in diesem Buch niedergeschrieben. Wir schließen Josephs Kunstwerke ein, die er erstmals an der Santa Fe Indianerschule von José Rey Toledo und anderen Lehrern lernte. Wir hoffen, dass Euch unser Angebot „**Eine Schale voller Ideen für erfinderische Köpfe**“ gefällt.

David R. Kopacz MD

*Text from the back cover*

**Jedes Kind wird als heiliges Wesen geboren**

Wir sind alle auf einer Reise – der Reise des Heiligen Wesens. Diese Reise beginnt, wenn Du geboren wirst. Das Geheimnis ist, dass Du bereits ein Heiliges Wesen bist, wenn du geboren wirst... Fahre fort und lies die Ideen, die ich Dir hier gebe, aber sei Dir klar darüber, dass Du ein heiliges Wesen wirst wenn Du dieses Buch liest. Genau genommen bist Du schon ein heiliges Wesen, Du hattest es nur vergessen....

Joseph Rael, Beautiful Painted Arrow

JOSEPH RAELE- SCHÖNER BEMALTER PFEIL ist ein Southern Ute Ältester und bietet in diesem Buch Kindern und Jugendlichen, und denen die jung im Herzen geblieben sind, Worte der Weisheit an, so wie er sie Dr. David R. Kopacz erzählt hat.

Joseph füllt die Schalen der Herzen und Köpfe mit 18 Ideen, die dazu anregen, unseren Erfindungsreichtum, unsere Kreativität und unsere Wertschätzung für die Heiligkeit des Alltags wieder zu entdecken. Begleitet von Josephs Kunstwerken, die noch weiter die erfinderischen Ideen erhellen, die so dringend in der großen Schale von Mutter Erde benötigt werden.

ISBN 978-1-7342800-5-0 51800 KONDOR & EAGLE PRESS, itascabooks.com, davidkopacz.com, beingfullyhuman.com

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Note from the translator to German

Die oberen Seitenzahlen der deutschen Übersetzung entsprechen denen im englischen Originalbuch, damit man sie in dieses einlegen kann.

Anmerkungen des Übersetzers Lukas Budimir, der versucht hat die poetische Sprache des Originals so gut wie möglich beizubehalten. Dabei kam es ihm hauptsächlich auf die Verständlichkeit an und nicht so sehr auf das einzelne Wort. Viele Worte haben zudem verschiedene mögliche Übersetzungen wie z.B. das Wort „Schale“ im Text. Es könnte auch mit Schüssel, Behältnis, Vertiefung oder Korb übersetzt werden.

Ich bin kein professioneller Übersetzer. Mein Anliegen ist es die Worte im Buch auch Personen ohne Englischkenntnisse zugänglich zu machen. Kontakt zu Lukas Budimir für Anmerkungen oder Verbesserungsvorschläge: soundchambereurope@gmail.com . Das Buch hat Copyright, es darf also ohne Erlaubnis nicht kopiert werden. Dies gilt auch für diese Übersetzung. Die Übersetzung ist kostenlos erhältlich von o.g. Adresse, wenn man das originale Buch in Englisch kauft. Das lohnt sich in jedem Fall, wegen der wunderschönen Bilder die ein wichtiger Teil des Ganzen sind.

Sie erhalten das Originalbuch inkl. deutscher Übersetzung
und Versand für 20,-€ wenn Sie es bis zum 18. August 2024
unter soundchambereurope@gmail.com bestellen.
(Selbstkostenpreis)

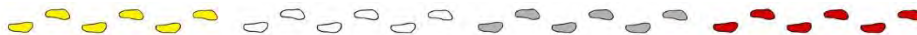




(copyright © Joseph Rael)

Ancestors bring the rains to the desert

Being and Vibration: Entering the New World (p.135)



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On the site you will also find previous issues and other documents available for download.

The NEWSLETTER comes out 4 times a year

February 5th, May 5th, August 5th and November 5th.

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.

In either case, we have no way of knowing if you have received the Issue,
so, please check the filter settings on your device!

NEXT ISSUE *Seeds of Peace* Issue 35

publication date: November 5th 2024

please email your articles for inclusion to us 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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Stella Longland: stellalongland@btinternet.com based in the U.K.

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Tom Bissinger: tomasbiss@gmail.com and Kristen Bissinger: krisbiss601@gmail.com based in Pennsylvania, U.S.

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

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

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Related websites:

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

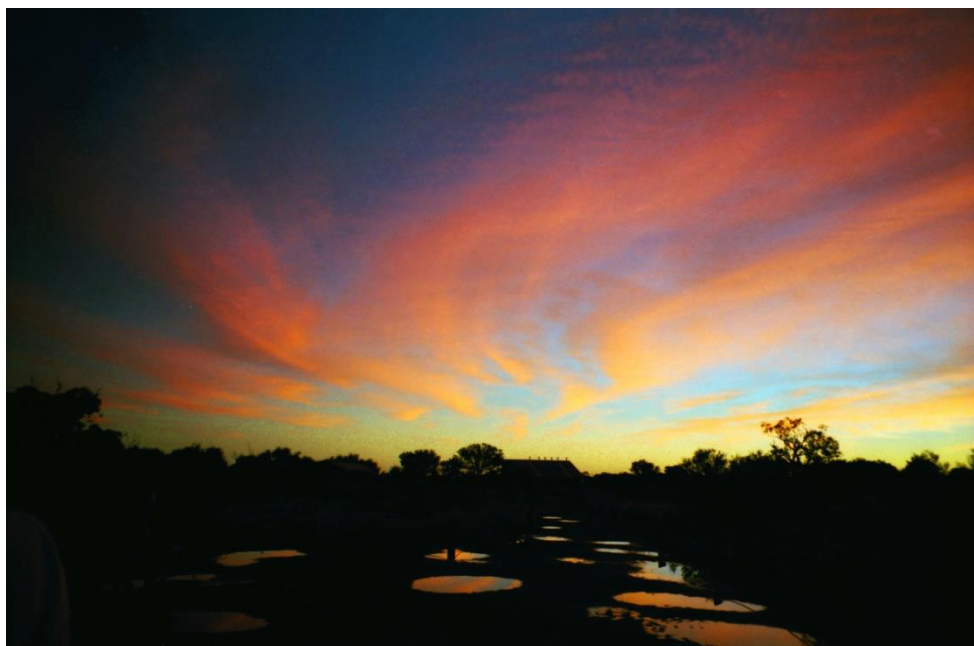
Geraldine is the person to approach for clarity on matters concerning the 3 *Beautiful Painted Arrow Vision Dances*.

She can be contacted via the website and by email: geraldinerael382@gmail.com.

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

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 : a website covering the Chamber Vision and the manifestations of Sound Peace Chambers worldwide (a little out-of-date but nevertheless plenty of info).



The sunset at Kata Tjuta after the blessing of rain