



**'we
are
forever
beings
of
eternity.'**

**Seeds
of
Peace**

Issue 37: May 2025

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'Now, we find ourselves here in this world. We are always and we will always be beginning new journeys. We will always be ending the journeys. Then we will start all over again because we are forever beings of eternity. We will continue that way because that is our journey. Now we go to a new vibration, a new place. We will travel together for a while and when we open our eyes again, we will be in a different world, the New World.'

cover quote context, *Being & Vibration, Entering the New World* by Joseph Rael (p.112)

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A Special Day: Joseph Rael, Beautiful Painted Arrow, will Celebrate his 90th Birthday on June 2, 2025

**this Issue is dedicated to our beloved Teacher,
blessings and love from his students, followers, family and friends**



Create Ceremonies for Joseph on his Birthday

The suggestion is to honour Joseph on this special day by creating ceremonies dedicated to him.

Acting individually or in groups, the intention will be to send multiple blessings to him who has gifted blessings to so many over the years.

The time and the place will be our choice,
and the form of the ceremony will be ours to create.



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Joseph lives in seclusion now and we respect his privacy. Our way to honour him is through continuing the work that he introduced us to. The best 'thank you' that we can give is to show that we are continuing the Work that is Worship. He has always encouraged us to create ceremonies so that we can come to know that,

'We came out of ceremony. All of life came out of ceremony.'

Sound, Native Teachings and Visionary Art by Joseph Rael (p.185)

Later, if you would like to share the form of the ceremony you created for this special anniversary, the editors of the Seeds of Peace newsletter would like to invite you to write about it for the August Issue.

Please send it to us by July 15.

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Dad's Birthday 10 yrs Ago with a Special Cake

from Eldest Daughter Geraldine Rael

We were present for the book signing of *Being & Vibration: Entering the New World* in Durango Colorado 10 yrs ago.

Paula Millichap his publisher set it up. She'd organized the renting of a home to gather for a book signing & lunch, & a surprise belated 80th birthday party of sorts.

His brother Uncle Eagle, Aunt Stephanie & my Sister Theresa also attended, along with many others of the Beautiful Painted Arrow community.

At that time, he & his wife were concerned about his consumption of a real cake, so it was improvised with a watermelon! He loved it!

Still sugar but not as much.

Happy 90th with many more to come !!

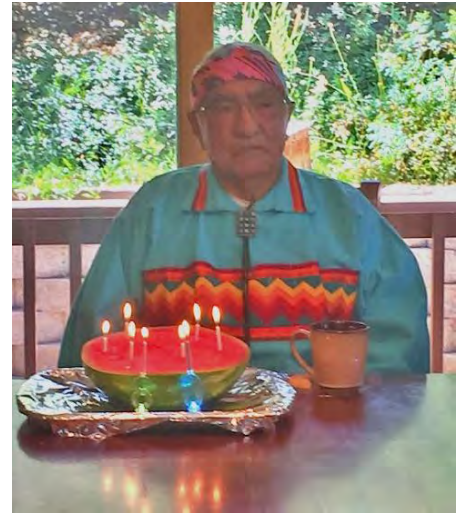


photo from Geraldine

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Thank You So Much for Being on Mother Earth with All of Us

from Annapadma Marquardsen, living in the north of Germany

Dear Joseph, Beautiful Painted Arrow,

Many years ago, in 1991, I saw an invitation for a Drum Dance in Wasserkoog, at Sufia's home, and I knew I had to come. I had no idea what would happen there, and I thought the most difficult part would be not drinking anything for three days.

In the sweat lodge, I felt at home - in another time or in all times. And then the dance began. In my memory, I see myself as somewhat innocent, unaware of what was happening, yet completely in love with everything that unfolded.

At one point in the dance, you gave the instruction to stand in a circle and move together. I stood beside you, and you were dancing so slowly. That moment was so profound for me - such a new experience. In one hour, we returned to our starting point, and then we danced in the other direction for another hour.

I missed smoking so much! But not drinking was not difficult for me.

During one of the dance breaks, you invited us to your room and offered us the opportunity to ask you a question. I remember this so clearly, beloved Grandfather. Thank you for that - so much.

I wrote about my experience in this dance in my diploma thesis in Educational Science - about silence. I described what I had experienced and the insights I gained in the dance: such deep silence within myself, no words, no one telling me what is, how it is, or how it should be - just my inner self... opening... love... quiet happiness... and a wonderful feeling of being just as I am.

From that day on, I danced most years from March until October. I participated in many sweat lodges and learned about the beauty of Mother Earth, the depths of my own inner world, and the beauty of all beings on this planet.

Thank you for all of this, Beautiful Painted Arrow - for all your gifts to all beings, for showing us, the two-legged ones, that we can change, that we can learn to live in peace, that we can release what is not needed anymore to Father Sky, and so much more.

May you live in the way that is right for you. May you have everything you need.

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Joseph's Lesson: Living his Teachings in a City Environment

Dr. Laura Cuttica Talice from Italy

I have an indelible memory of Joseph at my first Sun Moon Dance. It was in the early 2000s, during the dance I did not faint. I remember leaving, I went to greet Joseph who was sitting under a tree. When I was close to him I fainted, falling to the ground. I came to after a while hearing a lot of people around me as Joseph said that I had received my baptism. I will always remember that episode which started my 16 Sun Moon Dances.

The great lesson Joseph has given me is to know how to practice his philosophy in a very different environment from the one Joseph lives in.

I live in the city and work helping people who are sick psychologically by bringing them to the level of spirit and to feel beings of light as Joseph teaches, without the help of singing or ceremony, but simply speaking to their soul with the voice of my soul.

The world of spirit is everywhere, and I call it up within me by entering into the magic of Joseph's teaching that has led me to become the Sun and Moon dancer and attain wisdom to be useful in my life.



photo from Laura

The Institute for Life Coach Training Italy - www.lauracutticatalice.it



Co-authoring Tracks of Dancing Light with Joseph Inspired My Life Journey

gratitude and love to all, from Lindsay Sutton

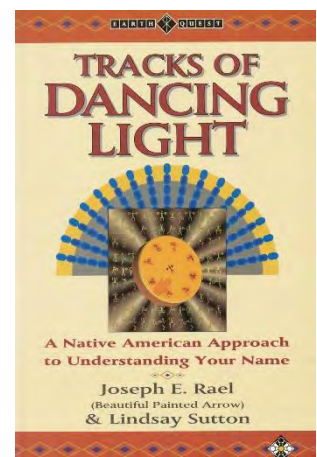
Over the years, I have appreciated the teachings and times I spent with Joseph, co-writing the book and the wonderful sessions, have inspired me since then.

I now do sound healing sessions using crystal bowls and group chanting to remind people of the essence of their name and place in the world.

Everyone who hears the metaphor of their name finds guidance and inspiration from the experience.

I now help in a 5D clinic in Boyle in Eire. They use frequency machines for healing, these include Hyperbaric Oxygen Therapy, Red Light Therapy, Browns Gas Therapy, UV Light Therapy (Sunbeds), Quantum Healing Therapy (Orynoco), EWOT (Exercise with Oxygen Therapy), PEMF (Pulsed Electromagnetic Field Therapy), Roxiva Light & Sound Therapy, Holographic Sound Therapy.

I combine reiki, sound metaphor and crystals to help bring people back to health and wholeness.



visit the website: [Live5DHealth Healing Centre, Health Store & Hydrogen Bar](http://Live5DHealth.com)

'Amazing health starts with WATER!'



My Experiences with Joseph Rael's Teachings in my Workplaces

from Lukas Budimir now living in Croatia

below: picture of Joseph Rael teaching at the Sun Moon Dance in Germany 1996 from Lukas

I met Joseph Rael – Beautiful Painted Arrow at a university lecture in Marburg Germany in 1987 and didn't really know what to expect. I listened to him for about 10 minutes with my brain and then it shut off and he directly talked to my heart. I was a bit worried that I would not get what he was talking about but then realized that it was being stored in every cell of my body and that it would come up in the right moment of time. Therefore, I got a very deep connection to this ancient wisdom and Joseph probably would say that it had been there already. Years later Joseph said that he could see the people he would work with light up in the auditorium.



Through dancing the Sun Moon Dance I experienced that everything is connected, and we are part of everything that is. I reconnected to the source of life, it became part of my lineage again and I fell in love with life, no matter how difficult it would get at times. I realized that what I do to others, or the world in general, comes back for sure and that a solution for the problems we face today is being respectful.

In my professional work, I was a caregiver with dependent people that needed help, always with physical tasks and normally with emotional, mental and spiritual challenges too. My boss once asked where I got all that energy from to do this work. I explained that it comes from the effort you put into it. That might seem weird, but it works.

The other people I worked with for many years were youngsters, some Germans and some immigrants or war refugees. My job as a social worker was to contact them in public areas where they were hanging out, find out what they needed, and then develop solutions together. They wanted places to meet and places where they could do something, like sports or repairs. After 10 years of work, they had a youth center, a sports ground, a little house the older ones renovated, a car workshop and a computer café. The key to making it work was that they learned respect by giving respect to them and responsibility by having it.

No one was excluded from these offers. Previously, the most difficult youngsters had not been given help because they were judged not good enough.

The teaching from Joseph Rael is that you accept people as they are, in order for them to be able to change. Another important teaching is that there are many layers of understanding, so look behind the obvious. The same I did with the young people, look behind the obvious, see behind the problem and focus on abilities and solutions. In this way, we find unity in diversity and learn to take responsibility for whatever we are doing. We become ourselves, as we were from the beginning, we just had to bring it forth again. Joseph's concept empowers each person and doesn't create dependency on powerful leaders. Therefore, it is a way to find peace with yourself and the world will find peace too, because this concept is available to anyone.

On this background, suddenly, the teenagers were not a dangerous group of scary people but had names and they shared memories. The whole atmosphere in the quarter of town changed, before nobody wanted to live there so 30% of the flats were not rented out. 10 years later, there were no available flats.

Thank you, Joseph Rael, for making your teachings available in so many ways, teaching so many people all over the world, helping us to realize that a better world depends on the personal effort of all of us. Around your 55th birthday you told me that in the old days someone would be chosen to speak as the sun to the birthday child and someone else would take the perspective of the moon.

Thank you for being my elder for 35 years now and HAPPY 90th BIRTHDAY.

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Dancing with Joseph and his Support for the Dances in Europe

by Claudio Giglio from Assisi in Italy

I met Joseph at his first “Long Dance” in 1989 and then every year when he came to Europe I participated in his ceremonies as a dancer.

After the 1996 Sun Moon Dance in Frankfurt, he asked me to organize the same dance in Assisi the following year. I had no idea how to organize such an important ceremony, he looked me in the eyes and told me, “Don’t worry” ... 1997 was the last dance in Europe where Joseph was Chief.

I felt like an orphan and wrote him a letter. He replied and our correspondence continued. In March 1998, referencing my year of birth, he wrote, “1963 Date means in Metaphor: You are The Light that can see.”

In this photograph of us, the jacket I am wearing was a gift from him and is the one he used during the ceremonies.



I started to organize 2 ceremonies a year “Drum Dance and Long Dance” from 1999 until 2004 then I had to stop for health reasons.

For some years I have started to lead sweat lodges again with the hope of being able to dance again.

With infinite gratitude and love I celebrate Joseph’s 90th birthday remembering that we celebrated his 60th birthday in Bristol, England, at the end of Drum Dance in 1995.

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Grandfather’s Work Gave Me Placement

Thank you, Grandfather! love and hugs from Stephanie Kern

I was introduced to Grandfather’s work in 2003 when I first attended the Women’s Lodge held on Valerie Eagle Heart’s land, Rainbow’s End, in Landers, CA. I had been on my Spiritual journey since the age of 14, but hadn’t settled yet at the age of 48. When I was first told about a Prayer Dance that was four days of no food or water, I thought, “That is absolutely crazy and certainly not something I would ever do!”

Ha! I was a Dog Soldier for that first Dance in October and blown away by what I observed. After that, I entered into Vision Quest with Valerie, started with the Drum circle and then, OF COURSE, started Dancing the Sun/Moon Dances. It is this work that kept me here in California, from 2003 until now where I currently own my first home. I’ve completed 16 Sun/Moon Dances, drummed for several, attended one of Grandfather’s Mystery schools, as well as a Drum gathering with Benito as my teacher. In short, this all literally changed the course of my life.

I was also blessed with a vision in my second Sun/Moon Dance for a new Dance that we now offer here at Rainbow’s End. The Water Dance. We will be Dancing our 19th year in June and when I wrote Grandfather about the Vision and bringing the Dance forward, he gave us his blessing for this work.

I am so glad I attended that first Lodge and found this work that has become my Life Journey.

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A Healing Gift from Joseph

from Marsha Scarbrough, Author, Hollywood insider, Spiritual seeker and roaming Crone

My first encounter with Beautiful Painted Arrow was a private healing while I was awaiting the results of tests for suspected breast cancer. Joseph determined that the problem originated from my relationship with my mother. Here's a partial account of that session from my memoir *Medicine Dance: One Woman's Healing Journey into the World of Native American Sweatlodges, Drumming Meditations and Dance Fasts*, available on Amazon:

"Is your mother in the Spirit World?" I nod.

"Would you like to bring your mother back? We could call her, and you could have her energy work through you to accomplish something you want to do. You could work together. It would give her a chance to help you."

"I'd love that."

"Good...but first let me show you what it's like to have your ancestors' energy work through you. I'll show you some of my ancestors who work through me."

He dims the lights.

"I'll sit in this chair. Squint your eyes and look at my face. You'll see it change into different faces as my ancestors come through me."

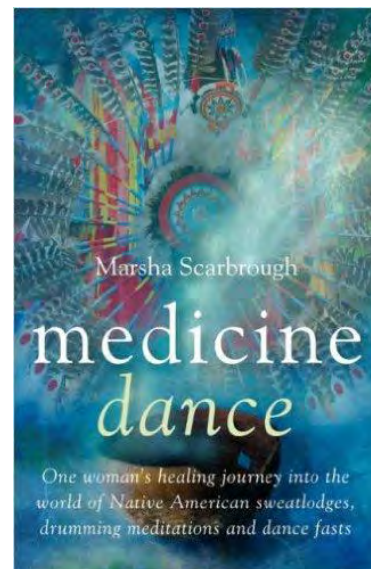
So I squint ... and sure enough, his face changes as though transformed by shifting shadows or flickering firelight. His face changes into a handsome brave, an elderly chief, a wise healer, an ancient crone, a beautiful young woman. It changes quickly. Each new face is just a flash as though each character is illuminated by a strobe light.

He's taking me into mystical territory. He's showing me his magic. This is the "non-ordinary reality" I've read about. He's for real. My skepticism vanishes. I feel honored that he's let me see this secret world.

"Wow...that's amazing."

He turns up the lights.

"It's just energy. If you want it to come through you, you have to ask your ancestor for help."



Marsha now lives in Spain, visit www.marshascarbrough.com

to find more about her work, along with events and workshops she offers.

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Found and Lost and Found Again

a tribute from Rita Feldhaus in New Jersey

Absorbing the messages that Beautiful Painted Arrow shared with us was a definite Life changer for me.

It was only in knowing, living and sharing those concepts and ideologies that assisted me in understanding my place in creation, and how we relate to each other, to the Earth, to the universe, and all it has created, to the creator of all, and to realize that we are truly One.

A few times I have lost the connection temporarily by turning to other ways and revisiting that given by Beautiful Painted Arrow has brought me back to Center.

I am forever grateful for his teachings, Aho.

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Thunderstorms and a Beaver helped the building of the Chamber

from Cheryl Braswell (& David Stephenson) in North Carolina

I met Grandfather November 1990, when he was building the 18th peace chamber, Earth's Ancestral Voices. Little did I know what a magical journey our lives would become.

The Calling?

While waiting to go into my first sweat lodge ceremony with Grandfather, there came a downpour with heavy thunder and lightning. A few of us took cover inside a tipi, and I quickly realized I was standing barefoot in water with intense lightning striking the ground around me. Suddenly lightning struck inside the tipi and ran around the perimeter! We were all amazed that we were still standing. Grandfather looked up, gazed slowly around the group and said, "Don't worry. I know these guys. We will be okay." At that time, I didn't even know what those words meant. I didn't know Grandfather belonged to the Thunder Clan. I didn't know what the Thunder Clan was. My education was just beginning.

My family religiously followed our hearts and traveled over 250 miles to work on the peace chamber almost 3 weekends per month for 2 years. We were so blessed to have so much time listening to Grandfather's stories and teachings.

In 1993 we found our dream home: a rustic log cabin in the midst of a 40-acre farm near Saxapahaw, NC; 50 miles closer to the chamber. We continued to make our pilgrimages to Swannanoa to build and be of service, investing many work hours and funds in creating something we knew was important for humanity and the Earth.

In 1998 during a thunderstorm, I woke up, feeling led to look out the window. To my disbelief, I saw a BEAVER walking towards our cabin! I watched in horror as our dogs began to attack the intruder. I woke David to help me as I ran outside to rescue the beaver. We were able to get him away from the dogs and safely off the property. About a week later a beaver began to build a lodge in the corner of our pond. The location of the structure was just outside the reach of the patrolling dogs. I felt the lodge location was odd since our pond was not filled by spring or running water, so I wrote to Grandfather about our encounter. His reply, "It's time to build your chamber", came with a special drawing entitled, "The Beaver Clan Medicine Lodge".

We didn't see how we could build a chamber, so we ignored Grandfather's instructions. A few weeks later while I was walking into work during a thunderstorm, I watched in disbelief as a bolt of lightning struck my foot! Fortunately, it was painless, and I was grateful I was okay. Upon sharing this story with Grandfather, I was reminded it was time to build our chamber. Perplexed, we said to ourselves that we never intended to build a chamber and that we didn't see how we could build one.

Listening and Taking Action!

Then in early 1999, my daughter and I were jolted awake and blinded by the brightest ball of lightning that exploded right outside our house! I shook for hours trying to understand the message from the Thunders, while David walked down to the pond and laid out the site of the Chamber! NOW we had the motivation we needed to become busy beavers, completing our chamber on August 14, 1999.

We continue to live and share Grandfather's teachings with those who come our way. We hold the Fire Ceremony every 7th. And we do our best to listen and take action as the Chamber and the Thunders continue to teach us.

Happy Birthday, Grandfather and thank you for all your Teachings.

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Grandfather Joseph Rael's Tree Teaching

with love and blessings, Donatella Pettinati in Italy



Once upon a time
Joseph Beautiful Painted Arrow
said to me:
"In Native American people,
the tree spirits are our first teachers
because all peoples of Mother Earth
belong to the human tree of life."

Here my painting.
This is the vision I had
during my first dance
with Joseph Real in Assisi (Italy) in 1992.

The tree look at me and I look at It in just one heart.

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Thanks to Beautiful Painted Arrow, Our Lives Took a 180-degree Turn

from Jeanne White Eagle and John Pehrson

Dearest Joseph,

And so, dear friend, coming to the age of 90 human years is a feat within itself. You have traveled a long way since arriving on this sweet planet. From the time of earliest childhood to the golden age of your elder years, you have traversed through rough and gentle terrains, touching the hearts of thousands of souls with your wisdom and your love. We are two of those souls.

We first became aware of you in 1995 when in Russia the ancestors called in a dream saying they were looking for me (Jeanne). It was through a serendipitous string of events that then led us to you, the detail of which you we won't go into here except to say this, your first comment when we did meet was, "I put the call out there. You heard. I knew you were coming." From that moment on, both of our lives took a 180-degree turn. We left the corporate world and under your tutelage began to open ourselves up to the fullness of what you had to teach us.

It was when you blessed us with our sacred names (Jeanne White Eagle, "Chu-Pah-Tah" and for John, "Wah-Chi-Who" Is Alive) that things began to really take off. You asked us to be the "godparents" of the Peace Sound Chambers and with your blessing, we traveled the world doing the Awakening Ceremonies. After several years. I was then given a vision for a ceremonial medicine dance that you named the "For the One Dance," which also took us around the world. And at one point, you blessed John as a Chief of the Sun-Moon Dance.

We could go on with wonderful and powerful stories that have emerged from all of our years of travel and interaction with communities around the world that have been influenced by you and the love that you have brought us all. We carry you in our hearts always and sing a joyful song with all the Universe that with us, is celebrating you, precious Joseph. Your time here has made a profound difference!!

We love you, Jeanne and John (photo from Jeanne)



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Beautiful Painted Arrow's Connection to Armadale, Isle of Skye, Scotland

from Sandy Masson holder of the vision to build the *Chamber of the Dancing Light*

Joseph first came to Armadale in the mid eighties, soon after receiving his vision telling him to instigate the building of structures that people could use for both personal and planetary healing. On arriving, he spoke to the owner of the designer clothes shop at Armadale Pier. He told her he saw the surrounding area as a "power point" and asked her to find out if the owner of the adjoining land would build a Sound Chamber.

He visited again in the late eighties and that was when he presented me with his drawing and name of the proposed building, *Chamber of the Dancing Light*. We met again when Joseph spoke at the Mind and Body Exhibition at Earls Court in London. He emphasized that the Chamber would be built, "When the time is right".

I was then working far away from Scotland, on the South coast of England, at the headquarters of the Permaculture Association. I didn't realise that I was being trained in similar work that Joseph had undertaken; that of inspiring people to lift their heads up and appreciate the environment, to respect and protect the Earth.

When I moved North, I spent the next 25 years building the first Food Forest Garden in Scotland, teaching soil regeneration and food growing techniques that I had learnt as Assistant Co-ordinator for the Permaculture office in Devon. This culminated in the setting up of the Skye Permaculture Visitor Centre and Campsite in 2010 on the land that Joseph had enquired about all those years before. Campers and volunteers who came there were encouraged to live simply by recycling, using compost toilets and learning about herbs and healthy food. I learnt from reading comments in the visitors' book that the land was working its magic.

I never lost hold of Joseph's vision and, now "The time is right", I have found a builder who knows the 'right' architect who specialises in teaching rural skills. The sound healing studio will be built by volunteers and students who wish to learn building with natural materials. It is so important that we learn less invasive and less polluting building techniques. The sound healing studio will be set in landscaped gardens easily accessed by disabled visitors close to the shore and sea. More information can be obtained from sandyskye700@gmail.com.

So Happy Birthday, Joseph, the quest you gave me has never left my mind. The Chamber is finally going to be built and with the blessing of the local Planning Building inspector too!



Joseph gave me this artwork when he visited Skye,
Chamber of the Dancing Light which he instructed me to build.

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All My Efforts Today I Offer Up....

a heartfelt contribution for Grandfather Joseph's 90th tribute, with love, Stephanie Vay

Happy 90th birthday Grandfather Joseph! Profound gratitude for sharing your many gifts with all beings. Your Earth Walk has enriched, illuminated many lives. A particular teaching that has helped immeasurably is, "All my efforts today I offer up for Divine Presence for all of life."

When in a grumbling tree mode of not wanting to do something, recalling your teaching moves me through the task at hand with joy. Blessings upon blessings one thousand-fold.

Thank you!

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Joseph's 60th Birthday Celebration After He Blessed the Land for the 29th Peace Chamber

she who danced and became a Swami Reverend, Sally Perry

After a ribbon-cutting ceremony on June 19, 1995, for the 29th World Peace Chamber in Sandbridge, Virginia, Joseph was led upstairs to a surprise 60th birthday celebration held in his honor. It was hosted by the owner of the land Chandler Dennis and friends, Dr. Eleanor Woloy, Elizabeth Marlow and 'She Who Dances' and wrote a book, Sally Brown Perry, that's me.

Jane Risley created a gold tree with greeting cards and financial gifts.

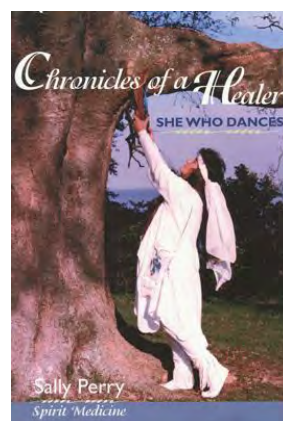
More than 50 people were present. Maria Holland, Hassie Sweeney, Pat Glass, Duncan and Paul Carter Morgan, drummed and sang to a twinkly eye medicine boy man, Joseph. Joseph responded with warm hearted thanks to all for the very special occasion.

Going back to my place at night I saw the young boy in Joseph reach over in the backseat and grab his money tree. He had never had a real birthday, he said, and delightfully started doing each card, at the end he ended up with over \$500!

He turned to me and said, "How did you keep this hidden from me?" I smiled and said, "I used the lesson you taught me on how to hide things and it really worked." We had a good laugh, and the chamber's life began with breakfast that we created when Charlotte and her daughter Leigh set a kitchen up in their van.

Over several years we raised \$6000 with sweat lodges and long dances. Chandler's mother had passed, and she had pledged \$6000 to the church and \$6000 to the peace chamber if we could raise another \$6000, which we did!

Happy 90th birthday to our greatly loved and appreciated, wonderful teacher and mentor Joseph Rael, Beautiful Painted Arrow.



group photo from Sally of some of the people that attended both gatherings

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The Initiation of the EarthSong Chamber in Michigan

from Ruth Eichler, one of the Guardians of this Chamber



Stomping that cob! Paul, Alice, Deanna, Ruth and unknown legs

above: photo montage 2000



On June 15, 2002, Joseph Rael came to dedicate EarthSong with a mesmerizing talk, attended by forty people in our basement, which catapulted us into the Sound Mystery School that fall – another story.

He led ceremony and ritual at the peace chamber, including a sweat lodge, and we were officially launched into a new chapter of our lives.

We could not have imagined all of the ways in which the Great Mystery would guide and transform us in the coming years.



all photos from Ruth



Memories of Being with Joseph

Cheryl Rose Patterson, fire keeper and drummer 1993-2009, dancer 1993- 2013

I've struggled to think of how to describe the impact Joseph had on my life. Joseph came to the Center for Peace starting in 1992. I had the good fortune to live next door to the property that became the Center. Starting in 1995, Joseph stayed at my house which gave him a place to retreat to if he needed and it blessed me with an opportunity to hang out with him. Mostly we sat in the kitchen around the table. As much as I was in awe of him when in ceremony, I felt like I saw the sweet, sensitive man when we were at the house.

After he retired from actively leading the dances, he came back to do private healing and counseling sessions several times. The last visit I had with him was 2008. He said then that he didn't expect to travel much after that, so it was a bittersweet moment.

Our book group is studying one of his books. *In the House of Shattering Light*. There is hardly a page that doesn't bring back a memory of him sharing during talks or privately. I feel like I have received a special blessing to be able to be in ceremony many times, as well as spend as much time with him.

Thank you, Grandfather, for all you have given to the people and for your presence in my life.



Vowel Sound Chanting Brings Peace

from Brenda Sue Whitmire, thank you for this opportunity to share

In March the editors of the newsletter sent out this invite for us to participate in this Issue celebrating the 90th Birthday of Grandfather Beautiful Painted Arrow,

In our role as editors, Marina and I are preparing Issue 37 which will be published on May 5th and we would like to invite you, individually or as a group, to write something for this Issue about your work with a particular aspect of Joseph's Visions and Teachings. For example, a particular Ceremony, a Teaching, an Artwork, a Chant or a Song. Write about how it has contributed to your experience of being 'metaphor alongside experience'.

This is my contribution,

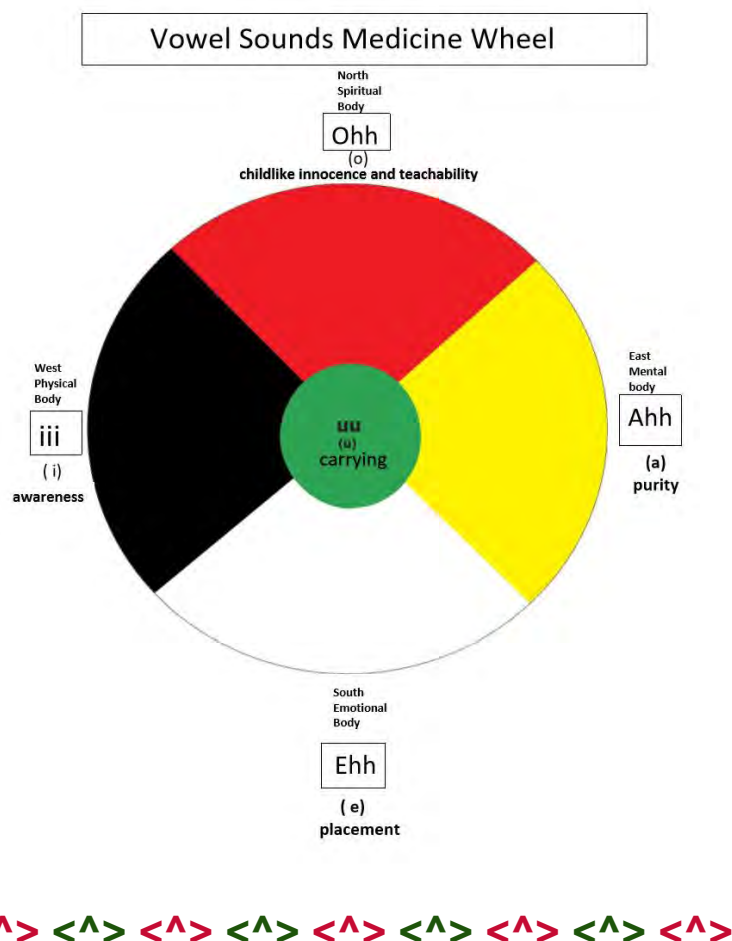
This is a lovely idea! Finding just one part of the work for Peace given to us by Grandfather Beautiful Painted Arrow is not easy. I have benefited from them all as a human, a woman, and a worker for peace in our time.

If I pick one that has shown me the most understanding of "metaphor alongside experience" I believe it is the vowel sound chanting. It is very near and dear to my heart and health.

Using the understandings of the meanings of the vowels in each of the directions of the medicine wheel has enabled me to be able to deal with issues in all the bodies, some joyful and some sorrowful. Understanding brings about peace in dealing with life as we know it. Whether it is in our mental, emotional, physical, or spiritual bodies, or in the place of being carried, we are given the peace of understanding, and through understanding comes acceptance and/or guidance toward an outcome.

One way I use the vowel sound medicine wheel is to chant an issue around the wheel. There are many others too. The "study guide" that I developed is pictured below. Please do not use it in any social media and do use it personally for yourself as you see fit.

Happy Birthday Grandfather and thank you for your many gifts to the world.





Beautiful Painted Arrow Dance Dates for 2025 from May to the end of August

listed, with permission from the Chiefs

★ In 2018 Joseph appointed his Eldest Daughter, Geraldine Rael, to be the Vision Dance Guardian. ★
She is the person to approach for clarity on matters concerning these Dances.
Geraldine's contact email is: geraldinerael382@gmail.com

2025 May - end of August: Beautiful Painted Arrow Long Dances, Drum Dances and Sun-Moon Dances

- ★ **May 23 SOUTHERN UTE BEAR DANCE** Ignacio, Colorado
participants in the **Pagosa Sun-Moon Dance** may attend the first day
- ★ **May 24 - 27 SUN-MOON DANCE, Pagosa Springs, Colorado, USA**
Chief Geraldine Rael - geraldinerael382@gmail.com
- ★ **June 19-22 SUN-MOON DANCE, East Greenbush, New York, USA**
Chiefs Rick & Elisa Cotroneo - rick@houseofmica.org
- ★ **June 20 - 21 LONG DANCE, Bolivia**
Chief Miguel Kavlin - miguelkavlin@gmail.com
- ★ **June 20 - 22 DRUM DANCE, Pennsylvania, USA**
Chief Lindsley Field - mysticheartdancer@gmail.com
- ★ **July 10 - 13 SUN-MOON DANCE, Pennsylvania, USA**
Chief Ben Jezierski - bjezierski1@yahoo.com
- ★ **July 11 - 14 SUN-MOON DANCE, Tennessee, USA**
Chief Steve Citty - steve.citty@gmail.com
- ★ **August 8 - 11 SUN-MOON DANCE, Croatia**
Chief Luka Hodak - lukahodak30@gmail.com
- ★ **August 22 – 24 DRUM DANCE, Seymour, Tennessee, USA**
Chief Brenda Sue Whitmire - bswhitmire@windstream.net
- ★ **August 29 - 31 DRUM DANCE, Abiquiu, New Mexico, USA**
Chiefs Rick & Elisa Cotroneo - rick@houseofmica.org
- ★ **August 29 - 31 DRUM DANCE, Neston, England, UK**
Chief Carlos Glover - carlosrop@hotmail.com

A Note from the Editors:

At any time of year, the editors of the newsletter welcome articles on any of the many aspects of these Dances. We welcome writings from Chiefs, team leaders, dancers and crew members. The editors are also here to help.

Not only will these contributions be appreciated now, they will also help to expand the legacy that will be available to people who will support the Dances in the future. In this respect, the editors would particularly welcome stories, articles and photographs from people who organised and attended the Dances in the early years, this is knowledge that is not widely available currently.

There will be Beautiful Painted Arrow Vision Dance ceremonies taking place that are not listed in the available schedules. They may rely on word of mouth, social media or be entirely private. They are also a valued part of the Beautiful Painted Arrow Dance Community.

If you would like to access the International Dance Schedule for 2025,
please contact Jane Innmon peoplegardener@gmail.com



Springtime Has Arrived

from Our Vision Dance Guardian, Eldest Daughter Geraldine Rael

Our Mother Earth awakens from her slumber. Time to get busy after our long rest during the winter time.

Our Earth is in trouble with strife within the world's governments.

Climates are changing with a fierceness never known to the People before.

I ask that we dedicate our Ceremonial dances of prayer, SunMoon dance, Long dance & Drum dance to help heal the suffering.

I ask that you continue your chanting of the vowel sounds, your sweat lodges, your drum & fire circles.

Please include our deceased. They are to be called upon when we need their support. Imagine, if you will, that our ancestors are a host of Angels, and that they are a prayer away. They stand with us, to protect & guide us.

I especially ask our community to gather in ceremony to chant/pray in their Sound/Peace chambers as we dance our SunMoon ceremony in Pagosa Springs CO.

Call upon our Ancestors this Memorial Day Monday, May 26 2025. Ask their aid in awakening the peoples' "inner awareness" & in awakening our "nurturing Mother essence", around the world.

I see confirmation by spirit why during the pandemic our Southern Ute Bear dance & our Pagosa Springs SunMoon were the same dates, 3 times, even though we both changed the previous dates of our ceremonies to a different month.

I ESPECIALLY ask for prayer for our world leaders, they need LOVE & PEACE in their hearts for ALL of the People.

A'ho, Geraldine Rael, Eldest daughter of Joseph Rael, Beautiful Painted Arrow

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Words from Joseph, Beautiful Painted Arrow

'Thank you for choosing to enter the New World,
The Fifth World.

We are traveling in a light that is moving so fast that the brain we use in this reality has a hard time understanding or catching up. We don't understand exactly yet how it is that we as two-leggeds fit in with all the other beings who live here with us. But one day we will know how it is that we all fit in together in this first circle of light.

Sometimes I see a point of light in front of me and that point of light will get brighter and brighter. Then the light will swallow me and I'll disappear and become the light.

A moment or two later I'll see the point of light again and be back in this reality. At that point I can be in this reality but still perceive information and knowledge and guidance from non-ordinary reality. It always happens when I need spiritually endowed guidance. Being able to walk in ordinary reality guided spiritually by non-ordinary reality is part of being in the Fifth World. When we step into the Fifth World we are able to fuse with divine intelligence. In *Being & Vibration* I talked about "freedom from choice." A lot of people got confused by that and thought we didn't have to work or be responsible for what we do. That's not what I meant. I meant that I am here to help people move into the New World, where we live in a state of grace, following the path of impeccability that we chose for ourselves before we came here. We have freedom from choice as we pulsate between formlessness and form; we are fused in that instant with the divine and receive insight. We remember in that instant what we chose for ourselves in the time before time. With that insight, we give energy to the form of our highest good. In the Fifth World this movement becomes natural for us, involuntary, like breathing. We are freed from doubt, from the choice of the ego, into a way of being in harmony with the Divine.'

Being & Vibration, Entering the New World (p.111)

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Birthday Fun with the Number 9

Our beloved Teacher was born in 1935 and his 90th birthday is happening now, in 2025.

Reduce each of these numbers to one number:

$$1+9+3+5 = 9, \quad 9+0 = 9, \quad 2+0+2+5 = 9$$

That's **999**.

In the British Isles, 999 is the number that people call to connect to the emergency services,
Police, Ambulance and Fire.

When my soul needs Help and Healing, I call on the fourth and fifth emergency services,
the Teachings and the Visions of Beautiful Painted Arrow, Joseph Rael!

$$4+5 = 9.$$

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NEXT ISSUE *Seeds of Peace* Issue 38

publication date: August 5th 2025

please email your articles for inclusion to us before July 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.

Editors:

Stella Longland: stellalongland@btinternet.com based in the U.K.

Marina Budimir: marinabudimir@gmail.com based in Croatia.

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 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).

SIGN UP to receive the newsletter

Visit our website <https://seedsofpeace.news/> and enter your email address in the subscribe box on the **Home** page. You will then receive an email from the site asking you to **confirm** your subscription, then you will receive, on future Issue dates, a post from the site containing a link to read and/or download the current issue. 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.