

Seeds of Peace newsletter Contents Issues 10-39

To search in the .pdf: press **Ctrl + F** (Windows) or **CMD + F** (Mac), a text box will appear. In the box type what you are searching for and use the arrows to find the references.

Issue 10: August 2018

Expression of Gratitude to Beautiful Painted Arrow

written by Kristen Bissinger. p.2

Tiwa: a sacred spoken language

written by Stella Longland. p.3

Two-leggeds Call to the Spirit of World Peace

a Prayer from Joseph Rael, Beautiful Painted Arrow,
with an introduction and footnote by Stella Longland. p.4

Messages from the Dance Chiefs

collected by Jane Innmon, page layout by Stella Longland. p.5

Reflections: One Woman of the Sun/Moon Dance 1993

written by Barbara Vanderhoff. p.6

To My Father

from Geraldine Rael p.6

Beautiful Painted Arrow's Sun Moon Dance "Completion of My Work"

from the Chief Jennie Coles. p.7

An Appreciation of the Council of Elders

written by Ruth Eichler. p.8

Introduction to the Sister Chamber Project

written by Rick Cotroneo. p.9

A Remembering of Hilde

from Lukas Budimir. p.11

Entering the Dreaming Time

written by Marina Budimir and Lukas Budimir (formerly Lukas Weber). p.11

Dreaming Ourselves into New Realities

written by Tom Bissinger. p.12

Summer Moon in the Scottish Highlands, cover photo from Stella Longland

Invite to Join the Global Solstice Chanting for Peace

from the *House of Mica*, New York State, Rick and Elisa Cotroneo are the Caretakers. p.3

The Story of the First Chamber

from the Appendix of *In The House of Shattering Light*:

The Life and Teachings of a Native American Mystic, by Joseph Rael p.4

NEWLY BUILT CHAMBERS

Singing A Chamber: The Eagle's Nest, Missouri

our chamber for chanting and fire ceremony, by Jonathan Clay Seeger. p.6

Gorslwyd Sound Peace Chamber in West Wales, UK

how Jenni Chapter built and became the custodian of a chamber,
a Roundhouse honouring the area's Celtic heritage. p.7

CHAMBERS ABOUT-TO-BE

Earth Harmony: A New Sound and Peace Chamber in Michigan

a new chamber to be built to continue the work done at *Earth Song*,
introduced by Michael Northrop. p.9

Visit to Sound Water, our Sister Peace Chamber, in Scotland

from Felicity and Andrew Macdonald, *Oca de Paz Peace Chamber*, Brazil. p.10

The Alchemy of a Sound Peace Chamber in Bulgaria

inspirations and developing plans to build a chamber complex
at the *Harmonic Alchemy Retreat Centre*, by Andrew Cowan. p.11

CHAMBER LIFE

Initiating A Peace Chamber: Earth, Spirit of Singing Eyes

initiation ceremony text from the archives of Rick Cotroneo. p.14

New Life for an 'Elder' Chamber

new ownership and a new roof for *Earth, Spirit of Singing Eyes*, New York State,
an update and an appeal, by Paul McMahon. p.15

New Guardian, New Name: SoulFire Sanctuary

update on *Earth's Ancestral Voices*, North Carolina, from Stella Longland. p.17

The Bolivian Sacha Runa Chamber and the Condor and Eagle Prophecy

a place, a picture and a prophecy bring transformation, by Miguel Kavlin. p.17

Crystals on a Journey

strengthening the web of Peace with the vibration of Amethyst, by Lukas Budimir. p.19

On Leaving the Skye Chamber

thoughts and feelings when changes meant leaving the Isle of Skye in Scotland,
by Ocean Graham. p.20

The Alpha and Omega of a Chamber

twenty years creating Casurina Sanctuary in Australia, by Junitta Vallak. p.21

An Impromptu Chamber

chanting in a 9th century Church in Croatia, by Marina Budimir. p.24

Announcing New Publications from Millichap Books p.26

Becoming Medicine by David Kopacz and Joseph Rael.

Walking with Cosmic Dancer, Joseph Rael by Mary Elizabeth Marlow.

Dandelions and Bee, cover image from Stella Longland

Invite to Drum Mystery School

Sacred Teachings from Chanting and Sound

offered by Benito Rael, Tessa Krumm and Dan Krumm.

p.3

Chanting for Peace

an introduction to the practice of chanting offered by Brenda Sue Whitmire.

p.4

Innocence

a reflection on the direction North from Debby Diserens.

p.7

A Cup of Sunlight

a sunrise blessing from a Beautiful Painted Arrow artwork shared by Marina Budimir.

p.8

The Container that Holds

from *The Way of Inspiration* by Joseph Rael.

p.8

Following (the Teachings of Beautiful Painted Arrow) in Circles

co-authoring books with Joseph Rael by David Kopacz.

p.9

Healing Trauma with the Help of Ceremony

bringing 'divine healing' into working life by Lukas Budimir.

p.11

Work is Worship

from *Sound, Native Teachings and Visionary Art*, by Joseph Rael.

p.12

Morning Star Water Blessing Ceremony

creating holy water with help from the Star Beings shared by Jane Innmon.

p.13

Dance in Ceremony in 2019

p.14

From One Meeting

by Joseph Williams, a fire keeper at the Cosby Peace Chamber, Tennessee, USA.

p.14

Gifts of Opportunity

the transformational power of the Teachings written by Stella Longland.

p.15

Re-introducing Levels of Metaphor into English

from *Beautiful Painted Arrow, Stories and Teachings*

from *the Native American Tradition* by Joseph Rael.

p.17

Expressions of Gratitude to Kurt Wilt

for his legacy of two books: *The Visionary* and *Vast Self*.

p.17

The Horn of Plenty

from *Sound, Native Teachings and Visionary Art*, by Joseph Rael

p.18

Rainbow and Mist, cover photo from Stella Longland

Dancing is Expansion

from *Ceremonies of the Living Spirit* by Joseph Rael. p.3

Introduction to Geraldine Rael, Eldest Daughter

Guardian of the Vision Dances of Beautiful Painted Arrow, Joseph Rael. p.4

A Message about Climate Change

from Geraldine Rael, as requested by her Father. p.6

LONG DANCE

Ceremonies of Dance

from *Sound, Native Teachings and Visionary Art*, by Joseph Rael. p.6

The Long Dance in Arizona

by Jack Gillette. p.6

DRUM DANCE

My First Dance: Joseph Chiefting the First Drum Dance

by Tom Bissinger. p.8

I'm Ready to Own my Madness

by Carlos Glover. p.10

A Thank You for a Long-term Commitment

so many opportunities to fall in love with life! p.11

Warm Stones

a comforting story about dancing in a damp climate from Stella Longland. p.11

SUN MOON DANCE

Sun Moon Dancing: Medicine for Our Time

excerpts from a manuscript by Rick Cotroneo. p.12

Memories from the Buena Vista Sun Moon Dance

honoring the work of our Teacher, Joseph Rael, from Kristen Bissinger. p.14

Shawls and Shawl-making

their place and their importance in ceremonial life from Heidi Baur. p.15

My Life

following a Heart Path to the Rainbow's End by Valerie Eagle Heart Meyer. p.17

Barefoot Dancing

an energy exchange recommended by Marina Budimir. p.19

In Memoriam of Fritz Duminy

an appreciation from Andrew Macdonald. p.20

Brother and Sister Stars

from *Being and Vibration, Entering the New World* by Joseph Rael. p.21

Hot Rocks, cover photo by Stella Longland

Metaphor Alongside Experience

everything that exists is metaphor,

from *Sound, Native Teachings and Visionary Art*, by Joseph Rael.

p.3

Climate Change Lessening Ceremony May 2019

a new ceremony passed on to us all, at Chief Geraldine's request, by Brenda Sue Whitmire.

p.4

A Place to Look

for something that prevents perfection,

from *Sound, Native Teachings and Visionary Art*, by Joseph Rael.

p.5

Beautiful Painted Arrow, Shaman and Hypnotist

written by Peter Blum, a long-term student and friend.

p.6

Update on the Peace Chamber at Rainbow's End for the 2020 Conference

news from Valerie Eagle Heart Meyer.

p.8

The Birth of the Hollow Bone Dance

by Steve Citty, a Dance Chief from the *Center for Peace* community in Tennessee.

p.9

The Wind and the Whistle

gifts from the Hollow Bone

by Stella Longland, 17 years co-ordinator of the Sun Moon Dance in Scotland

p.10

New Wisdom to Learn

teachings about the *Creator of Ocean Mist* Artwork from Beautiful Painted Arrow, Joseph Rael.

p.11

Soul Healing

by Lindsley Field.

p.12

A Metaphor Is Not Simply a Figure of Speech

closing words from Beautiful Painted Arrow, Joseph Rael.

p.14

Sunrise, cover photo by Stella Longland

<i>A New Site: Download Past Issues and Subscribe to Receive Future Ones</i>	
managed by Stella Longland and Marina Budimir.	p.2
<i>A Message from Eldest Daughter Geraldine Rael, Vision Dance Guardian</i>	
plus the proposed dates for the 2020 Gathering.	p.3
<i>Invite to Join the Global Solstice Chanting for Peace</i>	
from Rick Cotroneo, the <i>House of Mica</i> Chamber, New York State.	p.4
<i>Ceremony, Seasons and Alfonso Ortiz</i>	
shared with gratitude by Rick Cotroneo.	p.4
<i>Chanting the Sounds of the Seasons</i>	
from the Teachings of Beautiful Painted Arrow, Joseph Rael.	p.5
<i>Sweet Beautiful Waters Peace Chamber in her Seventh Year</i>	
from the chamber keeper Jane Innmon.	p.8
<i>Soundwater Chamber Building Report</i>	
from the chamber keepers Jacqui and Martin.	p.9
<i>Watersong Peace Chamber, North Carolina, active since 1999</i>	
from caretaker Cheryl Braswell.	p.12
<i>The Watersong Peace Chamber and Its Stewards</i>	
from <i>Watersong</i> Fire Keeper, Ed Bronson.	p.14
<i>Chanting "Dah-Vee"</i>	
extracts from <i>Being and Vibration: Entering the New World</i> by Joseph Rael.	p.15
<i>From the Community of Theodoro Klarama in Northern Germany</i>	
written by community member Annapadma Marquarsden.	p.17
<i>Climate Change Lessening Ceremony at a Drum Dance</i>	
from Lindsley Field, Birdsong Drum Dance Chief.	p.18
<i>Preparing Holy Water</i>	
an email exchange between some members of the editorial committee.	p.20
<i>The First Sun Moon Dance in Ireland, with Chief Henry Rowan</i>	
written by Denis Rojas, Brazilian Drum Chief.	p.20
<i>Sun-Moon Dancing: Medicine For Our Time</i>	
an appreciation of the book and its author from Lukas Budimir.	p.22
<i>2016 Interview with Eagle Feather Award Recipient, Joseph Rael</i>	
filmed by Lena and Jose Stevens in the <i>Wah Chi Chi Hu</i> Peace Chamber, Colorado.	p.23
<i>Becoming Medicine: Pathways of Initiation into a Living Spirituality</i>	
coming out soon the 2nd book by David Kopacz and Joseph Rael, with news of a book signing.	p.23

A Butterfly Sips Nectar, cover photo by Stella Longland

Tributes to Junitta Vallak

from *Seeds of Peace* friends around the World. p.3

Update on the 10th International Gathering

from Valerie Eagle Heart Meyer and Brenda Sue Whitmire. p.6

About the Previous 9 Gatherings

a brief history of previous Gatherings. p.6

The Long Dance in Portugal

attended and recorded by Andrew Macdonald. p.8

Becoming Medicine: Pathways of Initiation into a Living Spirituality

new book by David R. Kopacz MD & Joseph Rael (Beautiful Painted Arrow). p.10

Monica the Monarch Butterfly

a Dance story from Vision Dance Guardian Geraldine Rael. p.11

Some Reasons to Attend Dances in Different Locations

offered by Jane Innmon from her experience in Sun-Moon Dancing. p.12

Tell Them (About Adam, Elves and Space)

recollections of moments with Joseph and Carolyn in 2019 from Stella Longland. p.13

Earth Changes, Trauma and the Vast Self

Introducing a New Dance Ceremony, Rick Cotroneo. p.15

Now We Go to Ten

from *Sound, Native Teachings and Visionary Art* by Joseph Rael. p.15

A Rainbow at Rainbow's End, cover photo by Lukas Budimir

Our Mother Needs Our Loving Attention

The Two-Heart Meditation from *Being and Vibration: Entering the New World* by Joseph Rael. p.3

Do Little

A Reflection in the Present Moment by Lukas Budimir. p.3

Postponed Easter Sun Moon Dance 2020 in Extrema, Brazil (9th-12th April)

from Dance Chief Felicity Macdonald p.6

Each of Us is a Sound Peace Chamber

recalled, with a little help from my friends, by Stella Longland, caretaker of the Cave of Clay. p.8

Singing to the Trees

a meditative practice for the present time coordinated by the House of Mica. p.9

James Perry Robinson in Memoriam

written by Steve City and Jeanne Robinson on behalf of the Center For Peace community. p.11

Worlds came from nothing into a vision and it was God's vision

from *Being and Vibration: Entering the New World* by Joseph Rael. p.13

Becoming Medicine: Pathways of Initiation into a Living Spirituality

the new book by David R. Kopacz, MD & Joseph Rael, Beautiful Painted Arrow. p.14

Inspiring Books by People with connections to Joseph and his Teachings

compiled by members of the editorial committee. p.16

No Mads

from the serious Fun Angel of Lukas Budimir. p.17

About Laughter and Other News

put together by editor Stella Longland p.17

A Fire Ceremony that Anyone can do Anywhere

in images from Lukas Budimir. p.18

On the Relevance of the Fire Ceremony at this Time

some words about the ceremony from Brenda Sue Whitmire. p.18

An April Fire Ceremony, cover photo by Stella Longland

Helpers on the Path to Pah-nu

compiled by Lukas Budimir and Stella Longland. p.3

The Origin of Language

text from Joseph Rael, printed in a foreword to *The Visionary* by Kurt Wilt. p.4

Notice of the Postponement of the 10th Gathering

from Valerie Eagle Heart Meyer and the Rainbow's End Community. p.5

A Healing Dance for All Creation

by Hollis Payer from Pennsylvania. p.6

A Release from Lockdown Long Dance

held in England July 4th 2020, organised and chiefed by John Wilson. p.8

Henry Rowan, a Dancing Star

in memory of a dedicated dancer, a man of legend. p.9

Why Do We Build Chambers to Honor the Oval Shape?

by Beautiful Painted Arrow, from the *Timeless Visions* newsletter 1985. p.10

Beautiful Painted Arrow

a poem by Laura Munoz-Larbig, from the *Timeless Visions* newsletter 1985. p.11

Of Summer Light

a Beautiful Painted Arrow Artwork for *The Peace Group*. p.12

A Summer Blessing

an excerpt from the *Monthly Message* June 2014, sent out by Shamanzone for Millichap Books. p.13

Comedy Spot: Joking Aside!

newspaper cutting from the Sunday Mail, Scotland, October 28th 1990. p.14

Dad's Words to a Grieving Daughter

from Vision Dance Guardian Geraldine Rael. p.15

The Passing of Two Elders

in recognition of their contributions to the visions in the UK. p.17

Expanding the Austrian Connection

from research by Lukas Budimir. p.18

Opportunities to Participate in a New Website

being created by Geraldine Rael, introduced by editor Marina Budimir. p.19

News of an Interview

p.19

Notes from the Editors

p.20

Above and Below, cover photo by Karsten Weber, a reflective seascape from Denmark

<i>You Are Invited to Contribute to the Harvest</i> , an invite from the editors.	p.2
<i>Mother Earth is Calling</i> , a request from a stranger.	p.2
<i>Launch of the Website for Furthering the Dance Visions of My Father</i> from Geraldine Rael, Eldest Daughter.	p.3
<i>Yes's and No's, a Journey into Spiritual Practice and the Chu Cho Cha a Nay Chamber</i> by Kristen Bissinger with an addendum from Tom Bissinger.	p.4
<i>2020 Dance at the House of Mica Peace Chamber: A Soul Assignment for Our Community</i> By Rick Cotroneo / Dancing Light.	p.7
<i>Solstice Peace Chant: Listen Carefully from the Cosmic Heart</i> an invite to participate from the House of Mica community.	p.9
<i>Metaphors of Transformation at the Sun Moon Dance near Dresden in Germany</i> written by the plan B Chief, Stella Longland.	p.11
<i>The Gift of a Chapter from Each of Our Two Co-authored Books</i> from David Kopacz, Joseph Rael and their publishers.	p.14
<i>The Brazilian socially distanced Drum Dance on October 9-11, 2020</i> from Chief Felicity Macdonald.	p.15
<i>A Prehistoric Riddle solved!</i> which came first.....?	p.16
<i>Blessings from Joseph on a visit to Wales in 1997</i> recalled by John Wilson.	p.17
<i>An Appreciation of the Work of Felicity Macdonald</i> from a longstanding supporter.	p.18

Red Apple Harvest, cover photo by Stella Longland

Issue 20: February 2021

A Thank You from the editors.	p.2
Have you visited geraldinerael.com yet?	
some news on the website from the administrator Coco Bastien.	p.3
A Christmas Meeting	
some serious fun from Lukas and Marina Budimir.	p.4
Little Flames of Life Chamber Activation	
from the Sound Chamber Community in Northern Germany.	p.4
Embraced by a Rainbow, Kissed by the Rain	
a poem by Sue Green composed while helping to build a Sound Chamber in Scotland.	p.5
Feedback from the 2020 Winter Solstice Chanting	
collected and edited by Rick Cotroneo of the House of Mica.	p.6
Keep on Chanting in 2021	
put together by the Cave of Clay Chamber caretaker, Stella Longland.	p.8
Why Chanting Works	
from the 2005 Congress of Peace Chambers at the House of Mica in New York State.	p.9
Listen to the Sounds chanted by Joseph, Beautiful Painted Arrow	
and more, from various sources.	p.9
Two Chants Given by Beautiful Painted Arrow in 1997	
found among the papers of Chamber keeper Ocean Graham.	p.10
A Chanting Exercise for Harmony	
developed and taught by Alexander Heybroek.	p.12
A Note About the Postponed 10th Gathering	
from Rainbows End in California.	p.12
A Little More History of Beautiful Painted Arrow's Journeys in Europe	
related by Theodoro Klarama and Maria Drath, compiled by Annapadma Marquardsen.	p.13
Sound, Native Teachings and Visionary Art, by Joseph Rael	
soft cover reprint available now, only from Millichap Books.	p.15
A Teaching to Ponder	
from <i>House of Shattering Light</i> by Joseph Rael.	p.16
A New Year Message from Geraldine Rael, Eldest Daughter	p.17

A Tree Spirit Wearing a Coat of Snow, cover photo from the Black Forest by Lukas Budimir

<i>The Teachings of Benito Rael and Carla Jo Rael-Robinson</i> recalled by Lukas Budimir.	p.3
<i>On Manuscripts of Musical Scores</i> a request from a reader.	p.5
<i>Greetings and Blessings for Images of Healing!</i> from David R. Kopacz co-author of books with Joseph Rael.	p.6
<i>Report on the Dance Community Zoom Meetings</i> a brief synopsis from editor Stella Longland.	p.7
<i>Advancements in Technology</i> from two friends talking.	p.7
<i>Sharing Joseph's Visions</i> from Lindsley Field.	p.8
<i>Celebrating Ula Rae Mynatt, One of Our Elder Elders</i> from Steve City of the Center For Peace Community.	p.9
<i>To Give is to Receive</i> from <i>House of Shattering Light: Life as an American Indian Mystic</i> by Joseph Rael.	p.9
<i>Stories from the Planting of the Visions of Beautiful Painted Arrow in Europe</i> recalled by Lisa Malin from Austria.	p.10
<i>Little Flames of Life Chamber History and New Date for the Opening Ceremony</i> from the Caretakers.	p.13
<i>The Changing Forms of the Long Dance</i> put together from various sources by Stella Longland.	p.15
<i>A Message from Mysterious Circles</i> as previous.	p.18
<i>Become a Granule of Sand</i> a recommendation before chanting from Grandfather Joseph.	p.18
<i>Receiving and Giving</i> from <i>Sound, Native Teachings and Visionary Art</i> , by Joseph Rael.	p.19

Candles for the Four Directions, cover photo from the Cave of Clay from Stella Longland

A Beautiful Painted Arrow Prayer

from the archives of the House of Mica. p.3

The Profound Mystery We Are All Involved In

anecdotes from Miguel Kavlin, Dance Chief and Chamber Keeper in Bolivia. p.4

The Circle Means Seed

extracts from *Sound, Native Teachings and Visionary Art*, by Joseph Rael. p.6

Teachings Given at the first Long Dance

from notes taken by Tom Bissinger. p.8

At a Dance

the comedy spot, the one place in the newsletter to be Anonymous! p.10

A Dancer's Homecoming

from Bob Mason, Rainbow Dreamer, Long-time Dancer and Wisdom Keeper. p.11

Building the Cave of Clay

from Sound Peace Chamber enthusiast, Stella Longland. p.13

Links to Magazine Articles and Online Videos

from collaborations between David Kopacz and Beautiful Painted Arrow, Joseph Rael. p.15

Far Distant Mountains, cover photo of the European Alps from Lukas Budimir

Issue 23: November 2021

Holy Water

from the *Beautiful Painted Arrow Visionary Art Cards* by Joseph Rael p.3

US – The Vessel that Carries

from Jennifer Lipski p.4

Working with the Red Road Cards

from the Cave of Clay p.5

The Effects of Mobile Technology on Our Natural Energy Field

from Richard Brook p.6

The Joy of Dancing

from Lindsley Field p.8

International Vision Dance Schedule 2022

is being compiled by Jane Innmon p.10

The International Peace Chamber Gathering 2022

hosted by the Rainbow's End Community p.10

Planting Seeds for Peace, Healing and Renewal

from Geraldine Rael, Vision Dance Guardian p.11

Call to the Winter Solstice Peace Chanters

from Rick and Elisa Cotroneo of the House of Mica Chamber p.13

In the Beginning, We Stood Up and Became Two-Leggeds

from Ken Rich and the Team p.14

On the Consistency of the Primordial Soup

from Two Friends talking p.16

Hoverflies on Hawkweed, cover photo from Stella Longland

Parallel Realities ~ ~

from <i>Sound, Native Teachings and Visionary Art</i> by Joseph Rael	p.3
<i>Becoming Who You Are: Beautiful Painted Arrow's Life & Lessons for Children ages 10-100</i>	
a brand-new book from Joseph Rael and David Kopacz	p.4
<i>International Dance Schedule 2022</i> compiled by Jane Innmon	p.5
<i>Remember to Remember the Newsletter Website!</i> from the editors	p.5
<i>Feedback from the Winter Solstice Peace Chanters</i>	
from the House of Mica Chamber	p.6
<i>Stories of Thundersong Chamber, Gold Hill, Colorado, part 1</i>	
related by storyteller Jeff Combolic	p.9
<i>On the Necessary Unexpected</i>	
from <i>Ceremonies of the Living Spirit</i> by Joseph Rael	p.10
<i>Unexpected Visitors to the Chamber</i>	
from Tom Bissinger of Birdsong Chamber	p.10
<i>Chanting in the Cave of Clay</i>	
from the group of 3	p.11
<i>Invite to the 10th Gathering of Peace Chambers in California – April 29th to May 1st</i>	
hosted by the Rainbow's End Community	p.12
<i>Some Nuggets from Previous Gatherings:</i>	
<i>Australia Gathering 1999, Healing with Sound, and the Fire Ceremony</i>	
extracts from a story by Stella Longland	p.13
<i>Joseph Talks at the World Peace Chamber Congress, North Carolina, 2003</i>	
extracts from notes by Tom Bissinger	p.14
<i>Number 7 in The Way of Inspiration</i>	
from <i>Sound, Native Teachings and Visionary Art</i> , by Joseph Rael	p.16
<i>Inspired?</i>	
If you would like to write, give it a go, write for our newsletter!	p.17

MacKenzie Falls, Victoria, Australia, cover photo from Stella Longland

My Gratitude

from Debby Diserens, Sun Moon Dance Chief, West Virginia p.3

Tributes to Andrew Macdonald

from friends around the World p.6

Chamber and Chanting Ceremonies for Peace in 2022

group actions from Sound Peace Chambers Worldwide p.10

The Purpose of Sound Chambers for Peace

from the words of Joseph Rael p.12

Stories of Thundersong Chamber, Gold Hill, Colorado, part 2

related by storyteller Jeff Combelic p.14

How to Draw an Oval

from *Chamber Notes 1998* edited by Brenda Sue Whitmire p.15

An Event in a Bookshop

from Martha Boose p.16

Electromagnetics and the Sun Moon Dance

from Donnalee Forbes p.18

Some Handy Advice

a bit of serious fun from Lukas Budimir p.20

In Memory of Sammye Jo Harvey

from the Center for Peace in the USA and from Nick Hurn in the UK p.20

Dawn Sky, cover photo from Stella Longland

The Metaphor of the Moon Song

words spoken by Joseph Rael on one of the *Sacred Sounds* recordings p.3

A Blessing Ceremony for Your Self

given by Sun Moon Dance Chief Benito Rael p.4

Our Dances Spring Back into Being Vibration in 2022

p.5

Three Appreciations from the Long Dance in Bolivia, Winter Solstice 2022

from Miguel Kavlin, Julio Añez, and Giovanna Gutierrez p.6

Black Light

from *Being and Vibration: Entering the New World* by Joseph Rael p.8

Listening with my Heart and Soul

from Rebecca Howell, Sun-Moon Dancer in Arizona April 2022 p.9

Dancing my Dance, a Sun Moon Cycle

from Marina Budimir completing her 16th Sun Moon Dance in Pagosa, May 2022 p.10

The Dark Light and the White Light

from Sound, Native Teachings and Visionary Art, by Joseph Rael p.12

The Drum Dance at Birdsong in Pennsylvania, June 2022, a Chief's Perspective

by Lindsley Field, ceremonial leader and shamanic guide p.12

The Sacred Drum Dance

from Holly Lynn Troupe, year 2 Drum Dancer p.15

Invitation to the 10th Gathering of Peace Chambers, September 2022

from the Rainbow's End Community in Southern California p.17

Peace-Sound-Chamber to be built in Zagreb, Croatia, Europe

inspirations and the developing plan described by Lukas Budimir p.18

Stories of Thundersong Chamber, Gold Hill, Colorado, part 3

related by storyteller Jeff Combelic p.20

Comedy Spot: Thoughts of a Navel Gazer

by one p.22

Inspired to Contribute to Our Newsletter?

If you would like to write, give it a go! p.22

Reflecting Light, cover photo from Stella Longland

<i>Join the Peace Chamber Community in 24- Hours of Solstice Peace Chanting</i>	
an invite to participate presented here by Rick Cotroneo	p.3
<i>Continuing Ceremony for Peace in Ukraine</i>	
organised by the Sound Peace Chamber Communities around the World	p.4
<i>Sharings from the 10th Gathering of Peace Chambers, September 2022</i>	
hosted by the Rainbow's End Community in Southern California	
from Jane Innmon	p.4
from Valerie Eagle Heart	p.6
<i>Joseph's Message to the 10th Gathering and to Us All</i>	
from notes taken by Valerie Eagle Heart during a phone call	p.7
<i>The Sounds of Light at the Rainbow's End Gathering</i>	
from Colleen Paraboschi	p.8
<i>The Fire Creator, Insights and an Invitation</i>	
by Jennifer Lipski	p.9
<i>Our Dances are Being in Vibration</i>	
<i>Reflections on This Year's Sun-Moon Dance at Birdsong</i>	
from Chief Ben Jezierski	p.10
<i>Sacred Plants for Ceremony, White Sage and Sweetgrass</i>	
written by Stella Longland	p.11
<i>Drum Dance at Center for Peace in Tennessee</i>	
from Chief Brenda Sue Whitmire	p.12
<i>News from Our Vision Dance Guardian, Geraldine Rael,</i>	
Eldest Daughter of Joseph Rael, Beautiful Painted Arrow	p.13
<i>Request for Dance Dates for 2023</i>	p.13
<i>Stories of Thundersong Chamber, Gold Hill, Colorado, part 4</i>	
related by storyteller Jeff Combolic	p.14
<i>Listen</i>	
a poem by Emily Kedar	p.16
<i>A Tribute to Nick Hurn</i>	
from the Dance and Chamber Family in the UK	p.17
<i>27 Feather Blessings</i>	
from our Seeds of Peace newsletter	p.18

Raindrops on Green leaves, cover photo from Stella Longland

Extracts from Sounds for the World part 1

edited from an audio recording of Joseph Rael giving Teachings p.3

A Message for 2023 from Our Vision Dance Guardian, Geraldine Rael

Eldest Daughter of Joseph Rael, Beautiful Painted Arrow p.5

A Brief History of a Chamber Lineage

from Ruth Eichler p.6

Earth Harmony Chamber in Michigan, a Building in Progress

from Michael Northrop p.7

Sharings from the 24-Hours of Solstice Chanting for Peace

from participating Chanters p.8

Why do we only Rest in Peace? Why don't we Live in Peace too?

some serious fun from Lukas Budimir p.11

Sacred Plants for Ceremony, Sagebrush and Cedar Smudge

written by Stella Longland p.12

Stories of Thundersong Chamber, Gold Hill, Colorado, part 5

related by storyteller Jeff Combolic p.14

The Chamber at No Name

historic photos and text from Junitta Vallak p.16

Behind the Physical Sun

a visionary artwork by Joseph Rael p.17

Solstice Sun Rising through Trees, cover photo from Stella Longland

A Day to Celebrate: Joseph will be 88 years young on June 2, 2023

 blessings and love from his students, followers, family and friends p.3

Create Ceremonies for Joseph on his Birthday

 an invite to everyone who wishes to participate p.4

The Vision Dances of Beautiful Painted Arrow

 as listed in the International Dance Schedule 2023 p.5

The International Dance Schedule is now available

p.6

The Turkey Bone Whistle, a Sun Moon Dancer's best friend

 documents on how to make them, available from Stella Longland p.6

The Southern Ute Bear Dance is held every year in May

 an experience of this traditional ceremony recalled by Lukas Budimir p.7

Indians and non-Indians, a reconciliation in progress

 Joseph's unfolding Vision, excerpts from *House of Shattering Light* p.8

Sound, Native Teachings and Visionary Art

 mp3 files listed in the margins of the book now available on our website p.10

Extracts from Sounds for the World part 2

 edited from an audio recording of Joseph Rael giving Teachings p.11

Climbing Rose, cover photo from Stella Longland

A Bowl Full of Ideas for Inventive Minds

by Joseph Rael (Beautiful Painted Arrow) & David R. Kopacz p.3

When Magic Happens, We Know That We Are On Track

from Geraldine Rael, Eldest daughter p.4

The Core of Mother Earth

a story of planetary healing from Reverend Sally Perry p.6

Roadtrips to Sacred places in the United States

from Marina and Lukas Budimir p.7

Two Friends talking Before a Dance

the comedy spot, the one place in the newsletter to be Anonymous! p.11

Lost in the Wilderness of the Body

from David Kopacz MD, extracts from his blog p.12

Stories of Thundersong Chamber, Gold Hill, Colorado, part 6

related by storyteller Jeff Combelic p.14

Sun Moon Dance, Arizona 2023

insights from Chief Jane Innmon p.17

Guided by Spirit

a book by Michael Pedroncelli, reviewed by Lukas Budimir p.19

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

Our Solstice 2023 Call for 24 hours of Chanting for Peace

organized by Rick Cotroneo from the House of Mica Chamber Community p.3

A Request for Articles from the Editors of the Newsletter

Stella Longland and Marina Budimir p.4

The Roles of Vowels and Consonants in Chanting

Teachings on the Letters of the Alphabet from Joseph Rael p.5

Chanting is a Summoning

Tom Bissinger co-holder with Kristen Bissinger, of Birdsong Peace Sound Chamber p.7

Silent Chanting in the Body

from Stella Longland, chanter p.8

The Chanting of a Hollow Tree

from *Being and Vibration: Entering the New World* by Joseph Rael, Beautiful Painted Arrow p.9

Why Build a Sound Chamber?

written by Stella Longland, caretaker of the Cave of Clay Chamber in Scotland, UK p.10

Stories of Thundersong Chamber, Gold Hill, Colorado, part 7

related by storyteller Jeff Combelic p.11

When Magic Happens, We Know That We Are On Track: Part 2

and A Wonderful Find

from Geraldine Rael, Eldest daughter of Joseph Rael, Beautiful Painted Arrow p.13

Nesting Hummingbird, cover photo from Stella Longland

Where Do We Go from Here? A New Year's Pondering

a January poem from Tom Bissinger of Birdsong Peace Chamber p.3

Remembering the Visionary Within Us

dreamed as way to connect with Greatness by Jennifer Lipski p.3

Cosmos Dreaming

a Beautiful Painted Arrow, Joseph Rael, Artwork p.4

Solstice Chant Reflections, sharings from the 24-Hours of Chanting for Peace

Sunset and Sunrise Chantings in Scotland

from the Chamber Caretaker, Stella Longland p.5

Some Poetry to the River Clawdd Offa in Wales

from Leigh Sager, presently resident in the UK p.6

Solstice Reflections from a Snow-blanked Mountain in Colorado

from Lisamarie Windwalker p.7

Going back to our Originality

text from a recording by Joseph Rael p.7

Invitation to help build a new Sound Chamber for Peace in Zagreb, Croatia

from Lukas and Marina Budimir p.8

Singing the Song of Singing Bowl

text from a recording by Joseph Rael p.9

Teachings from my Father on the Vibration of "Weh-leh", to Inspire our Dancing in 2024

from Vision Dance Guardian, Geraldine Rael, Eldest Daughter of Joseph Rael p.10

Beautiful Painted Arrow Dance Dates for 2024 from February to the end of May

published in the newsletter with permission from the Chiefs of the Dances listed p.11

The Metaphoric Mind

a Teaching from Joseph Rael p.12

Mother Earth and Mother Nature, Working with the Red Road Cards

insights through chanting from Stella Longland p.12

For this Issue, instead of a 'Comedy Spot', a 'Soft Spot'!

Have You Ever Wondered?

from Marina Budimir and her loving companion, Sy p.14

Rainbow-cloud Feather, cover photo taken 2023-12-24 at sunrise by Stella Longland

<i>Beautiful Painted Arrow, Joseph Rael's 89th Birthday is on the Second of June</i>	
on this day we can celebrate and hold ceremonies to honour and to thank him	p.3
<i>Joseph's Book - House of Shattering Light - Takes a New Form</i>	
exciting news from Tom Bissinger	p.3
<i>Beautiful Painted Arrow Dance Dates for 2024 from May to the end of August</i>	
published with permission from the Chiefs of the Dances listed	p.4
<i>Notes on the Beautiful Painted Arrow Vision Dances</i>	
from Stella Longland	p.6
<i>An Appeal to Our Readers to Contribute to the Newsletter</i>	
from the editors	p.8
<i>New Soundchamber for Peace outside of Zagreb, Croatia, Europe</i>	
an update on progress from Lukas Budimir	p.9
<i>Who is Fluent in English and German?</i>	
a request from Lukas Budimir for volunteers to check a translation	p.12
<i>A Ceremony to Bring About Peace</i>	
<i>Sound, Native Teachings and Visionary Art</i> , by Joseph Rael (p.118)	p.13
<i>Meditations for the House of Time</i>	
sounds for chanting found in the archives of Alexander Heybroek	p.14
<i>Updated List of Published Books by Joseph Rael and his Co-authors</i>	
available to view and download on our newsletter website	p.14

Solar Eclipse 2024-03-08, Bangor, Maine, USA, cover photo
from Gavin Shepherd Kirkland, Grandson of Lindsley Field

<i>The Story of the Peace Sound Chamber, Cosby, Tennessee, USA</i>	
from the Caretaker Ula Rae Mynatt	p.3
<i>Honoring the Unexpected: When the Shape of a Dance Changes</i>	
from Jennifer Lipski, SunMoon and Drum Dancer	p.5
<i>The SunMoon Dance 2024 at Pagosa Springs, Colorado</i>	
from Eldest Daughter Geraldine Rael, Mantle Carrier for her father Joseph Rael	p.6
<i>Building Bridges</i>	
text from <i>Becoming Who You Are</i> by Joseph Rael & David R. Kopacz MD	p.7
<i>Attending this Year's SunMoon Dance at the Center for Peace</i>	
from Vision Dance Guardian Geraldine Rael, Eldest Daughter	p.8
<i>Beautiful Painted Arrow Dance Dates for 2024 from August to the end of November</i>	
published in the newsletter with permission from the Chiefs of the Dances listed	p.8
<i>A Resident Chief for the SunMoon Dance in South Africa</i>	
an endorsement from Eldest Daughter Geraldine Rael	p.10
<i>Reflections on Becoming a SunMoon Dance Chief</i>	
from Sooz van der Linde in South Africa	p.11
<i>A Light-hearted post-script with a Big Message</i>	
from Sooz van der Linde	p.14
<i>Awake Before Dawn</i>	
a poem about Kitchen Angels by Tim Dunne, member of the Arizona Dance community	p.15
<i>Joseph's Autobiographical Book, House of Shattering Light</i>	
now available online as an audio book	p.15
<i>Trust the Journey; Let Go of Expectations</i>	
from Martha Boose, member of the Arizona Dance and Chamber community	p.16
<i>A Bowl Full of Ideas for Inventive Minds by Joseph Rael & David R. Kopacz MD</i>	
German translation now available from Lukas Budimir	p.17

Ancestors Walking as Rain at Kata Tjuta in the Red Centre of Australia,
cover photo from Stella Longland

<i>Earth Harmony Peace/Sound Chamber Enters a New Season</i>	
from Michael Northrop	p.3
<i>Two Friends Walking</i>	
the comedy spot, the one place in the newsletter to be Anonymous!	p.4
<i>Join in creating 24-Hours of Continuous Chanting for Peace on the December Solstice</i>	
from Rick Cotroneo and the House of Mica Peace Chamber	p.5
<i>Fire Ceremonies and Solstice Sunrises at the Bearsville Chamber</i>	
from Paul McMahon	p.6
<i>Teachings on Chiefness</i>	
from Beautiful Painted Arrow, Joseph Rael, First Chief of the Sun-Moon Dance	p.7
<i>Beautiful Painted Arrow Dance Dates from November 2024 to the end of February 2025</i>	
published in the newsletter with permission from the Chiefs of the Dances listed	p.8
<i>The International Vision Dance Schedule for 2025</i>	
and an invite to send Dance dates to Jane Innmon	p.9
<i>Dancing in Two Worlds at the German SunMoonDance, Dresden August 2024</i>	
experiences by the dancer Lukas Budimir, Croatia	p.10
<i>Pilgrimage and the Path to the Sun-Moon Dance</i>	
from Sun-Moon Dance Chief Jane Innmon, Tucson, Arizona US	p.13
<i>Walking to Chimayo Teachings</i>	
from Beautiful Painted Arrow, Joseph Rael	p.14
<i>Sun and Moon Dance in Saborsko, Croatia 2024</i>	
from Luka Hodak, Chief of the Sun Moon Dance in Croatia	p.15
<i>Testimonials from the Long Dance in Maine and the Drum Dance in Pennsylvania 2024</i>	
written for the newsletter by dancers at the invitation of their Chief Lindsley Field	p.16
<i>Photos from Dances in England 2024</i>	
from Christine Linaker, Drum Leader	p.18
<i>Some Thoughts on Prohibitions at the 3 Vision Dance Ceremonies</i>	
from Stella Longland	p.20

Nesting Dove at San Xavier Mission, Arizona, cover photo from Stella Longland

Metaphors and Metamorphoses in the Sweat Lodge

from the writings of Joseph Rael, Beautiful Painted Arrow p.3

Corn Pollen Ceremony for the People

received from Spirit by Chief Geraldine Rael, Eldest daughter of Joseph Rael p.5

Feedback from the Chanting for Peace on the December Solstice 2024

Fia Flu Me Eh / God Wanders as Light Peace Chamber

from Uwe and Monika Pietz-Graf in Germany p.6

Solstice at Pwllgwaelod Beach, a poem

from Leigh Sager in Wales, UK p.7

The Solstice Ceremony at Watersong Chamber

from Watersong / Beaver Clan Medicine Lodge, N Carolina, USA p.8

A Solstice Peace Chant Experience

from Liliana DeGiorgio, member of the House of Mica Peace Chamber p.10

Steve Citty: Sun-Moon Dance Chief, Center for Peace, Seymour TN

an appreciation from Nan Citty and many others who know and love him p.11

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

listed with permission from the Chiefs p.13

Invitation to the Long Dance in South Africa in April

from Ole Bjørn Michel and Zodumo Sishi-Michel p.14

Advice to Dancers Given by Chief Benito Rael

memories from long long ago and thoughts for the future from Stella Longland p.15

Celebrating the Life of Sandra Mennella, a Beloved Elder

from Rick Cotroneo at the House of Mica Community and Lukas Budimir p.16

H - O - P - E

from the January Fire Ceremony at the House of Mica sent to us by Rick Cotroneo p.17

A Snowy Scene in Scotland, cover photo by Stella Longland

<i>Celebrating the 90th Birthday of Beautiful Painted Arrow, Joseph Rael on June 2nd</i>	
<i>Create a Ceremony on June 2</i>	p.3
<i>Inspired by the Visions and Teachings of Grandfather Joseph, Expressions of Gratitude from Our Readers</i>	
<i>Dad's Birthday 10 yrs Ago with a Special Cake</i>	
from Eldest Daughter Geraldine Rael	p.4
<i>Thank You So Much for Being on Mother Earth with All of Us</i>	
from Annapadma Marquardsen, living in the north of Germany	p.4
<i>Joseph's Lesson: Living his Teachings in a City Environment</i>	
From Dr. Laura Cuttica Talice from Italy	p.5
<i>Co-authoring Tracks of Dancing Light with Joseph Inspired My Life Journey</i>	
gratitude and love to all, from Lindsay Sutton	p.5
<i>My Experiences with Joseph Rael's Teachings in my Workplaces</i>	
from Lukas Budimir now living in Croatia	p.6
<i>Dancing with Joseph and his Support for the Dances in Europe</i>	
by Claudio Giglio from Assisi in Italy	p.7
<i>Grandfather's Work Gave Me Placement</i>	
Thank you, Grandfather! love and hugs from Stephanie Kern	p.7
<i>A Healing Gift from Joseph</i>	
from Marsha Scarbrough, Author, Hollywood insider, Spiritual seeker and roaming Crone	p.8
<i>Found and Lost and Found Again</i>	
a tribute from Rita Feldhaus in New Jersey	p.8
<i>Thunderstorms and a Beaver helped the building of the Chamber</i>	
from Cheryl Braswell (& David Stephenson) in North Carolina	p.9
<i>Grandfather Joseph Rael's Tree Teaching</i>	
with love and blessings, Donatella Pettinati in Italy	p.10
<i>Thanks to Beautiful Painted Arrow, Our Lives Took a 180-degree Turn</i>	
from Jeanne White Eagle and John Pehrson	p.10
<i>Beautiful Painted Arrow's Connection to Armadale, Isle of Skye, Scotland</i>	
from Sandy Masson holder of the vision to build the <i>Chamber of the Dancing Light</i>	p.11
<i>All My Efforts Today I Offer Up....</i>	
a heartfelt contribution for Grandfather Joseph's 90 th tribute, with love, Stephanie Vay	p.12
<i>Joseph's 60th Birthday Celebration After He Blessed the Land for the 29th Peace Chamber</i>	
she who danced and became a Swami Reverend, Sally Perry	p.12
<i>The Initiation of the EarthSong Chamber in Michigan</i>	
from Ruth Eichler, one of the Guardians of this Chamber	p.13
<i>Memories of Being with Joseph</i>	
Cheryl Rose Patterson, fire keeper and drummer 1993-2009, dancer 1993- 2013	p.13
<i>Vowel Sound Chanting Brings Peace</i>	
from Brenda Sue Whitmire, thank you for this opportunity to share	p.14
<i>Beautiful Painted Arrow Dance Dates for 2025 from May to the end of August</i>	
listed with permission from the Chiefs	p.15
<i>Springtime Has Arrived</i>	
from Our Vision Dance Guardian, Eldest Daughter Geraldine Rael	p.16
<i>Thank you for choosing to enter the New World</i>	
from <i>Being & Vibration, Entering the New World</i> by Joseph Rael	p.16
<i>Comedy Spot: Fun with the Number 9</i>	p.17

A Call to Our Chamber People Worldwide

from Geraldine Rael, Eldest daughter, Guardian of the Visions p.3

Two-leggeds Call to the Spirit of World Peace

Joseph's spoken words transcribed by Stella Longland p.4

Our Invitation from Geraldine Rael to Gather in "Where God is Walking and Talking"

from participants Lukas and Marina Budimir p.5

Celebrating Beautiful Painted Arrow, Joseph Rael's 90th birthday

from Marlene Stöckel in Northern Germany p.7

Ah-Who

from Jeanne Whetstone in Michigan p.8

Ceremony to Celebrate Joseph's 90th Birthday in Scotland

from the Cave of Clay to the Cave of Stone, written up by Stella Longland p.9

Honoring Joseph Rael's Visionary Ceremonies in Brazil

by Samuel Souza de Paula, São Paulo, Brazil p.10

Celebrating Joseph Rael's 90th birthday in Croatia

from Marina and Lukas Budimir p.15

We Are Now Pollinators of Peace

from Lukas and Marina Budimir at the SoundChamber in Croatia p.15

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

listed, with permission from the Chiefs p.17

In Gratitude

for my first Sun Moon Dance, Arizona, 2025, from Marca-Maria Boggiano p.18

Two Moments of Divine Intervention at a Drum Dance

Scotland in September 2014, from Stella Longland p.19

Honouring Michael Coles and His Dedication to the Visions of Beautiful Painted Arrow

from Stella Longland with many good memories p.20

Caring for Self & Others: Transforming Burnout, Compassion Fatigue, and Soul Loss

a new book from David Kopacz p.21

Looking into the Light at Sunset, cover photo by Stella Longland

Issue 39: November 2025

contents

The Estuary, a place where the river meets the Ocean cover photo by Stella Longland

2025 Solstice Global Peace Chanting: An invitation to Enter the New World

from Rick and Elisa Cotroneo, House of Mica Peace Chamber, Little Mesa Peace Chamber p.4

Working Together, Seeding the Waterways with Prayers

introduction to the initiative from editor Stella Longland p.5

Ceremony within Ceremony

from Joseph Williams on behalf of the Tennessee chambers and other communities p.6

New Moon Ceremony Worldwide, Medicine Bundles Seeding the Waterways with Prayers

from Tom Bissinger, Birdsong Peace Chamber, PA, Sunday Sept 21 p.6

Medicine Bundle for Seeding Waterways

from Geraldine Seymour of Birdsong Chamber, Pennsylvania p.6

Observations

from Ben Jezierski, Sun Moon Dance Chief, Birdsong Peace Chamber, Pottstown, Pennsylvania p.7

Medicine Bundles Seeding the Waterways with Prayers

from Marie Kratz-Jezierski of Birdsong Chamber community, Pennsylvania p.7

Seeding the Waterways with Prayers in Northern Germany

with heartfelt greetings from Marlene Stoeckel p.7

Watersong New Moon Ceremony

with love, Cheryl & David, Watersong/Beaver Clan Medicine Lodge p.8

An Account of the New Moon Ceremony at the Moonlight Dance Den Chamber

Lisamarie Coyote Windwalker in Colorado p.9

World Peace Bundle

from Martha Boose, member of the Sweet Beautiful Waters Chamber in Arizona p.9

Beautiful Painted Arrow Dance Dates from November 2025 to the end of February 2026

listed, with permission from the Chiefs p.11

Compiling the International Dance Schedule for Beautiful Painted Arrow Dances in 2026

an update and request from new co-ordinator, Rick Cotroneo p.11

Welcoming a New Sun Moon Dance Chief at the Center for Peace, Tennessee

from Steve Citty, Teresa Hutson and the Center for Peace Council p.12

Hollow Bone

a poem by Damian Greiner a Sun Moon Dancer in England p.13

Three Sisters Dancing

sent in with the dancers' permission by their Chief Jane Innmon p.14

Fun is Fundamental – Suffering is Optional, Affirmations from Francis Rico

remembering our connection and our travels by Lukas Budimir, Croatia p.17

The Art of Joseph Rael: "Ocean Places of Oceanus"

text from the Francis Hayhurst YouTube video p.18

News of Changes on the Seeds of Peace Website

from editor Stella Longland p.19