

Seeds of Peace

**Reflecting on the precious Gifts
from
Beautiful Painted Arrow,
Joseph Rael**



a place where the River meets the Ocean

Issue 39: November 2025

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

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Rainbow man and rainbow woman make first Double Rainbow
on Turtle Island

(c) Joseph Beautiful Painted Arrow

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the artwork above, from *Sound, Native Teachings and Visionary Art*, by Joseph Rael (p.29),
also features on the cover of the book *Being and Vibration: Entering the New World*



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

In 1983, during the Southern Ute Sun Dance, Joseph had a vision of building peace chambers around the world. He spent fifteen years travelling constantly to seed this vision in the soil of all of the continents of the earth. During those 15 years, he gave everything he had – much of the year traveling, going from Long Dance to Drum Dance to Sun Moon Dance – often weekend after weekend. He offered teachings, did healings, wrote books, created artwork and made audio recordings and videos. His task was to inspire us to build these peace chambers and to dance.

It's our ongoing task to determine what to do with these peace chambers and dances! Joseph gifted us with a wonderful body of teachings as guideposts for how we could unfold this work. He offered rich teachings about sound, movement, inspiration and not getting stuck in the form. It's been up to us to absorb the teachings, reflect on them and act on our inspiration. And we're doing it in communities around the planet! We can all celebrate this.

In his second edition of *Being and Vibration* he added the subtitle: "*Entering the New World*". That book was published in 2015. That means it's been 10 years since many of us have had access to the updated teachings. Now, we all remember that 10 is completion, right!

So, here's the interesting thing: After Joseph had the vision of the peace chambers in 1983, he spent time looking for the perfect place to build the first peace chamber. He shares the story of how after a few months, during a sweat lodge, he went into a vision where a council of elders asked him, "Why have you not built the chambers?" [refs: 1993 *Being and Vibration* p.151, 2015 *Being and Vibration, Entering the New World* p.3]

Reflecting on that experience, I now pose that same question to myself and each of us, "It's been ten years, how are we doing with Entering the 5th World?" When Joseph responded to the elders' question, he said, "I could not find a place". Their response was to indicate that he should build the chamber right there is his yard, in the trailer park, by the railroad tracks!

So, in the same way, when we reflect on entering the 5th world, perhaps the teaching is: Pay attention. Look closely. It's right here. It's right where we live. Joseph and the elders pointed the way. The time is now!

With this in mind, the Theme for the 2025 Solstice Peace Chant is:

"Thank you for choosing to enter the New World, the Fifth World"

Chanting Begins: Saturday, December 20 at 5 pm UTC, 12 noon EST

Chanting Continues at least through: Sunday, December 21st at 5 pm UTC, noon EST

Please Note: To best understand the theme of the chanting, all leaders and chanters are encouraged to review *Being and Vibration: Entering the New World*, the chapter titled *The Mystery School* (p.111).

The actual time the solstice occurs is Sunday, December 21st at 10:03 am EST/ 3:03 UTC. This makes it easy for us because the 24 hours of chanting can all happen on the weekend!

If you would like to join the chanting this year, please review the chanting schedule on the House of Mica Peace Chamber website and choose a time, preferably one that is open. You can find the schedule at <https://www.houseofmica.org/solstice-peace-chant.html>. Please email rick@houseofmica.org the following details:

1. Your country and city
2. The name of your peace chamber or community, if applicable
3. The date and time you will chant, including your local time and either UTC or EST.

Thanks for being a part of this loving global community. May 2026 be filled with kindness and love.

May we each drop the individual ego at the feet of the Divine Presence.





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A Bowl Full of Ideas for Inventive Minds Joseph Rael (Beautiful Painted Arrow) & David R. Kopacz MD (p.27)



Working Together, Seeding the Waterways with Prayers

introduction to the initiative from editor **Stella Longland**

In the last Issue of our newsletter, number 38 August 2025, our vision dance guardian Geraldine Rael, Eldest Daughter of Joseph Rael, Beautiful Painted Arrow, brought forward the suggestion that we, as communities and as individuals, could synchronize our chanting and our ceremonies more frequently than we have done till now. Geraldine wrote,

‘Let’s work together on how we might strengthen the World-Wide Web
of the SoundPeace Chambers’ and Chanters’ Call to the Spirit of World Peace.’
‘AH-HO!’

In response, Rick Cotroneo brought forward a ceremony that has been developed at the House of Mica chamber, the name of the ceremony is **Seeding the Waterways with Prayers**.

A zoom meeting was called to enable further discussion of how best to help the synchronization to happen. About 20 people were able to participate in that zoom call and the desire to work together was clearly expressed. It was then decided to send out a post from the newsletter website, [Invite to participate in ceremony – Seeds of Peace newsletter](#), so that people could access the form of the ceremony and could send the editors feedback from their experience at the ceremony, if they wished. That post is still available for people who would like to read the form of the ceremony and join us for the 3rd and final ceremony on November 19. Everyone who feels inspired is welcome to participate by holding this ceremony on that day.

Before this current newsletter was published, 2 of the 3 planned ceremonies, September 21 and October 21, had taken place and the writings that follow are from people who participated in those ceremonies. Feedback from ceremony 3 will be published in our next Issue.



This first response came in to the editors before the 1st ceremony on the Autumn Equinox in September:

Ceremony within Ceremony

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

I just want to let you know I am facilitating a ceremony on the 21st of September. It's the 3rd of a four-part series celebrating the solstices and equinoxes working with the medicine wheel and the four elements. This ceremony will be honoring the west and the element of earth.



After receiving your newsletter, we decided to include the prayer bundle ceremony you described in our ceremony. That part of the ceremony will be led by Steve City between one and two pm. The participants in this ceremony are from the Center for Peace, Knoxville, Ula Rae's Sound Chamber, and North Carolina. Thank you for sharing and including us in this ceremony.

Your Friend, Joe Williams



New Moon Ceremony Worldwide, first time Beautiful Painted Arrow inspired Chambers celebrate Medicine Bundles Seeding the Waterways with Prayers

from Tom Bissinger, Birdsong Peace Chamber, PA, Sunday Sept 21

Blanket on grass

Red cloth on blanket

Containers with corn, tobacco, flower petals, stones, little beauties, water

We gather

Smudging, we inhale silence, acceptance, a smoky brushing, an acknowledgment, honoring and cleansing – Holy Smokes!!!

Introduce ourselves where we are coming from and are now - vibes of last night's Long Dance in the arbor vibrating, we are vibrating, creating something new and ancient.

Blessings, wishes, thoughts into prayers said and unsaid.

Leisurely, no rush. We pour Blue Corn into a circle, cross it with Yellow Corn - dramatic blues and yellows, shimmering iridescences dance

In no rush at all, Mellow Yellow and Ruby Red Flower Petals, Stones and Other Pretty Little Things, Prayer Bundles are passed and placed into the Undulating Mandala. *Seeds of Peace* and *Davee* are sung. Flowing into the Mandala are Vibrations of Selene who co-chiefed the Long Dance last night and bore the inscriptions of 12 dancers and the stars, Kristen and Tom who live here, Ben, Marie and Gerry, long time Ceremonialists, we merge and flow into the gorgeous Circles of Admiration and Love of Holy Waters, Water Bearers, All the People, pouring into the River of Life.



Medicine Bundle for Seeding Waterways

from Geraldine Seymour of Birdsong Chamber, Pennsylvania

Like a whisper I felt a meditative state arising from the chanting of Joseph's "*Seeds of Peace*" song while we were placing the Cornmeal, Tobacco, flower petals, coloured stones, holy water and prayers on the red cloth we had in the center. Then I felt heavenly energy above my head and then in my heart. After a good meal with good company, I felt grounded in my belly. When going to sleep I could still feel that I was vibrating at a higher level than normal. When I woke up the next morning, I was still feeling that higher vibration.



Observations

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

Both as a student at a Jesuit High School in Scranton, Pennsylvania, and as a member of my Parish youth / folk group in my hometown of Dickson City, I'd heard and sung the words of this anonymous hymn (often attributed to Carey Landry) countless times. On September 21st, as we gathered at Birdsong Peace Chamber to celebrate the "*Medicine Bundles Seeding the Waterways with Prayers*" ceremony, and as I stood upon the banks of a nearby creek watching flower petals, sage, cornmeal, and tobacco borne away by its gentle currents, those words echoed again. Although it was, perhaps, the first time they resonated with me at such great depth:

*"Peace is flowing like a river,
Flowing out through you and me;
Flowing out into the desert,
Setting all the captives free."*

If all possibilities truly exist at once, then maybe it's not about creating peace, or praying for it to enter into the world. Instead, it's about raising our vibration – our awareness – to the necessary level where we're able to simply recognize, embrace, and embody the peace which is already there, and, in the words of a simple yet powerful prayer, "*Let the blessings flow to All...*"

<https://bjezierski1.wordpress.com/>, Putting it on the wind - YouTube



Medicine Bundles Seeding the Waterways with Prayers

from Marie Kratz-Jezierski of Birdsong Chamber community, Pennsylvania

The instruction with the invitation ... "Let it be alive and unfold..."

Wow! The freedom that comes with such instruction reminded me of being in flow with what is. This FLOW state (Flowing Lovingly Openly Willingly) is a practice I cherish and get to teach thru the healing Art of Jin Shin Jyutsu. This invitation was divinely aligned within me, and I was grateful to be present for the Seeding the Waterways with Prayers ceremony.

The experience was rich with peace, joy, and love. Each participant brought something meaningful to add to the bundle. Our medicine and intentions were pure and perfect. The chants and songs added a rhythmic sacredness to the experience. As each hand sprinkled something on the cornmeal decorated red cloth, I could feel the weaving of our prayers...our honest desire for Peace...within and without.

The beauty of the bundle was etched in my mind as together we lifted the corners of the cloth in preparation for it to be let go into the water. Watching the blessed contents travel in the creek, with the sun catching the light of the crystals on the water, was a beautiful way to close the ceremony. We got to imagine the places those gifts would go, the ripples those gifts would create, the potential those gifts offered.

This ceremony was indeed alive and unfolded magically. I am grateful to have been a part of it.

Thank you. Peace, love & many blessings, Marie Kratz-Jezierski



Seeding the Waterways with Prayers in Northern Germany

with heartfelt greetings from Marlene Stoeckel

In the name of the participants at the beautiful ritual of "Seeding the Waterways", which some of us celebrated on the 21st of September 2025 in my yurt in Flensburg, I would like to send you, our gratefulness.

Hans Basselli and Annapadma Marquardsen, who were members of the Sound Chamber group in Denmark when it was active, were present to share their knowledge and to bring the vibration of the sound chambers into the energy field of my yurt.

Through the process of physically drawing and connecting the lines from the 4 directions, through the centre, with maize and tobacco, we could feel the deep connection to the realms, the interconnectedness, really. To me it felt multidimensional, especially when looking at the offering.

Annapadma, leading the ritual, had also brought powerful treasures from nature, some of which had been collected at Sun-Moon Dances. We placed them as offerings for our prayers, which made the whole procedure enriched and special for me. The chant of the vowels was very peaceful and accompanied by Hans on the drum.

After the ceremony, I followed my feeling of placing the bundle in the little stream, which flows near the yurt directly into the Baltic Sea. The stream is called “Lachsbach” which could be translated as “salmon’s stream”. I walk along this stream several times a week and enjoyed the idea of it carrying our prayers to the nearby sea.

Thanks again for sharing this gift with us!



Watersong New Moon Ceremony

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

Our new moon ceremony on September 19 was intuitively guided. A friend asked to come to sing songs for the Earth in the chamber all afternoon that day (she did not know about our ceremony...).

Earlier that day, another friend taught us a water blessing ceremony, where we said prayers and chants, sending loving, healing energy into a container of water. The purpose of this ceremony is to spread this water into larger bodies of water, similar to what we are asked to do in the new moon ceremony!

So, we took some of this blessed water and added it to a dish of water in the chamber and placed it on the altar. Then we called in the directions, singing songs and each person offering a prayer for healing of the Earth and humanity, particularly for healing our consciousness.

Since we know that All is connected, at the end of our ceremony, I was guided to take this bowl of water outside, and with a goose feather found on the land, I sprinkled water in each direction and then offered the remaining water to the land, as I asked for healing to be brought to all things in our universe and beyond. I felt the elation of Creation as we ended our ceremony.

We found it very intriguing at the synchronicities of events that day:



- 1) we asked for guidance for our ceremony
- 2) a friend asked if she could come sing in the chamber that day
- 3) in another group meeting that day, a friend taught us the water blessing ceremony, and we blessed a container of water; then felt guided to take some to the Chamber.
- 4) the goose feather I used to sprinkle the water had been found near the Chamber one day that week.

We expressed our gratitude for the beauty of how things unfolded for us, and that we got the help we needed.

I am not sure what this month’s ceremony will be like, but most likely something similar to what we just did. It is exciting to feel that Watersong is calling what needs to happen to help all of us. I pray that all of us will listen and take action as we are guided.



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

Lisamarie Coyote Windwalker in Colorado

At 8pm on the 21st, the cornmeal and tobacco were laid out on this blue and white cotton fabric that represents sky. We chanted the vowel sounds in each direction, as I formed a cornmeal circle and then the Seeds of Peace song while forming the tobacco lines and spreading rose petals within the circle. I placed a heart candle in the middle and a black and white crystal in the West to represent the Equinox.



Our community offered the bundle of cornmeal and tobacco to the Waters of the Marsh at 12:19 Equinox time here in Colorado. Before doing this we drummed and sang the Seeds of Peace, and offered dharanis and songs at the Marsh!

Here is an image of the Marsh directly following the completion of Our ceremony.

Wild and Infinite Blessings of Loving and Connecting, Lumi Coyote,

<https://www.mysticpulseearth.com>

(two photos from Lisamarie)



World Peace Bundle

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

A group of Sound Chamber Peace Keepers and Dance Chiefs were invited to attend a Zoom meeting, to connect and discuss engaging more specifically to the underlying focus of the Sound Chamber - peace, world peace. As with previous times of drawing together the strength, vibration, Love and Light of the Chamber Communities, a ceremony was proposed and the dates for its completion. A Sacred Bundle, filled with tobacco, sage, cornmeal, and items from the locale, added with individual prayers for World Peace would be created. It was described as cornmeal drawing a Medicine Wheel and using other items to design a Mandala of Prayers from all who come to the ceremony and commit to World Peace and to spreading this commitment amongst others. The description was as lovely, as it was loving. I was inspired and joyful. Then I checked my calendar for the first date, September 21, and I realized I would not return from my Reverend Retreat in Indiana until the day after the scheduled ceremony.

At first I was disappointed in not being with my community for this inaugural event. I prayed and asked for Spirit's counsel. I was reminded about the original motivation to spread this focus on World Peace and I was led to speak with the leader of my Reverend group. I suggested including an early Sunday morning ceremony with voluntary participation. As I described the ceremony, creating a group bundle for World Peace, she was inspired and printed the time into our weekly agenda. Now I just needed to pack the items necessary for the World Peace Bundle and celebrate this ceremony on sacred land in Indiana with my group of Reverends.

I planned for this ceremony to take place, near the sacred site where Native American healers and spiritualists have been honored since 1940. The old trees were too tall for us to see the sunrise, but they provided a welcome shelter from the rain that had begun to fall on September 21. Fourteen of us came into a circle organically, and I called in and honored the Seven Sacred Directions. This was followed by brief descriptions of the significance of the New Moon, the Partial Solar Eclipse and the Autumn Equinox on the following day. Each element was separated by moments of silence, in which to ponder the significance, as it related to each individual, and to the group and world as a whole. A table was then brought into the center of the circle, holding the 16-inch square red

cloth, cornmeal, tobacco, sage, petals from a white rose and baby's breath, which was here to honor, Frances, a well-loved friend to all, who had journeyed to the heavens two months before.

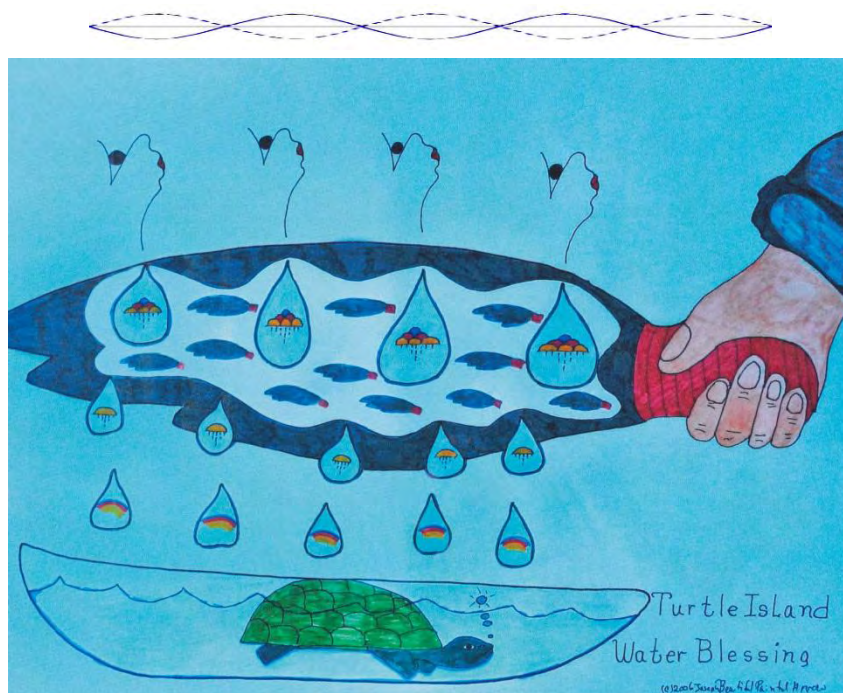
The day of the ceremony was actually the International Day of World Peace and we would be joining, not only with the Sound Chambers of Peace around the world, but with millions of people, who were also praying, meditating and bringing forth Light and Love for world peace. Just as this was being described, a skein of Canadian Geese in V-formation flew overhead, honking loudly in accord with our prayers and one goose broke off and swooped over the circle. Each of the 14 people attending had a role in the creation of the Medicine Wheel and Mandala for the Bundle. A woman came forth to lay down a cornmeal line on the cloth from the North to the East, as we all chanted "ah" for purification without and within. A man came forward to continue the cornmeal circle from the East to the South, as we chanted "eh" for placement and relationship. Another man followed with a line South to West, to our chanting "eee" for awareness and reconciliation. The circle was closed by a woman, our group leader, as the chanting continued with "oh" for child-like innocence and teachability. A couple used tobacco, as first, he closed the East-to-West Road, then she closed the South-to-North Road, as all chanted 'uuu" for carrying, carrying all.

Then individuals were invited, one-at-a-time, to offer prayers silently or out loud, ending with "Aho", as items were selected to create the Mandala within the Medicine Wheel on the cloth. When all had offered prayers, the group was encouraged to come and see the beautiful Mandala created for World Peace, to take a mental picture, to breathe in the goodness of this Creation, so they might take it with them always and continue to pray and support world peace wherever they traveled. Four individuals then brought the four corners of the Bundle together, and our eldest member, who would turn 88 on October 10, drew a string around the Bundle to hold all within together and in doing so, laced it to our hearts. We then stood back and repeated "wah mah chee" - breath, matter and movement, together meaning Great Spirit - seven times and then held the vibration for a few silent moments. We held hands and closed with a prayer of gratitude, joy, love and hope.

The White River was at the lower edge of the property, and those who were able journeyed together to a spot where the flow was quick. More prayers were shared and the Bundle was opened and released into the moving waters, as we stood in silence observing, until the last part of the Bundle was beyond our sight.

Many in the group were moved by all that was shared and have contacted me since, to express appreciation for the ceremony and the awakening of the importance to pray for World Peace every day, and in every way to walk in peace, sharing this Light and Love.

To All My Relations, Martha



(copyright 2006 © Joseph Rael)

Becoming Who You Are: Beautiful Painted Arrow's Life & Lessons for Children ages 10-100 (p.10)



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



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

- ★ **November 2 - 3 LONG DANCE, Tucson, Arizona, USA**
Chief Martha Boose - mamaphd64@gmail.com
- ★ **November 15 - 16 LONG DANCE, Sao Paulo, Brazil**
Chief Felicity MacDonald – fggmacd@gmail.com
Co-Chief Edu Medeiros - edumedeiros@gmail.com
- ★ **December 18 - 21 SUN MOON DANCE, Bolivia**
Chief Miguel Kavlin - miguelkavlin@gmail.com
- ★ **January 17 – 18 LONG DANCE, Seymour, Tennessee, USA**
Chief Katy Koontz - Long.Dance@centerforpeace.us
Chief Colby McLemore - Long.Dance@centerforpeace.us



Compiling the International Dance Schedule for Beautiful Painted Arrow Dances in 2026
an update and request from new co-ordinator, Rick Cotroneo



Dance Leaders and Coordinators Please Send Your Contact Information:

We are all grateful to Jane Innmon for her dedication to dances in the tradition of Beautiful Painted Arrow and all the years she has managed the International Dance Schedule. This has been such a wonderful service to dance leaders and a great help to people who may be searching for a dance.

Jane has asked that the baton be passed and I agreed to take on the responsibility of compiling the Dance Schedule for a period of time. I'd like to make sure that I have **up to date contact information** for every dance leader and/or coordinator involved with a Long Dance, Drum Dance or Sun-Moon Dance who wants their ceremony included in the International List. So, if you are leading or coordinating a dance, please send your contact information to me at rick@houseofmica.org. Even if you think I have your information, please send it to me so that I can keep everyone's information in the same place to best manage communications.

Blessings to all, Rick Cotroneo



A Note from the Editors:

Please respond to the call for next year's Dance dates as soon as possible so that we can print the February to end of May Dance information in the February 5th newsletter.

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.



An Apology from the Editors: in the last Issue we made a mistake, citing a Long Dance in Seymour, Tennessee, chiefed by Stephanie Moore. The location was inaccurate as this Dance was held in Pennsylvania. Stephanie Moore was the Chief and our hope is that anyone who contact her through the newsletter would get directions to the right place! Our thanks to Katy Koontz for alerting us to the mistake.



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

from Steve City, Teresa Hutson and the Center for Peace Council

From retiring Chief, Steve City

"After 28 years leading the Sun Moon Dance here in Tennessee, it has become clear that it is time for me to step aside and pass on the leadership of the dance. I am very pleased to announce that Teresa Hutson has accepted the role of Chief for the Tennessee Sun Moon Dance.

Teresa has served the Tennessee Sun Moon Dance over the years as Moon Mother. In fact Teresa has worked at a number of Sun Moon Dances in various locations through the years. She brings a gentle strength to the role."

From new Chief Teresa Hutson:



"In July 1999, this Journey of Service began as I attended the Sun/Moon Dance at the Center For Peace in Seymour, Tennessee. That first role was that of a Dancer's Support Person. Little did I initially understand about what I had witnessed during those four days. It touched and opened my Heart. Complete strangers welcomed and embraced me. It was such a profound and heart-opening experience that I felt an immediate Call at a deep level. A Call to Dance... and, two weeks later I was dancing my first Sun Moon Dance in West Virginia.

(photo from the Center for Peace newsletter)

Since attending that first Sun Moon Dance as a support person, I have served many dances in these last 26 years. That includes all three of Grandfather Joseph Rael's Dances as well as the Women's Web Dance, For The One Dance, Fire Dance, and the Dragon Dance. Many Dances and many forms of Service through them. I have served Dances in Germany, Norway, South Africa and in various locations in the United States. When I think about it, I recognize that it has been a continual Call that has given me the opportunity to heal, to learn, to grow, and to expand as a Human Being. It is now and always has been about personal healing and growth, as well as Service for the Greater Good.

It is because of these experiences and the Healing that I have received, that I am able to step into that place in the east gate to serve the Tennessee Sun Moon Dance, as Chief. It is with deep Gratitude for Chief Steve City and his trust in my ability that I've accepted this role. It is because of him as well as every other person I have ever served with and learned from since 1999, that I am able to do this. Yes, I am able to do this... 'With help', as Chief Steve would say!"

From the Center for Peace Council:

"Honoring the Journey of Two of the Center for Peace Elders/Leaders, Steve and Nan City. Our Sun/Moon Dance Chief, Steve City, who for 25 – 30 years has held the center of the wheel with steadfastness and vision, has stepped away from all formal duties at the Center for Peace, and has entered a time of sabbatical leave. His wife, Nan, is also stepping away from active roles at this time. Spirit has called both to take a break to tend to their own needs, both physical and spiritual.

Steve, as a minister and Council president, has guided us with quiet power – a breath in the lodge, a flame in the darkness, a clear voice in the smoke. Nan has carried the water of the people, built the doorway between worlds, given us song, and taught our children with love and strength. We love them, we honor them, we bless them."

Contact the Center for Peace Council via this email: council@centerforpeace.us
Read an appreciation of Steve's contribution in [Issue 36 – Seeds of Peace newsletter](#)
Steve City: Sun-Moon Dance Chief, Center for Peace, Seymour TN



Hollow Bone

Oh Holy Creator
Great Mother and Great Father
pour your spirit through this vessel

My dry tears
are the letting go
of who I thought I was
The dust of old prayers
falls from my skin

Make me hollow
Make me a reed
through which your breath may sing
Teach me to love
all of your creation
to find strength in weakness
to stand in the wind without resistance

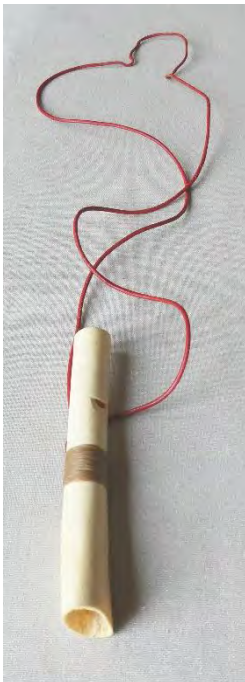
Let me be a cup
that overflows only with you
Let me carry your water
to the thirsting ones

Beyond the hunger
beyond the ache
there is a stillness
the pulse of you within me
the seed that does not die

In that stillness
I am neither dancer nor dance
but the space through which
the sacred moves

Teach me to serve in joy
to turn suffering into soil
that love and light may grow again

Oh Holy One
let this hollow bone
be your song



by Damian Greiner a Sun Moon Dancer in England

(photo from newsletter stock)



Three Sisters Dancing

sent in with the dancers' permission by their Chief Jane Innmon, at Sweet Beautiful Waters

Jane wrote:

The first is from Mathilda Wheeler (Tilda) and the second from Elizabeth Reading (Liz). They are two sisters who have both supported their sister Becky Howell here in different years. It was quite lovely to have all three in the arbor together.



A few weeks ago (April 2025), I danced my first Sun and Moon Dance at Sweet Beautiful Waters in Tucson, AZ. I had been a support person for my sister Becky there in April of 2019. I knew then that I was called to dance, but it wasn't until this year that I knew the time was right. Maybe I needed to wait until my youngest sister Liz was also called, because for whatever spiritual purpose, we made a trifacta of Sisters from the Reading family at this year's dance. Becky danced her 8th dance; Liz and I our first.

I spent the previous months of 2025 prior to the dance in deep preparation. I really wanted to purify myself as much as I could. I exulted in finding a ritual for tying my prayer ties. It's kind of laughable now how much I wanted to do things "right." I read up on the medicine wheel, but there is so much to take in and so many different ways to do so. I didn't have a shaman to lead me. Instead, I bought a few books and read them in spurts, usually as grounding for the prayers in my prayer ties. On Chief Jane Innmon's advice, I gave up sugar and alcohol and, eventually, caffeine.

I did not know how my body would respond to the lack of water during the dance. I am one of those whose water bottle is never far from my side. That's what scared me the most going into the dance. I checked the weather forecast for our time in Tucson hourly in the week before. The news was scary: Intense heat predicted. I was so worried about my ability to give up water that I forgot I had never fasted for more than 12 hours in my life! Oh, right. That, too.

The experience of putting my body through hardship started with the sweat lodge on a sweltering day. The smoke stung my eyes, my hips complained, the other bodies were so close - everyone was more flexible than me. Due to the heat, the lodge was shortened for us. Still, I swayed with dizziness as I exited. I felt weak and woozy, and this was before the dance even began! I was really very nervous that my body would not make it through this trial that I was willingly putting it through.

I had to let go of fear for my body, fear of being unequal somehow to what I was asking of it to endure. I certainly didn't know how I would respond in this first dance! And I had to let go of my fear of getting the dance wrong that somehow, I wasn't doing it "right." It worried me that I wasn't feeling enough while dancing, especially the first day or two. I had no concrete prayers in my head: I think my brain had let go, words had let go. By the end, I learned to trust that I was enough. I WAS the prayer. I AM the prayer still. Perhaps significantly, my whistle didn't work. A moon mother told me to keep blowing - perhaps mine was the turkey with no voice.

I had longed for visions, for dreams, for messages from Spirit, but if I got any concrete message for me to do something, I don't remember it. What I do remember is a message from Coyote who laughed at me and told me I was crazy if I thought I couldn't make it through the dance without water. Coyote did it all the time. Brown Bear and White Buffalo came to me to hold me and comfort me. I felt so held. I felt so affirmed.

I got a message from the Tree, too. There was a little sprout growing off a branch, a baby growing right at the place where South met West on the tree - that was where my spot was, and it's also where I am by birth on the medicine wheel. This little sprout felt so very precious to me. Other dancers I don't think noticed it - often rough hands grabbed right on top of it. I got so upset with these dancers and their blindness to this fragile growth, and I ached so much for the tree. This symbolized so harshly my hatred and guilt of humanity's impact on our mother earth. I was consumed with a need to ask for forgiveness for all of humanity, for myself for being human. The tree was so kind. It told me it was just fine. I did not have to take care of it or worry about it. It was there to take care of me. And I realized that for much of the dance I had been thinking it was my job to take care of God, of Spirit. To be

the strong one. I got the message that humans are part of creation. We were created to be this way. And it's sucky that humans may make it very hard to live on this planet, but we aren't going to destroy SPIRIT. We aren't going to destroy all life. We might destroy ourselves, because we are our biggest threat to survival. And we might destroy a lot of life on our way out, but it won't be all life.

All that said, it was very hard for me to surrender to the spirit of the Tree during the dancing. Emotions hit me hardest when we weren't dancing. Right before the dance ended on the last day, I finally did surrender under encouragement from our beloved Chief.

That is probably the biggest lesson for me of dancing my first dance. Letting go. And as I let go, I was caught! I came out of the dance feeling so, so, taken care of. All those support people there to HOLD ME. The Tree holding me. The drummers and chanters holding me. I was vibrating so hard at the end of the dance that I shook with it. I was open to all of creation - every sense so intense it was almost unbearable. I was in love with everyone and everything. I found I had lost my voice, very symbolic to me to remember that words are not the only powerful way to communicate.

These days, I find myself praying to keep feeling that vibration front and center is my life. Sometimes I picture myself as a mote in a cloud of sunlight, part of a great crowd of vibrating particles, all glorious and brilliant, separate and small and united. I feel very blessed, and so eager to return to the dance.

Thank you, Jane, for being Chief. Thank you for being so very tuned in. I feel very connected to you and very, very grateful, Tilda



Dear Jane,

I wanted to share with you some of my experience of the dance. At first, there was this overwhelming nervousness about whether I would actually be able to do it - setting up Thursday in the sun, even though I was still eating and drinking plenty of water, left me feeling woozy and overheated. How, I wondered, would I be able to manage when the fasting from food and water began? In my nervousness and excitement, I managed to sleep very well that first night. So well, in fact, that I felt my dreams were absolutely reassuring me that I was held, that the universe and spirits had my back. In fact, the overriding message of my first full day of dancing was: You do not have to suffer. Enjoy this!

I was aware that on the first full day of dancing I was joined in the dance by all the people I was praying for - they all joined in for a trip to the tree in their unique and quirky ways. Sometimes they encouraged me. Sometimes they energized me. Sometimes they delighted in the different drumbeat rhythms with me. Other times they supported me and walked with me in solidarity. Pretty wonderful.

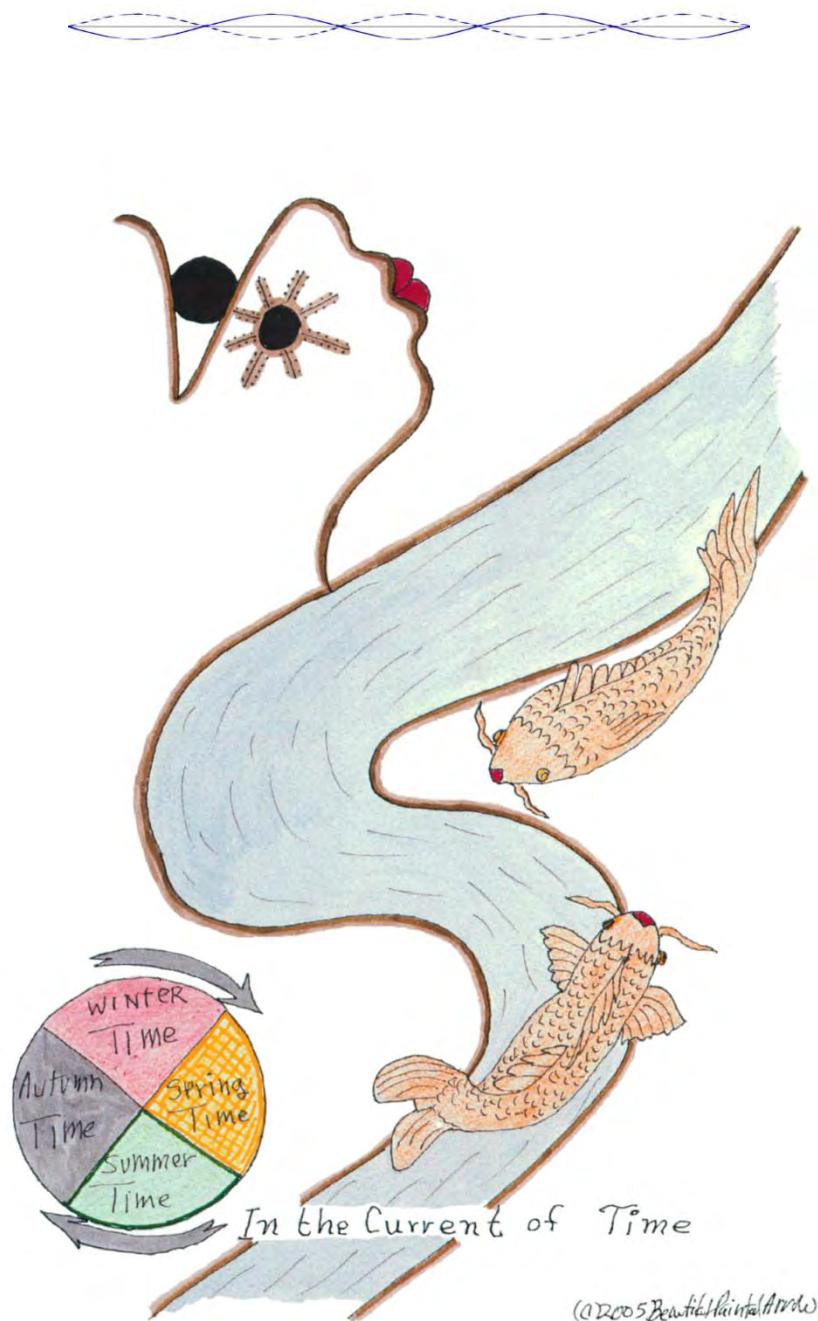
As I lived more into the dance, I was struck by all our individual prayers being danced to the tree, but also how as a whole, we were creating a whole new code, a unique web coming from the combination of all the dancers, drummers, moon mothers, chief, and support folk. So lovely.

Time really was altered. Without anything to distract me - no time devices, no writing implements, no talking, no eating, no drinking - without anything to do but simply stand and dance when the drum called and lie back down in the silence when the drum stopped - I gained a new relationship to spaciousness. I was aware of where the sun and the moon and the shadows were. I listened to the birds and coyotes. I felt the saguaros, the strong and clear and wise sentinels surrounding us. Space opened up between the minutes and seconds, between the cells and atoms. It is this spaciousness, perhaps more than anything else that continues to guide me. I can see that in the space there is holding. In the space, one can receive. In the space, one can listen. In the space, there is room for spirit. In the space, there is a profound connective force. In the space, there is more an energy of surrender than control. In the space is the Vast Self.

I have been letting this spaciousness permeate the healing facilitation work I do with others. There is more room now for the organic and authentic to emerge. The holding feels strong, serene, and loving. There is less control and more allowing. Pretty profound!

Along with spaciousness at the dance, I was aware of an incredible amount of dreamtime - both awake and asleep. Some were profound and seemed to have lessons for me. Others felt so foreign and detailed and odd to me that I was convinced I was dreaming other peoples' dreams. I suspect when we are all quiet like that and sharing space together in sacred ceremony, the telepathy channels kick in!

Thank you so much, Chief. I look forward to dancing again next year. With love, Liz



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Becoming Medicine: Pathways of Initiation into a Living Spirituality, David Kopacz and Joseph Rael (p.433)

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

remembering our connection and our travels by Lukas Budimir, Croatia

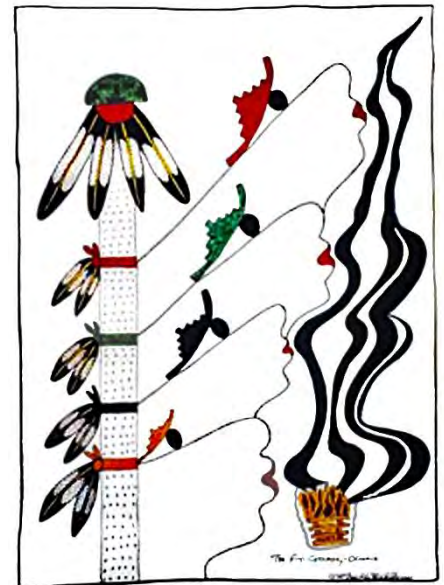
In October those of us who had connections to Francis received this news,

‘Francis Rico alias Frank Hayhurst, born Jan.1st 1947, peacefully passed over to the Spirit world on October 14, 2025, with his wife and friends by his side.’

Since Francis was a musician and a registered shaman in the chamber of commerce, he was called the rock-and-roll shaman. He used his many abilities, as a teacher of peace, kindness, community, compassion and love, to work towards a better world.

Joseph Rael, Beautiful Painted Arrow, met Francis when he was looking for the place on the Californian coast where he was taken under the sea to the merman and received the fire ceremony that we do on the 7th of each month for the cleansing of the waters in the oceans in our world and the cosmic oceans. That journey with the mermen had happened during a sweat lodge which Joseph had been invited to lead by a Sufi organization in Marin County, California. The Sufi organization later invited Joseph to Europe and organized his events there.

Based on Joseph’s description, Francis said that he knew where that place was, because it was where he lived, about 35 miles north of where the sweat lodge had happened. So they went there together and got to know each other. (read more about the Sufi connection in this article, *Helpers on the Path to Pah-nu* in [Issue 18 – Seeds of Peace newsletter](#))



(copyright © Joseph Rael)

The Fire Ceremony - Oceanus

I met Francis in Durango, Colorado, in June 2013, when he did interviews with Joseph for YouTube. There are about 30 videos with Joseph Rael and one of them is “Rael Art Oceanus” (more on the next page) others are from the Soundchambers we visited in Europe.



(Francis Rico and Joseph Rael in Durango 2013, photo from Lukas)

Joseph suggested that I show Francis the Soundchambers in Europe, so he could make videos about them too. Francis was always busy, so he said perhaps we could do that next year. Joseph said that we would have to do it in a year with a 3 in it. We fast understood that it was this year, and we got busy organizing it.

In September we visited 10 of the European Soundchambers in 2 weeks and had a great time together travelling.

At the end of our journey, Francis gave me the book he had written: “*A Shaman’s Guide to Deep Beauty*” where he explains simple practices to enjoy life and how we can take our suffering in life from unconsciousness to consciousness and then release it to Great Spirit. Joseph wrote on the back of the book, that Francis connects “the reader to the radiant essence of revelation- he frees us to live inside Divine Presence”. I guess, after he taught us, that’s where Francis lives now.

With love and appreciation from Lukas Budimir, Croatia, soundchambereurope@gmail.com

The following link will take you to this YouTube video where Francis expands his affirmation,

[Francis Rico ~ "Suffering is Optional" ~ A Shaman's Guide to Deep Beauty](#)



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

text from the Francis Hayhurst YouTube video: <https://www.youtube.com/watch?v=1gg93CYDI>



(copyright 2009 © Joseph Rael)

Sound, Native Teachings and Visionary Art, by Joseph Rael (p.172-173) typed up by editor Stella

"If you look at this art, *Ocean Places of Oceanus*, it's dedicated to all the Oceans all over the World and if you look at the faces, there's one to the left and one to the right. Those are the Grandfathers; they are the cliffs that surround the Oceans. They're the Grandfathers, they are the keepers of the vibration of the shorelines of the Ocean and if you see the Beings that are coming out of the Ocean and going into the Sky they are the vibration of the Mermen, because the Mermen can appear and disappear at will, and they're depicted in the faces that are going up into the Sky as the vibration. As the Sun hits the Ocean waters, the Mist is carrying the mysteries up and it's in the air. And the vibration of civility is what the Mermen came here for and so that's the place of Oceanus. His work was to bring civility to all the regions of the Earth and so that's the vibration of this art piece. And you don't really need to know the story as I saw it, all you have to do is look and see the art and the art will reflect what it means and your inner self will pick it up and you'll know what it is."

(Here, the camera homes in on the top left-hand of the artwork)

"Like the feathers represent placement and there's three of them and those three feathers stand, the first one stands for Wah, the second for Mah and the third for Chii. Mah to bring into manifestation, Wah to bring Life into manifestation and to be placed, and then Chii, the movement. And if you have one to the West with three feathers, as I do in this art, it means Breath, Matter and Movement, so that Breath, Matter and Movement may exist to the West and to the North and to the South and to the East, and that's why you have four directions, you see, but that's what the feathers mean."

(Here, the camera moves out to show the full picture again)

"And if you see that the feathers are being held by fish tails, the forms that are hanging the picture in place are made out of fish tails. And, if you notice, the round part is our Galaxy and there the Galaxy is holding the Oceans that we have on the Earth and also the Cosmic Oceans and here we're showing only four but that's what those circles are, the Cosmic Oceans, and in front of us we have the physical Oceans. So this artwork is for that reason."

"And then you have four eyes, and then you have six eyes, because these Beings have their eyes open. And, if you look really closely the eyes are shaped like a Y, and Y is awareness, and the eyes is the dark. And what the dark does, it invites the opposite of what it is, if it's dark it's inviting the white light, and the white light has all of the colours of the rainbow and that's what my art represents when I show that art with the eyes. The black invites the white light and then that white light carries with it all the colours of the rainbow."



Contents Lists from Issues 10-39 Available on

Connections to the Source – Seeds of Peace newsletter

During the zoom meeting in September participants expressed a wish to know more about the history and the current status of Sound Peace Chambers around the World. Being an editor, I knew that there is a great deal of information in the Newsletters, not only about the Chambers but also the Dances and many other aspects of the Beautiful Painted Arrow Visions and Teachings. I realized that, despite all the Issues being available on the website, it has been complicated and time consuming to find the articles on these various topics beyond the current edition.

To help readers access articles more easily there is now a pdf of the contents of Issues 10-39 available on the above web page for download or search on site. On opening the pdf, press *Ctrl + F* (Windows) or *CMD + F* (Mac), a text box will appear. Type, in the box, the name of the writer, or something that might be in the title line, such as, 'chamber', or 'dance', and use arrows to search for references. If you would prefer the list in Word in a .docx file, you can email: stellalongland@btinternet.com and I will send it to you.



A Different View of the Issue on the Website

Another change we have made is the view of the Issue on the website; you can now read it directly you open it. You can search it, choose different ways to view it, jump to any page, + or – the text size, save it or download it.



The Benefits of Subscribing on the Website

As a subscriber, you will have security for your email. Each time an Issue is published, you will receive a post with a download option. You can unsubscribe at any time by clicking the 'unsubscribe' button at the end of any post you have received.

It is easy to sign on to receive future issues, visit the site, <https://seedsofpeace.news>, type your email into the box at the bottom of the Home page and press 'subscribe'. After using the subscribe button, you will receive an email from WordPress asking you to confirm your subscription. If you do not receive the confirm email, please check the filter settings on your device. Once you confirm, you will become an 'email follower'.

If you subscribe in this way, you will not have to create a wordpress account with yet another username and password to remember! You will simply receive the newsletter when it comes out.

From the editors' point of view, sending a website post is quick and efficient, we press one button and the newsletter goes out to every subscriber individually and instantly. So we do encourage you to subscribe.



Please share the website address with anyone who expresses an interest in knowing more about the Visions and Teachings of Beautiful Painted Arrow, Joseph Rael.

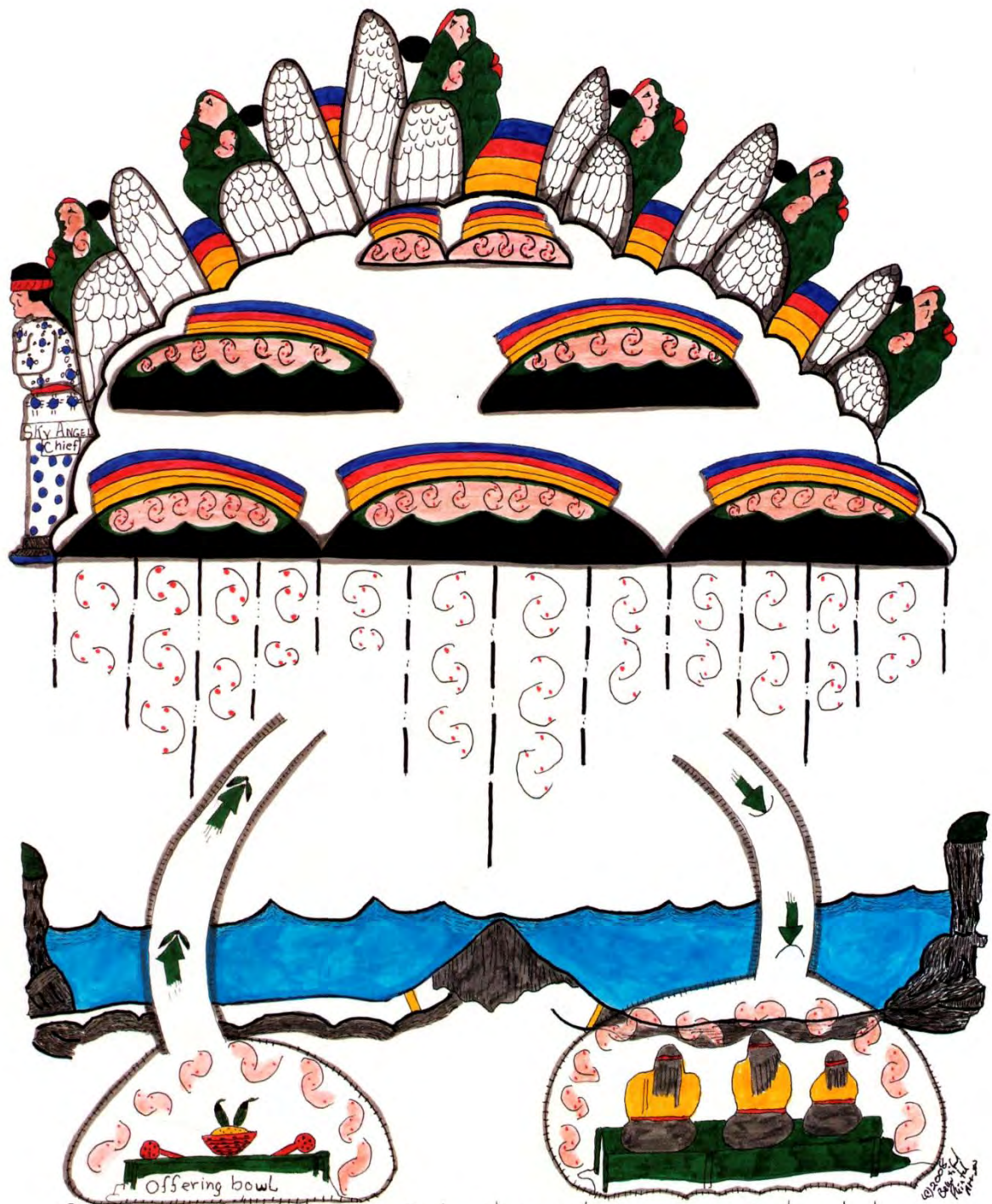


Writing for the Newsletter

We would like to encourage all our readers to consider writing for the newsletter, the submissions can be a few words to a maximum of about 1500. So many inspirations and stories are generated by Joseph's Visions and Teachings and it is good to share them with the wider community so that we feed each other. Writing is also a wonderful way to develop the ability to communicate these very sacred things that are so hard to put into words, and that is a good personal reason to put experiences on paper. And we, the editors, confess; it is a thrill to see new names in the newsletter!

Heartfelt thanks to those who have contributed to this and previous Issues of the newsletter.





Creator of ocean mist always brings new wisdom to Learn

(copyright © Joseph Rael)

Sound, Native Teachings and Visionary Art, by Joseph Rael (p.147)



NEXT ISSUE *Seeds of Peace* Issue 40

publication date: February 5th 2026

please email your articles for inclusion to us before December 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.

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).

If you have a website or social media page devoted to the Teachings and Visions of Joseph Rael, Beautiful Painted Arrow, we would be open to adding it to this page.

The NEWSLETTER comes out 4 times a year: February 5th, May 5th, August 5th and November 5th.



We thought you might like to know how the editors spend their time when not working on the newsletter:



Marina enjoys a winter Bear Hug



Stella likes to sit in the warmth of a Fire Pit

