

chanting dancing

# **Seeds of Peace**

**newsletter**

**Issue 40: February 2026**

**loving**

**Life.**

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Preparations for a Ceremony

(photo from the Cave of Clay)

## **Chanting for Peace on the December Solstice 2025**

**from Stella Longland at the Cave of Clay Chamber in Northern Scotland**

In 2025 the December Solstice Chanters held 25 hours of chanting for Peace.

The first hour of chanting began at 5 pm / 17.00 hrs UTC on the 20<sup>th</sup> and the last hour of chanting began at 5 pm / 17.00 hrs UTC on the 21<sup>st</sup>.

The precise time of the Solstice was 3.03 pm / 15.03 hrs UTC on the 21<sup>st</sup>.

The word 'Solstice' comes from the Latin 'sol sistere' and translates into English as 'the Sun stands still'.



For many, many years the community of the House of Mica have organised the December Solstice Chanting for the Beautiful Painted Arrow Peace Chamber Communities and Chanters Worldwide. They hold a list of Chambers and Chanters and send out an invite to participate. The communities and people on the list can then chose the time they would like to chant and send back their choice of the hour they will chant. The House of Mica then complete the Schedule and send it out to everyone who has signed up to participate. All 25 hours were covered, some with chanting in more than one location. If you are a chanter or a chamber group, you could write to this email to be added to the list: [rick@houseofmica.org](mailto:rick@houseofmica.org).



Each year a theme is suggested. This year the theme was:

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

It is a quote from the book *Being and Vibration, Entering the New World*, by Joseph Rael (p.111). The following words are from the back cover of the book: 'Central to Joseph's message is his encouragement that we wake up from our field of limitations, and that we enter a new world of possibilities by listening to the inner vibrations of intelligence that are the substance of the universe, and of ourselves.'

You can also read more of the Teaching on page 16 of [Issue 37 – Seeds of Peace newsletter](#)



There were 35 entries on the timetable for the Chanting, in the USA there were people chanting in Arizona, California, Colorado, Georgia, North Carolina, Maine, New York, New Mexico, Pennsylvania, and Tennessee. Other countries where chanting was held were, Argentina, Belgium, British Isles, Canada, Croatia, Denmark, Germany, India, Lithuania and Morocco.

Thanks to all for making possible this continuous 25-hour call for peace.



I have participated in the December Solstice Chanting for over 20 years, and this was the first time that the Cave of Clay chamber held the opening hour. On the day, as chance would have it, I was the only person from our group who could be at the chamber. In 1998, when I first encountered Joseph's work, I had an internal dialogue going on, when I chanted with a group I would say to myself, "Maybe I prefer chanting alone." And when I was chanting alone, I would think, "Hum, maybe I prefer chanting with a group." Now I know that the experiences are different and no judgement is necessary. So, there I was. I began and I saw myself to be standing on the shoreline of a remote peninsular looking across the flat surface of an ocean so boundless that there were no other shorelines to be seen. Behind me I could sense a vast landmass stretching away into the far distance. The chanting was flowing out over the ocean, calling, calling, calling, and I felt, I didn't see or hear, but I felt something miraculous come from the ocean to carry the chanting around the world and that, as the chanting moved from place to place, it would bring solace to the hearts of the people.



## Solstice Chanting – Lightsingers

Bettina Möller and Annapadma Marquardsen in Flensburg, Northern Germany

At this time, no physically resonant sound chamber was available to us. Bettina is/was a guardian of House of Singing Light Chamber and we both have been following the teachings of Beautiful Painted Arrow for many years. We have served as guardians of sacred sites and parcels of land and have danced the many beautiful dances in countless forms.

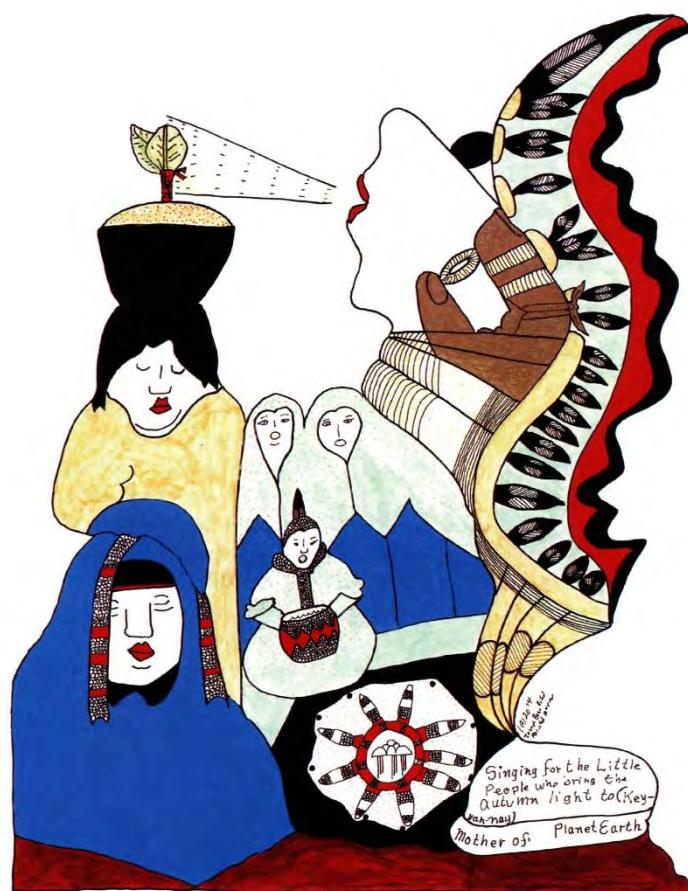
Even so, it was very important to us to take part in the annual Sound Chamber toning. We wished to support our community and to be part of it - to allow a net of light to radiate and sound through the Earth.

We did everything in a very “simple” way, exactly as it was possible for us at that time. We met in Bettina’s workspace, right in the heart of the city, cleansed ourselves with sacred smoke, and began our ceremony. We toned the vowels and the suggested Tiwa sounds. Our toning was beautiful, full of strength and light; there was a clear sense of connection and resonance, and so much joy and love was present. We finished our toning with *“This Little Light of Mine.”* A wonderful blues emerged, filled with love and joy, in connection with all the beings who were with us.

Both of us experience ourselves fully in this New Time. We did what was simple, what was possible. We connected, we joined in, we allowed, we were open. There was no effort and no fear. In this way, we contributed our part - even without a sound chamber.

May we, and all beings, walk in love - in light, awareness, and compassion, in gratitude. Mother Earth is such a beautiful being. Thank you all, dear community. May you all be blessed.

With warm greetings and deep gratitude to Beautiful Painted Arrow.



(copyright 2014 © Joseph Rael)

Singing for the Little People who bring the autumn Light to (key-yah-nay) / Mother of Planet Earth

*Being and Vibration: Entering the New World* by Joseph Rael



### Three Ceremonies, Seeding the Waterways with Prayers, Completion

#### **The Medicine Bundle for Seeding the Waterways Ceremony on October 21<sup>st</sup>**

from Lisamarie Coyote Windwalker at the Moonlight Dance Den Chamber in Colorado

We at the Moonlight Dance Den Chamber in Colorado hosted a Diné/Navajo Elder, Gentle Thunder, for a week, at the time of the October Medicine Bundle Ceremony. Here is a link to her website:

<https://www.gentlethunderjourney.com/>



This is a photo of when we laid down the cornmeal in each quadrant of our Medicine Wheel while singing the vowels for each direction, and laid the tobacco from North to South, East to West.

Then, while singing *Seeds of Peace*, placing the heart candle in the center, serviceberry leaves and corn in the NW, SW, NE & SE.

The Corn Dance that was transmitted to me via the Beloved Elders of the Birdsong Sound/Peace Chamber, Tom & Kristen Bissinger, was danced awake beautifully for the first time in Colorado on October 5th. I wanted to place some of the corn kernels, that I danced with, in the Medicine Bundle to offer to the Waters. The Serviceberry leaves, from the trees outside of this dwelling, are an inspiration from Robin Wall Kimmerer's lovely book,



*The Serviceberry: Abundance and Reciprocity in the Natural World*. I highly recommend this read!



The next day, Gentle Thunder gifted me with a Labradorite Stone, and I placed it in the center of the Medicine Bundle for a few days, until I was able to go to the body of water where the ceremony was completed.

Here is where the ceremony was completed, the upper Copland falls in Wild Basin Colorado! A beloved watery mountain place, where Ceremony is offered several times a year.

Love, Tobacco down and Prayers Up!  
Lumi Coyote



#### **November New Moon Seeding the Waters with Prayers Ceremony**

from Rick and Elisa Cotroneo, Bulandpuri Sahib, Punjab, India

We had the opportunity to spend from October 30<sup>th</sup> to November 24<sup>th</sup> at a Sikh Gurudwara (place of worship) in the Punjab, northern state of India.

Bulandpuri Sahib is a special place. In addition to the Gurudwara, there are several breath-taking gates, a "university", an amphitheater and a number of large dormitory style residential buildings.

At this time of year approximately 4,000 people from communities around the world are gathered there. Among them the vast majority are Indian nationals from families who identify as Sikh who migrated



to the US, Canada, the UK, and other countries. At this particular gathering, there were about 45 people who are affectionately referred to as the Western Sangat - meaning mostly people of Caucasian, Hispanic or African descent from the US, UK, Europe or Australia who were drawn into the community because of the deeply spiritual teachings and presence of Babaji Baldev Singh, the person who inspires the work of Bulandpuri Sahib and the communities associated with it around the world.

### **So, what does this have to do with Beautiful Painted Arrow, Joseph Rael's Visions and Teachings?**

Well, I would estimate that about one third of the Western Sangat have participated in Joseph's dances – Sun-Moon Dance, Drum Dance or Long Dance. The connection to Joseph's work is even stronger since 2024 when Babaji began focusing on holding conferences to promote Humility, Kindness and Love. The importance of the inner sound current permeates the teachings of both Joseph and Babaji, and the University building is oval-shaped, partly above ground and partly below ground. Sound familiar? This was the backdrop for our New Moon Seeding the Waterways with Prayer ceremony.

On the evening of November 20th, we gathered in a “music” room on the second floor of the Gurudwara. There were ten of us in the circle including people from the US, UK, Lithuania, Russia, and Turkey. Besides Elisa and I,



one other person had participated in dances inspired by Joseph. After a short introduction and description of the ceremony, everyone naturally understood and became comfortable with offering prayers. It is always reassuring to see how “natural” or intrinsic it seems that ceremony is to human nature, regardless of a person's background. We communicate through symbols in a manner that is universal to human experience. People innately understood why we honor the four directions and the center and the up above and down below. People comfortably prayed as they placed natural substances - shells, crystals, sacred earth and flower petals – on to the cloth where corn meal was used to “draw” a circle and cross. It was so beautiful to hear everyone pray in their native tongue. Joseph tells

us he saw that the mystical essence of sound could be found within every language and in this ceremony, we were present for prayers in at least eight different languages. After each person offered their prayers and added something to the mandala, we chanted as a group. Among the chants was “Sat Nam, Wahe Guru”, which translates as “I am truth” (Sat Nam) and “Wonderful Lord” (Wahe Guru). The vibration in the space was very refined, love-filled and brought people to tears. We could witness how, as humans, it is natural for us to come together from the four directions to the center to pray together. To honor our home, the earth, and to connect with spirit as we pray for the well-being of all of earth's children. People were deeply touched by the ceremony and expressed a desire to continue to integrate ceremonies of this nature with our ongoing gatherings to promote humility, kindness and love.

We, Elisa and Rick, held onto the bundle for about a week until we arrived in Haridwar, which is a nine-hour drive away and located on the banks of the Ganges River. We went to the river in the mid-morning, at a bathing ghat cared for by our teacher, Yug Purush Swami Paramanand Ji. It was a clear day, the river was running beautifully, fish were jumping in Mother Ganga and the snow-capped Himalayas could be seen in the distance. The Ganga was lined with evidence of people's prayers – small tear-shaped clay and tinfoil bowls that were sent out into the river holding lighted cotton wicks soaked in ghee. Marigolds were scattered on the banks of the river along with articles of clothing that wash ashore after people removed them to bathe in the river. We offered prayers as we released the contents of the bundle to the sacred river and watched as flower petals were carried off to the ocean.

We are each so fortunate to have been born at this time. What a gift it is to be able to gather in community, to belong to this global family, to have prayer in our lives and to help usher in this Fifth World. Like Mother India herself, we are experiencing a transition from the old world to a new world – from conflict, ego and tensions to

compassion, forgiveness and peace. Thanks to all for your efforts day in and day out to practice kindness and love. May our efforts be persistent, humble and bear fruit.

Rick and Elisa Cotroneo, House of Mica Peace Chamber (NY), Little Mesa Peace Chamber (NM)

You can learn more about the Humility, Kindness and Love movement at [www.hkl.org](http://www.hkl.org).



Yoga at the Ghat

(all photos from Rick and Elisa)



### **Three Ceremonies Completion Notes**

**from editor Stella Longland**

The sequence of ceremonies, held on the New Moon of September, October and November 2025 is now completed, and we are publishing the form of the ceremony on the website so that our readers can bring this ceremony into their lives. You can find the pdf on the *Ceremonies of Love and Peace* page:

[Ceremonies of Love and Peace – Seeds of Peace newsletter](#).

Prior to this Issue, the November newsletter, Issue 39, contains feedback from participants in the first two ceremonies: [Issue 39 – Seeds of Peace newsletter](#)

and the August newsletter, Issue 38, details how the initiative came from our Vision Dance Guardian Geraldine Rael, published on page 3 in [Issue 38 – Seeds of Peace newsletter](#)



Prayer-full Bundle Ready to be Released      (photo from the Cave of Clay)



## **There's a plan and then there's the unplanned**

**fun with numbers from Stella Longland**

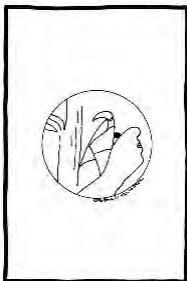
When the schedule for the three Ceremonies was being planned, the day of the New Moon in three consecutive months was chosen. The months that were chosen were September, October, and November.

It just so happens that the names of these months come from Latin names for numbers, *Septem* - 7, *Octo* - 8, *Novem* - 9.

And then in December, *Decem* is 10, the annual Solstice Chanting completed the Medicine Wheel, which, as it happened, this Solstice year, was also the night of the New Moon.

In *The Way of Inspiration* by Joseph Rael, a book first published in 1996, and now incorporated into *Sound, Native Teachings and Visionary Art*, Joseph describes the birth of a thought with metaphors of the numbers 1 to 10.

He describes the numbers 7, 8, 9 and 10 in terms of the growth of a Corn plant (also called Maize in other countries, where 'corn' is the collective word for all grains).



### **7 - Corn husks begin to form**

*The form begins to emerge of what it is to become.*

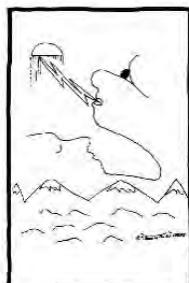
*There is an innocence of belonging as the corn is pollinated,  
and all creations honor it and give it a place amongst them.*



### **8 - The horizontal dimension**

*Ears of corn have matured.*

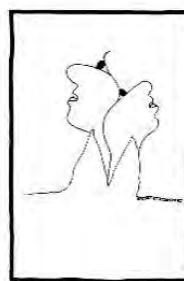
*The corn falls. It lies on the ground.*



### **9 - Capacity to receive**

*The Ground (infinite) eats the corn.*

*It dies into the cold (movement),  
returns to the Creator of the winter season ...  
back into the dream.*



### **10 - It no longer exists as it was.**

*It is no longer corn. It stops being.*

*It freezes. It has become again  
the Essence of Breath, Matter and  
Movement, before Creation.*

In the Seeding the Waterways Ceremony it is the Cornmeal that makes the Medicine Wheel visible and blesses the Four Directions, and, in 2025, the Medicine Wheel was again blessed in the 7, 8, 9, 10 ceremonies, finding completion at 10 in the Solstice Chanting.

This is how metaphor leads us to the heavenly plains at the heart of Life!



## **Paulette Millichap, Editor, Publisher and Student of Beautiful Painted Arrow, Joseph Rael**

stories collected by Judith Brooks Part 1

Judith tells us:

Paulette has been Joseph Rael's editor since the first edition of *Being and Vibration* was published in 1993. Now, 83 years old, she is retiring. I asked her to share with the readers of the Seeds of Peace Newsletter some of the early stories of meeting Joseph.

We also want to honor Paulette for her many years of service and dedication to Joseph's works and books as his publisher.

(front cover of *Being and Vibration* 1993 from a photo by David Randle)



### **Council Oak Books**

Paulette Millichap and her business partner, Sally Dennison, started a small publishing company in Tulsa, Oklahoma in 1988. They named this new venture, Council Oak Books, honoring the tree where the Creek Indians rekindled their Council Fire.

One of the missions of Council Oak Books was to listen for Native Voices that might not be heard in more conventional publishing. In 1991 Council Oak published *Fool's Crow Wisdom and Power* by Thomas Mails. Frank Fools Crow was an authentic embodiment of indigenous wisdom and power, just the sort of book Council Oak was hoping to find.

Joseph Rael, Beautiful Painted Arrow, knew Frank Fools Crow. When he saw a copy of *Wisdom and Power*, he felt it was a sign. Joseph asked his co-author, Mary Elizabeth Marlow, to try to find Fools Crow's publisher. Simultaneously, Paulette had been searching for a book to publish on sound and vibration. She asked her publishing partner, Sally, to be sure and pull any submissions that seemed to have that theme.

Paulette was invited to a gathering of Medicine Women from around the world to be held at the ranch of her friend, Scout Cloud Lee. As Paulette was leaving for the gathering, Sally handed her a manuscript, and said, "This might be what you are looking for." Paulette scanned it quickly. It didn't seem to be what she was hoping to find and started to slide it under her desk when a photograph fell out of the manuscript. It was a picture of a beautiful Native American man.

At the women's retreat Paulette made friends with an Australian Aborigine film maker who asked her if she wanted to see her scrapbook. Turning through the pages Alinta stopped before a photograph of a Native man. She touched the picture and said, "He is the most interesting Native Visionary in the world today." Paulette looked at the picture. Was this the same man whose photo she had just seen? When Paulette got home, a few days later, she hurried to retrieve the box with the manuscript. Amazingly, it was the same picture. It was Beautiful Painted Arrow, Joseph Rael.



### **Meeting Joseph in New Mexico**

Paulette got in touch with the man whose picture was on the card, Joseph Rael. He was living in Bernalillo, New Mexico. When Paulette called him to discuss publishing his book he didn't seem surprised. Many years later, when she was telling someone about looking for Joseph, he laughed and admitted it wasn't her looking for him, it was him who was waiting for her to find him.

Paulette's mother and her two daughters Donna and Kelly were visiting her in Tulsa, Oklahoma for Thanksgiving. It was decided they would all load into Kelly's van and drive to New Mexico to meet Joseph. It was their first trip together since Paulette's father and their grandfather died two months earlier. In the car Paulette's mother led them all in singing songs from their youth including some favorite Protestant hymns.

They arrived in Bernalillo during a light snow. The air was crisp and cold and heavy with the scent of pinion fires. Paulette had read Joseph's manuscript and knew that Joseph had had a vision to build sound chambers for

chanting. The first of these chambers was located at his home in Bernalillo and Paulette was hoping to be able to see it and to go inside. When they drove up to Joseph's house he was waiting for them. He said he had built a fire in the chamber and invited them in. The kiva was warm and smelled of pinion, cedar and sage. Joseph said the shape was much like a traditional kiva but had been designed a little differently to magnify sound. "Everything in the universe is created from sound," Joseph said. A big fish, like a shark, was painted on one wall. Joseph said where they were standing had once been an inland sea.

Joseph told stories of his growing up first on the Southern Ute land and then at Picuris Pueblo. He said he had always been fascinated with vibration. He told a story when he was a small boy, he and his sisters used to go down the hill and wait for the train. He said he would put his cheek on the cold iron rail so he could feel the sound of the heavy train coming on the tracks.



Paulette said she was amazed at how her mother was fascinated by Joseph's every word. Like some mothers and daughters, Paulette and her mother had not always gotten along. In this moment in the kiva with Joseph, Paulette saw her mother in a different light. The veil of misunderstanding between Paulette and her mother would forever be lifted. Joseph and her mother would become lifelong friends. Paulette said this was an extraordinary gift from Joseph. It was his way of sealing their publishing contract.

*(Joseph and Paulette 2015 book signing of *Being and Vibration, Entering the New World*, photo by Kelly Hauf)*



### **Blue Stone People**

Joseph invited Paulette to Picuris Feast Day. She was excited to see where Joseph grew up. On the Feast Day the Ancestors return to the village to bring abundance and rain, Paulette arrived with her two daughters, Donna and Kelly. Donna looked up at the sky and saw two clouds with what appeared to be long legs and big feet. The clouds were walking towards the pueblo. "It's the Ancestors," Donna called out excitedly. A blast of wind and thunder announced the Spirit's arrival as heavy rain drenched Paulette and her daughters. Hail soon followed with ice crystals as big as your fist. The tourists who had come to see the dancers ran towards their cars and hurried away.

Joseph started to laugh and led Paulette and her daughters to a shelter to wait out the storm. As soon as all the tourists left, the hail stopped and the ceremony began in earnest.

Joseph had told Paulette the origin story of Picuris Pueblo. The People had come from the stars as a Blue Stone. On Feast Day the People would honor and feed the Stone. Paulette whispered to Joseph that she wanted to see the Blue Stone, Joseph hesitated and looked towards the ground. He didn't answer her. Paulette asked again to see the Blue Stone People and this time he said Ok. As they turned towards the creek and took a step forward a loud crack of lightning shook the earth. Joseph stopped in his tracks and said sheepishly. "Not right now." Paulette was sure the Ancestors had sent a clear message not to take her, an outsider, to this sacred place.

Paulette and Joseph walked back toward the dance. The watermelon on top of the pole had just fallen to the ground and the children of the Pueblo were rushing in to grab the sweet treat.

*.....to be continued in the next issue.*



*Notes from the Newsletter Editors:* Now that Paulette is reducing her workload, the website of Millichap Books is no longer available. The available books can still be purchased from other online booksellers.

The associated Millichap website, [josephrael.org](http://josephrael.org), is also currently unavailable. We will keep our readers posted of any further developments.



## **News of Initiatives for Respecting, Protecting and Continuing Beautiful Painted Arrow's Work**

**from the newsletter Editors**

On our <https://seedsofpeace.news> website, Issues 10-40 are available in pdf, there are also articles from Issues 1-9, sent out after the Seeds of Peace newsletter was created by the Council of Elders in 2015. The website was established in October 2019. In addition to the Issue page there are, at present, three other pages:

### **Connections to the Source, Ceremonies of Love and Peace, and audio files from Sound.**

We have recently updated the contents of the pdfs on these pages, and we would like to suggest that our readers have a look at them: there is a lot of information there.

Also online, on the House of Mica website, there is a new page titled: [Chambers Worldwide](#), which contains a list of **Active Sound Peace Chambers** with some of the email addresses and websites of Chamber keepers.

Also online, Zoom **Tiwa Language Workshops** with Kristen Bissinger, Selene McAleer, and Julianne Basile. Contact [Krisbiss601@gmail.com](mailto:Krisbiss601@gmail.com) for more information.

In the article below there is a reflective piece from Tom Bissinger about a recent zoom meeting where an important topic was, how to ensure that Joseph Rael, Beautiful Painted Arrow's legacy remains available to future generations.



### **Words Written After a Zoom Meeting on January 3<sup>rd</sup>**

**by Tom Bissinger of Birdsong Chamber and Dance Community, Pennsylvania**

I am enjoying the Fire Ceremonies a lot. The singing and chanting has been wonderful and a lovely fellowship... friendships occur. We also had a good attendance at the Sweatlodge in December. Biggest since Covid. It fell on the Winter Solstice, so we chanted the House of Mica world chambers for peace chanting ceremony at 11 am before the actual lodge at 1pm. Tuned us up good!

I really feel called to Joseph's ceremonies, especially the Fire and Sweatlodge, and serving in the Drum and Sun Moon Dances, those longer ceremonies demand something different due to their duration, and so the occasion to 'be' present is a welcome one. All these ceremonies give me an opportunity to expand in certain realms: ceremony of running walking sitting sleeping breathing, silent watching, drumming, all these basic activities/movements to bring us closer. To what?

I also think on Joseph's "Don't get stuck in the form." It is probably the saying I most ponder, although "work is worship" is in there as well. By providing Dances, Art, Workshops, Joseph showed us his blueprint. I deeply respect Joseph's sharing his native upbringing and teachings with us, the "crazies," following our bliss. Very brave and beautiful. As you are, Eldest Daughter Geraldine, for taking on his mantle.

It was and is a great ride. Today, on zoom, there was Geraldine, Jane, Lukas, Marina, Stella, and me. It was a cosy group.

*The question was, "What to do with Joseph's legacy?" "What is the future", Geraldine asks, "of Dad's work, and how am I supposed to carry it all??? I need help and advice and what dy'all think?"*



*Joseph's contribution: Putting himself 'out there' with love and grace and willingness to model his humanness, consciously. It's a beautiful vision and one that we all have been fortunate enough to be drawn to (or born to). Ceremonies that Joseph led and danced in, accompanied by descriptions and paintings of the potential opportunities offered by these ceremonies. Caring for each other and oneself and be as your consciousness expands. He brought thousands of strangers to become friends. International evolving groups of players.*

*Then the individuals such as ourselves who have written and created about Joseph, who put out journals that are carrying his message and ours.*

*A possibility: Curate it as a Material Culture: His books, paintings, CD tapes and videos.*



...Now the questions: How to hold and sort and file and organize the vast output on Joseph's part, how can we think about and help to bring about an answer to Geraldine's question. What is his legacy and how do we help bring it about? Joseph is an artist, multi genre, a shaman by education and training, and he brought his magical inspirations to fruition. I believe it is rare to find humans who can invoke a high energy that attracts many seekers who are interested in learning of ancient ways as an opening to the Great Spirit, the Mystery. Joseph draws on the supernatural and vice versa. He played with our energy and we with him. It may still occur, who knows? I loved and love, his playful energy.

The greatest result, to my thinking, of Joseph's teachings and to their transmission are those people who are attracted to ceremonies that are part of a welcoming opening-ness to creating, maintaining, and letting go of, form and formlessness to become the possibility of playful awareness, a vibrancy of love that echoes on dance fields and shivers the walls of chambers nested around the world.

I am waxing on about this messenger, Joseph. I feel the night fallen, moon sun earth sky. The few fundamentals Joseph persisted with were help, orient, and balance, and here we are, still dancing! Still chasing this illumination of Create, Adjust, Reset, Release. Another of Joseph's sayings is "Technically we don't exist." The conscious duality of I Am and I Am Not, is one I often ponder these days.

This is my experience. Kind of absurd if it weren't so darn refreshing, these ceremonies, revealing a few basics of beingness-ness with each other and the Mystery. AH, the Mystery!

Mystery will let you know when it's time to let go of things.

That in a nutshell, is what I received from all you lovely people with whom

----- I zoomed,  
Love Tom



.... up to 2000 songs per day of Birdsong, chiuu-cho-cha-aah-neh.

Artwork (copyright © 2005 Beautiful Painted Arrow)  
Becoming Medicine, David Kopacz and Joseph Rael (p.473)



## **Peace Chamber Communities as Leaders and Community Builders**

**from Rick Cotrono of the House of Mica, Upstate New York**

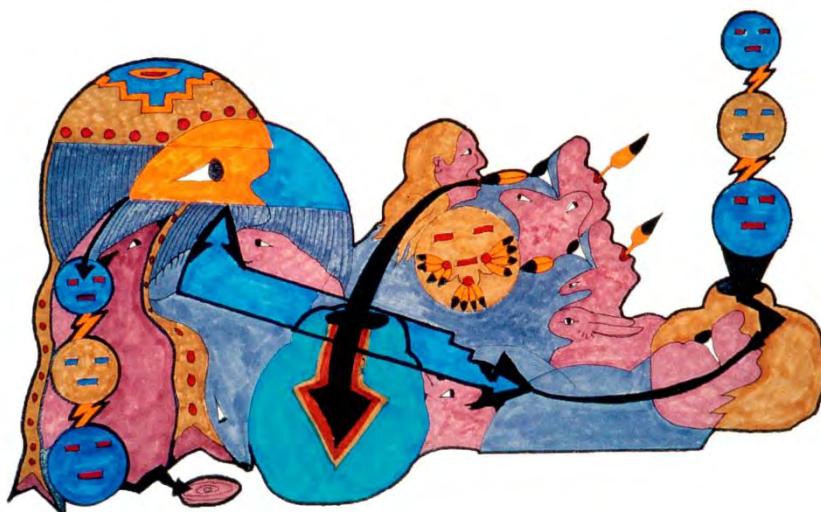
Joseph said, "To be a true human is to be a listener". This statement has so many levels of application. To listen to the silence within. To listen to the earth and the wisdom of nature. To listen to the ancestors. To listen to the needs of the elders and the children. Following listening, is inspiration and then following inspiration, is action.

At the House of Mica Peace Chamber, we have been doing our best to listen to what is going on around us. Right now, in the United States, that is very painful. The listening has inspired us to act and to move beyond ourselves in ways that we hope will lead to growth for our community and others around us.

It is so painful that hunger persists in the world and that resources for hungry people are being cut. This listening has inspired us to let participants in our Solstice Chanting Ceremony know that all donations offered that day will go to our local Food Bank. It is so painful that refugees from other countries are being rounded up in cities across the US and deported. So, we dedicated donations from a specific ceremony to an immigrant rights organization in our community. In the past 12 months, our community has gifted \$850 to charitable organizations in our community. I have heard about other chamber communities sponsoring the travel of native elders to ceremony or helping native families heat their homes in winter. I suspect that many of us are involved in other forms of service. Are we being open about our peace chamber involvement when we are doing this work? Are we doing this work as a peace chamber community? I would be interested in hearing more about this.

As peace chamber communities grow into our "40s" (meaning many peace chambers have been doing this work for more than 30 years), we are established in our "adulthood". Developmentally, "adults" seek to create meaningful relationships and partnerships. Our overarching goal is promoting world peace and the evolution of humanity to a higher state of consciousness. As an "adult" peace chamber community, we at the House of Mica are finding it essential at this time to foster partnerships and collaborate with other organizations in the world which share a similar mission. We see this as a natural stage in our growth. We believe that bringing peace, by definition, means reaching out and working with others.

As peace chamber caretakers, dancers, chanters for peace, how can we serve as leaders and community builders, both locally and globally. I'd like to ask that we reflect on the following questions: Who do we see as our partners in this work? When and where do we stand with others? How do we follow inspiration to move beyond ourselves to collectively strengthen humanity's evolution? To what extent are we ready to show up at a community meeting like a town council meeting, or an Interfaith Gathering, or a Food Bank or to peace group and say, "Hey everyone. My name is Rick and I am from the House of Mica Peace Chamber. How can we work together for peace?"



A Million Human Songs

Artwork (copyright © Joseph Rael)

Becoming Who You Are, David Kopacz and Joseph Rael (p.41)



## **Dedication Ceremony of the Earth Harmony Peace Chamber and Other News**

with gratitude to all who have helped us, Michael and Johann Northrop



The Earth Harmony Peace Chamber was dedicated on November 15, 2025, following four years of devoted work by a remarkable circle of volunteers. The dedication ceremony was deeply moving, as those gathered formally set the building aside as a sacred space for Peace, Sound, Healing, and the teachings of Joseph. Together, we walked both the exterior and interior of the chamber, calling in the directions and lifting prayers and intentions for its future. The circle included members from the original chamber as well as those newly joined to the community, with participants ranging in age from 18 to over 80 years old. Through toning, chanting, drumming, and dance, we set a strong vibrational intention to guide the chamber for the years to come.

Construction of the building was completed in October with the finishing of the roof and soffit. The finished structure measures 29' x 21' (8.83 m x 6.4 m), with the entrance facing West and the fireplace anchoring the East. Lines in the floor mark the four directions, intersecting at the sipapu. The chamber is built entirely from local materials: stones for the



walls were gathered from the surrounding land and nearby farms, with the exception of stones gifted for specific purposes and those collected from recognized power spots. The elongated octagonal roof completes the form. The entire project was funded through donations, many of them offered by other peace chamber communities. We are profoundly grateful for every gift - financial and prayerful alike - for these offerings form the true foundation of the chamber.

Our community has already begun to bring the space fully to life. We now hold monthly fire ceremonies in the fireplace, as well as a regular drum and journey circle. In September, we initiated the New Moon / Seeding Peace ceremony in fellowship with other chambers. The response was so enthusiastic and heartfelt that we have committed to continuing this practice at every new moon. In addition, we celebrate each solstice and equinox with ceremony and potluck, along with observances on each cross-quarter day. For communal meals and gatherings, we are blessed with a large and welcoming space in our 1869 timber barn.

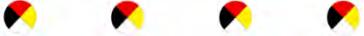


On New Year's Day, we were honored to host a Universal Worship Service led by Ruth Eichler. Ruth and Vic Eichler are the stewards of Earth Song Peace Chamber, the elder sister to our own. That day, 30 people gathered with us in the chamber, while another 30 joined via Zoom, creating a beautiful and far-reaching circle of prayer.

We are also beginning monthly sacred sweats in the lodge built under the guidance of Dance Chief Jane Innmon. Through her leadership and training, we feel well prepared and deeply grateful to be expanding this essential aspect of our ceremonial life.

Our current focus is the construction of the Dance Arbor, as we look ahead with anticipation to the Sun-Moon Dance in June. Once again, we thank you all for your support and for walking this path with us.

*(three photos from Michael and Johann)*



### ***Preparations for the Sun-Moon dance, at Three Rivers, Michigan***

***from Dance Chief Jane Innmon***

Three or maybe four years ago, after the completion of our annual Sun-Moon dance in Tucson, Arizona, I received a message to reach out to Michael Northrop to see if he and his community in Three Rivers was interested in starting a Sun-Moon dance at his new Peace Chamber. At the time, their chamber was still under construction.

Michael said yes and the journey began. It took many years to complete Earth Harmony Peace Chamber but it's a beautiful and sacred space made with many loving hands and a lot of dedicated work by their community.

Last year, we thought the first dance would take place, but the land and the people were not quite ready. Donnalee Forbes (my friend and kitchen chief) and I had gotten plane tickets in January as Donnalee was going to dance in Three Rivers and we were planning on traveling together. When a decision was made in March to not proceed with the dance that year, she and I went to Three Rivers in June to help build a sweat lodge, to do prayers and ceremony and to meet the community. A lot of work was done on that trip to open the way for the dance to be born. Donnalee spent a night out on the land doing specific prayers and working with the energy as she had been directed. We met two separate times with the community sharing Joseph's teachings and talking about the beauty of the dance.

We are dancing the first Sun-Moon dance there June 9 – 13<sup>th</sup> and we are so excited to be able to bring this precious ceremony to the community in Three Rivers, MI.

If you are interested and want to learn more, please be in touch with me at [peoplegardener@gmail.com](mailto:peoplegardener@gmail.com) any time.



*(sweat lodge photo from Michael and Johann)*



## **Beautiful Painted Arrow Dance Dates from February to the end of May 2026**

listed, with permission from the Chiefs

*a quote from the 2002 Dance Schedule:*

### **DANCES IN THE TRADITION OF BEAUTIFUL PAINTED ARROW**

"To everyone who is dancing this year, simultaneously we are dance-healing ourselves, our past ancestors and the future generations. It is therefore our responsibility to bring new dancers each year to this way of healing because as they heal, so do we.

May we all be blessed!!" Joseph Rael, Beautiful Painted Arrow

★ 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](mailto:geraldinerael382@gmail.com)



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

★ **March 20 - 21 LONG DANCE, Bolivia.**

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

★ **April 2 - 5 SUN-MOON DANCE, Extrema, Brazil.**

Chief Felicity Macdonald - [fggmacd@gmail.com](mailto:fggmacd@gmail.com)

Co-Chief Alexia Pescuma - [contato@mooncircle.com.br](mailto:contato@mooncircle.com.br)

★ **April 3 - 6 SUN-MOON DANCE, Victoria, Australia.**

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

★ **April 16 - 19 SUN-MOON DANCE, Arizona, USA.**

Chief Jane Innmon - [peoplegardener@gmail.com](mailto:peoplegardener@gmail.com)

★ **May 1 - 2 LONG DANCE, Saborsko, Croatia.**

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

★ **May 1 - 3 DRUM DANCE, Itatiba, Brazil.**

Chief Felicity Macdonald - [fggmacd@gmail.com](mailto:fggmacd@gmail.com)

Chief-in-training Samuel Souza de Paula - [samuelsouzadepaula@gmail.com](mailto:samuelsouzadepaula@gmail.com)

★ **May 22 SOUTHERN UTE BEAR DANCE Ignacio, Colorado.**

participants in the **Pagosa Sun-Moon Dance** may attend the first day.

★ **May 23 - 26 SUN-MOON DANCE, Pagosa Springs, Colorado, USA.**

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



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

a note from the newsletter editors

The new co-ordinator of the Dance Schedule is Rick Cotroneo, please send your Dance dates to him at [rick@houseofmica.org](mailto:rick@houseofmica.org).

So that the list of Dances can be added to throughout 2026, Rick will maintain a rolling up-to-date list. This means that Chiefs and Co-ordinators can send new entries or updates of information at any time.

This new approach means there is not a once-off deadline for submitting dance dates because Rick will add them to the Schedule within a few days of them being sent to him. We newsletter editors will consult the list to add the upcoming dances to each issue. The next newsletter comes out on May 5<sup>th</sup>.

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.



## **Invite to the Sun Moon Dance in South Africa in October**

**from Chief Soozi van der Linde**

Dear Family,

We invite you to come and dance with us in Africa, birthplace of humanity.

It is with great delight and a great honour that we invite you to

**the Sun Moon Dance in South Africa, from 1 - 4 October 2026.**

This will not be the first Sun Moon Dance in Africa; the first was in 2016, held near Johannesburg, with Chief Sammey Jo Harvey and, at the same location, the last to be held there was in 2019, with Chief Kristen Bissinger, both coming from the USA to establish the Dance. During these years, further South, near Cape Town, Jennie Coles from Australia was Sun Moon Chief with the support of her husband Drum Leader Michael Coles.



This year, we are excited to host this Peace Dance for Humanity, in a very sacred place, surrounded by ancient mountains, caves, rivers and ancestral lands. Our vision is for this dance to repair connection and unity and bring the understanding of Peace back into our hearts as Humanity.



The Dance will take place in the Free State province, about 350 kilometres from the Capital of Johannesburg, in a valley that holds rich indigenous history. The land is adjacent to a Basotho Village, 'Naledi' - meaning Star, and Sangoma Valley which was, for centuries, a place of prayer to the ancestors and a training school for indigenous traditional healers. The Farm, 'Franschoek', on which the dance will be hosted, is also adjacent to Rustlers Valley and is situated near the Lesotho Border town of Ficksburg, the Golden Gate National Park and the historic town of Clarens.

Sam 'Thongo Lefikile', is Host of the dance and Caretaker of the Land where she has developed a beautiful ceremonial and healing space together with the local community. Both Sam and I practice as traditional healers.

South Africa is my native land, and the role of Chief is a role I have stepped into, with encouragement and blessing



from our Beautiful Painted Arrow Lineage Chief, Eldest Daughter, Geraldine Rael, when I attended the Pagosa Sun Moon Dance, Colorado, in May 2024. I have been supporting various dance ceremonies as crew and organiser since 2008 in South Africa and I have danced locally and abroad in the Sun Moon Dance.

If you feel the call to dance, drum or crew, please reach out to me for more information.

Looking forward to hearing from you.

So much love and blessings. Soozi

[Soozi.v.d.linde@gmail.com](mailto:Soozi.v.d.linde@gmail.com), Mobile: +27 (0) 727 333 888

(all photos from Soozi)



## Metaphors of the Drum

Joseph speaks about the Drum and drumming, text extract from the DVD 'Sound Beings' from HeavenFire Productions, typed up by editor Stella

In drumming, the skin of the drum head is the metaphor of the infinite vastness. When the drum is created, it is created with the principles of, "nah moh loh neh", "nah" meaning the infinite self, "moh" to see, "loh" into the deep recesses of the self, and "neh" so that the self, the vast self and the personal self, can become one.

So, drumming then becomes the conduit for reaching the inner recesses of the inner self and, if you listen closely, the sound of the skin will have the "nah" sound [Joseph rubs the drum skin with the head of the drumstick, saying] "nah", "nah". And the "nah" is also making reference to the word I use, "nah meh neh" which means 'earth' or 'the soil of life'. So, in the drumming when the drumstick hits the skin [Joseph hits the skin with the drumstick], when the drumstick hits the skin [Joseph hits the skin with the drumstick] you have "nah" and that's the only time we are in the illusion of perceptual reality, as soon as the sound becomes a sound, we are in perceptual reality, so, it's the "nah" and that's the only time you know that you exist.



[Joseph lifts the drum stick up]

In the up, you have the potential of seeing, of sight, inner sight that is from the no-mind, and then you bring it down into the deep recesses of the self, in the "loh", "loh". So, it's the sound of "nah moh", going down is "loh", and hitting is "neh".

[editor's suggestion: read out loud the texts below which are signalled as being accompanied by drumbeats and tap a surface at the same time in order to receive the vibration of the sound throughout your body, where 'you know that you exist'.]



So you have [to the steady beat of the drum, about 140 beats-per-minute] "nah, moh, loh, neh", and that sound might be fast or slow, and it could be [faster beat, about 220 beats-per-minute] "nah, moh, loh, neh", so that drumming then is used to go into transcendence, either to go into the lower world, to the middle world, or to the upper world, ..... and the reason it works is because, right in the sound, vibration is set up so that it is taking you into the inner self.

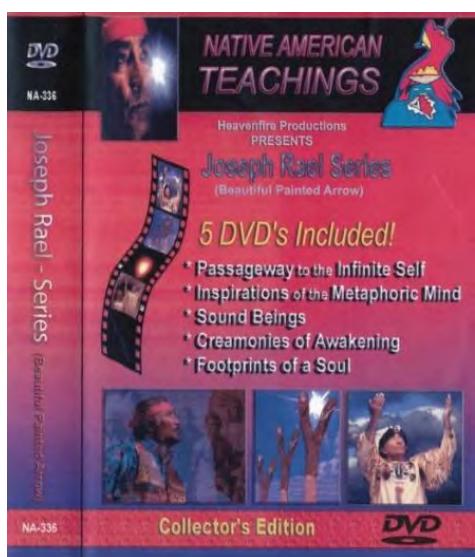
So that's why I say that we're going to evolve to higher goodness because we live on the skin of the earth, on the skin of "nah", because "nah" is the infinite self, it's the infinite vastness and so because we live there and it nurtures us and it feeds us because it's the skin of the earth and we get all of our food, our plant food, our sun food, and all the vitality comes from the earth, so the very nature of life is going to carry us.

(pictures screenshots from the video)



## More on this Series of 5 Videos from HeavenFire Productions

from editor Stella



The dvd disc 'Sound Beings' from which the text above is taken, is one of a series of 5 in a set titled **Joseph Real Series** from **HeavenFire Productions**.

This set is not available on YouTube or any other online platform. I bought a set in 2010 and recently I wondered if it was still available. In December 2025, I contacted Producer Val Mijailovic to find out if it could still be purchased. The good news is that it can. This is the link he sent me which will take you to the order page on the HeavenFire website: [https://em3video.com/native-american-teachings-by-joseph-rael-5-dvd-set/?searchid=45039&search\\_query=joseph+rael](https://em3video.com/native-american-teachings-by-joseph-rael-5-dvd-set/?searchid=45039&search_query=joseph+rael). To find more information on the content of the 5 dvds click: [Connections to the Source – Seeds of Peace newsletter](#). Open the pdf titled: *list of Videos and DVDs featuring Joseph Rael, Beautiful Painted Arrow* to find the information under the subheading 2009.



## Integrating Sounds with "Tiwa" Origin in a Respectful Way

written by avid explorer Stella Longland

From the beginning, the sounds of words that Joseph Rael heard and learned at Picuris Pueblo (that sacred place where he lived and grew from child to man with his relatives) play a leading role in the Teachings he gives us to help us individually reach our highest potential, something that we came here to do.

In his Teachings, he speaks and he writes the sounds so that we can hear and see them. For me, the seeing and the hearing have been, and continue to be, crucially important in describing and defining the metaphors and the vibrations that the sounds and the words hold as this helps me to rediscover metaphor and vibration in the language of the place where I live.

In the foreword to the book by Kurt Wilt, *The Visionary*, Joseph writes on the origin of languages:

*'Tiwa means "universes are reflecting, thinking" and therefore they have language. Tiwa is not just one language, it is the vibration of all language. It is anything that has to do with sound.'*

And there is my key to the respectful way.

I am not trying to learn the "Tiwa" of Picuris Pueblo, but to find help and healing through sound and language for myself and my culture. The sounds and explanations that Joseph gives open my ears and my mind to forgotten wonders. It is not hard to understand why the sound is crucial, but why the written word? That's because we are deaf, deafened.

And now, as a chanter, when I see, and read with my modern literate mind, a written word, I see experience caught in an iron cage ready for analysis, and I feel the need to release it. I chant the word and my whole body joins in the experience. Through chanting, I see, feel and hear a kaleidoscope of light and sound, a cascade of ideas; it is moving, not static, it is the vibration of connection to multiple realities. That's pretty much what expanding consciousness is.

I did not grow up at Picuris, I am not made of the vibration of that land, but with Joseph's help I can come to experience life in harmony with the ears and eyes of Universal Tiwa.



## **NEXT ISSUE Seeds of Peace Issue 41**

**publication date: May 5<sup>th</sup> 2026**

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

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

### **About submitting articles:**

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

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Marina Budimir: [marinabudimir@gmail.com](mailto: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](mailto:geraldinerael382@gmail.com).

<https://www.houseofmica.org>: a Peace Chamber website with many pages dedicated to the visions and teachings of Joseph Rael.

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

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

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