

A wooden ladder made of two vertical posts and several horizontal rungs is positioned in a dimly lit, stone-walled underground passage. The ladder leads up to a bright light source at the top of the frame, which appears to be an opening or a window. The walls are made of rough-hewn stone blocks, and the floor is a smooth, light-colored surface. The overall atmosphere is one of mystery and transition.

Crossing between Worlds

**Issue 41:
May 2026**

**Seeds
of
Peace**



Tributes to José Benito Rael who joined the Ancestors on March 11, 2026

Our Earthly Family is Less One Bright Light

tribute from Geraldine Rael, Eldest daughter of Joseph Rael, Beautiful Painted Arrow p.3

Given by Teacher and Drum Chief, Benito Rael, in April 2020

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cover photo: ***Stepladder, Spruce Tree House Kiva, Mesa Verde, Colorado***, by Stella Longland 2002

Tributes to José Benito Rael who joined the Ancestors on March 11, 2026



Our Earthly Family is Less One Bright Light

tribute from Geraldine Rael, Eldest daughter of Joseph Rael, Beautiful Painted Arrow

José Benito Rael crossed over into the spirit world & became our ancestor I knew him as Uncle Benny.

He was an integral part of the Joseph Rael, Beautiful Painted Arrow community. He was the last full-blooded uncle we had. He'd been raised by my grandfather's second wife as he was a mere infant, under one year old, when his mother passed.

As youngsters when he'd visit, it was the most exciting time! Mom & dad would shoo us away, but he'd call us back & give us piggyback rides! I picked up my love of fishing from my uncle & dad. Uncle Benny taught me how to bait a worm; Dad later taught me how to clean 'em.

He was my Father's first Drum Chief as my father traveled the world, teaching. Uncle Tayo & my brother Steven accompanied Uncle Benny & contributed, while my father expressed & tweaked the songs we all love, today. Later, Carla Jo his only biological child, joined him in song. Her lovely voice added so much more to the Drum! It struck me that a necessary "balance" was achieved with her accompanying voice! All I know, he was SOOO very proud of her! When his first & only biological grandchild, Tara, was born he was over the Moon! He loved all children & for sure was a doting father to his wife Phyliss' children & grandchildren.

I send my condolences to his wife, children, grandchildren, to his brother Joseph & to Carolyn, to our Picuris Pueblo extended family, to my siblings, to Uncle Benny's Students of the Drum, to the WHOLE Joseph Rael, Beautiful Painted Arrow, Community & to ALL who love him!



“Sound language always has multiple meanings because there are so many realities, and it (sound), I believe, does not always know what reality it will become at any given moment. Life, after all, is vast.

What does sand come from? From *naa meh nay*. Soil. Sand is the soil along the ocean, which is a portrayal of the cosmic mind. All rivers flow down to Sand Lake. The rivers and seas speak to us of a return to Source, a return to the no-thing. When someone in my family dies and we lay him out, we place a feather on his breast. Just before burial, we remove the feather so that afterwards, we can lay the feather in the river and watch the current bear it downstream, back to the sand place, back to Source.”

Sound, Native Teachings and Visionary Art, by Joseph Rael (p.39)



Given by Teacher and Drum Chief, Benito Rael, in April 2020

to Student of the Drum, Jennifer Lipski, shared at this time to honor his wisdom and love

Benito's Teaching:

“Sometimes when I was growing up, we would collect the yellow pollen from the pine trees and use it to paint our skin. This is what we would do, and it was considered a blessing.

Pollen means that something is being created. There is something new wanting to grow.

Even now, I have rain barrels. In the springtime, the trees release their pollen, the wind carries the pollen, and it collects on top, floating on the surface of the water in the barrel. When I see this, I go right away and soak my shirt in it. I (w)ring out the water and then wear the shirt. This way I am wearing all the goodness of what that symbolizes.

It's that simple. When you live in the proper way, the blessings will be there.”



Endnotes from Jennifer:

I have added the artwork, that I drew in 2020, to accompany this teaching and to help me remember.

The word '(w)ring' has been typed this way intentionally to highlight the word 'ring' which invokes the sound of the water returning to the rain barrel and to source.

This Teaching from Benito fits with Joseph's Teachings about Sound, and Vibration. We may think we are doing a simple, mundane task (wringing), and this reminds us of the reverberation of the task (ringing), even if it may escape our direct awareness. That shirt soaked with pollen and liquid light, sunshine and rain, intentionally being offered back, and with such joy and hope, fulfilment, honoring, and so much more!

This is one of my favorite “stories” that Benito shared with me. It contains multitudes. Thank you again. Jen



Memories of Benito Rael, of His Kindness and His Dedication



from Laura Cuttica Talice in Italy

I have fond memories of Benito because he taught me the sacred songs to sing to the drum during the Sun Moon Dance.

He was always there for all 17 Sun Moon Dances I have done, and I am deeply grateful to him.

In Oklahoma, he also taught my daughter Marialaura and our Italian friend Andrea, and I'm attaching a photo we took with him there. He will always remain in our hearts because Benito was a very special person.

With love, Laura, Marialaura, Andrea



In Gratitude from Martin and Claudia Burberg in Germany

from Martin White Bear, *Ku-Pa-Tah*

When I first met Benito, he was 10 years younger than I am now. that was in 1995 at the first SunMoon in Sachsenhausen, Germany. Immediately, when I heard him and Carla-Jo singing, I started to cry, because I thought: "That is what I forgot about in the last 10,000 years, and here it is!" So, I became a helper.

After two years, Benito noticed that I was attracted by the drum and asked me: "Why don't you sit and drum with us?" So, I became a drummer.

A year later in Assisi, Italy, he asked me: "Why don't you come over to the states and dance with us?" So, I became a dancer.

At my first dance, a Hollow Bone SunMoonDance in New Mexico in 1999, there were 28 men dancing without any helpers or drummers except two young men who kept watch nearby. On Day 3 it was the 4th of July, we could



see fireworks on the horizon, for it was Independence Day. Benito asked the two guys for some watermelon, then we were standing around, eating watermelon, chatting and smoking, and all of a sudden, there was a rainbow out of the blue sky. But this one was so special: It had only one single colour: REDDISH LIKE THE WATERMELON! And there were 28 men, including Beau and Keith Hagberry, Bob Mason and Micheal Wollard, who witnessed it! Magic time! Then we continued dancing.

from Claudia Desert Flower that blooms after Rainfall, *Naan-Tia-Paah*

Benito, I am deeply grateful. Through your singing and drumming during a SunMoonDance, Martin's heart was ignited, touched, and newly inspired, that's how we met. The singing also reached deep into my heart and will stay with me all my life.

(photo: Claudia & Martin, SunMoonDance, Steina, Germany, 2021)



Sharing Some Memories of Benito Rael, a Dear One

from Marina Budimir in Croatia

There are so many ways in which we hold a memory of a dear one that has passed over. It can be a smell, a sound, a colour, a piece of fabric, a word, a song. As I sit in the park in Croatia on a bench embossed with the name Benito, my memories come to console me and I smile.

A bear hug embrace.

The sound of the drum echoing from Scotland and Germany and California.

Sharing a meal in Alabama.

My gifted purple bandana.

Sitting in a pool at Desert Hot Springs listening to the fish song and Benito showing me how to catch fish with your bare hands, when you can't afford a fishing rod and tackle.

And many more, vibrations from other dimensions that awaken me at night with messages and images.



Many Thanks to My First Sun Moon Dance Chief, Benito Rael

from Stella Longland in the British Isles

In 1999, Joseph Rael, Beautiful Painted Arrow, First Chief of the Sun Moon Dance, sent his Brother Benito Rael, to the UK to Chief the first Sun Moon Dance held on British soil, near Manchester.

I only heard about the Dance a few weeks before it was due to happen and I went there in trust with no knowledge of the Ceremony at all, I only knew that it was a dry fast.

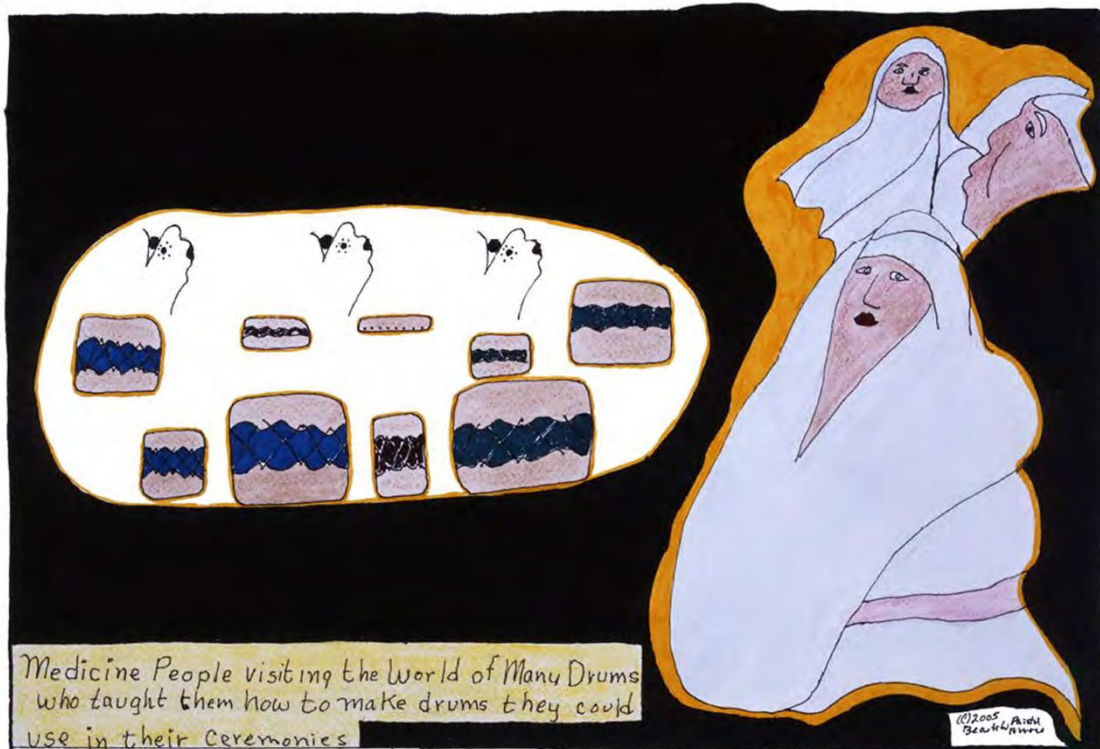
On the first evening, as we dancers stood at our places in the Dance Arbour and the first round of dancing was about to begin, Chief Benito addressed us and told us that whatever we had done, whether we knew what it was or not, we should forgive ourselves.

It was not easy: on the first evening, my rational mind took charge, I was inquisitive and cock-a-hoop, and I was happy to have opinions on every aspect of the Ceremony, scepticism overwhelmed me, and I had a lot of fun with my judgemental thoughts.

Come Sunrise, the next morning, I was direly ill, headache, vomiting, staggering through the Dance rounds, and the rest periods were full of crazy journeys with unfamiliar beings.

On the third day, I broke through and reached the place of freedom. In dancing I had found what I was looking for. I truly know that this was because of the advice that Benito gave us as we stood in our places in the Arbour before the Dance started, "forgive yourself".

Forever gratitude to my first Chief Benito Rael and to Joseph Rael, first Chief of the Sun Moon Dance.



(copyright 2005 © Joseph Rael)

Medicine People visiting the World of Many Drums
who taught them how to make drums they could use in their ceremonies

A Bowl Full of Ideas for Inventive Minds Joseph Rael & David R. Kopacz (p.33)



Forgiveness

a poem from Tim Dunne, a member of the Arizona Dance community

artwork (copyright © Joseph Rael) *Sound, Native Teachings and Visionary Art*, by Joseph Rael (p.202)



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To give is to receive.

Forgiveness is the blade that
Cuts the bonds holding Spirit hostage

Forgiveness is the freedom
Permitting you to soar above the ego's limits

Forgiveness clears your vision
To see the beauty of those around you

Forgiveness is the Spiritual strength & healing
Opening doors to empathy and community

Forgiveness powers the Spirit
To achieve happiness without limits

Forgiveness is the universe
Teaching you how to Walk in Beauty

Forgiveness is the purity of Spirit



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

stories collected by Judith Brooks Part 2

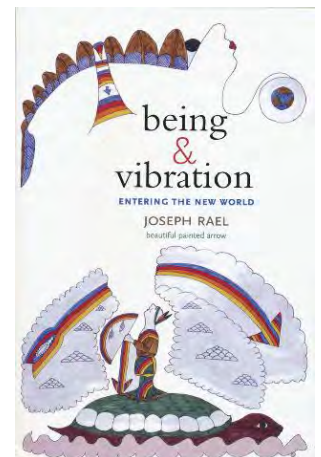
Judith tells us:

Paulette has been Joseph Rael's editor since the first edition of *Being and Vibration* was published in 1993. In 2015 an edition of the book, embracing all the new technological advances in printing and featuring new insights on the Beautiful Painted Arrow Teachings, was published. Now, 83 years old, Paulette 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, entering the new world*, 2015)



Long Dance Ceremony

Paulette Millichap and her business partner, Sally Dennison, started a small publishing company in Tulsa, Oklahoma in 1988. How Paulette first connected with Joseph Rael is described in [Issue 40 – Seeds of Peace newsletter](#) (p.9).

As Paulette and Sally began to work more closely with Joseph, he suggested they experience a ceremony with him and invited them to a Long Dance that was to be held at the Illinois River in Oklahoma. The night before the dance they camped with a group of participants. Paulette woke up early the next morning and took a walk by the

river. She startled a Mountain Lion crossing the river on a log. She screamed and the surprised Lion fell into the water and swam back to the opposite bank.

Paulette ran to tell Joseph and, after he had listened to her story, he told her, “Slipping is like falling through the cracks. It breaks us free of ordinary reality. It is a metaphor for letting go of the things we cling to so something new can come in.”

“Ceremonies, metaphors, parables, puns and stories are the teaching tools of the spiritual teacher in every tradition, including mine. Metaphor is how God is present in our lives.”

Joseph Rael, Sound, Native Teachings and Visionary Art (p.40)

The day continued with fasting from food and water, in preparation for the dance that would begin at sunset. As darkness fell, Paulette entered a large tent where the dance would take place. There were 10 other dancers. Joseph was Chief of the Dance, and his brother Benito was drumming. This was Paulette’s first Ceremonial dance. She was watching the other dancers and tried to move her feet as they did. Trusting Joseph’s wisdom, she kept on dancing, but by 4:00 in the morning she was exhausted. A critical voice took over her thoughts. She wasn’t seeing any visions and thought maybe Joseph was laughing at her. She thought maybe this was a test and she had failed.

At dawn the drumming stopped. Joseph opened the flaps of the tent. Paulette’s head was bowed as she crawled out. When she looked up, she was stunned. All the earth and everything in it was vibrating light. Nothing was fixed and solid. “It’s the Beauty,” she said in wonder.

“Through ceremony we can surrender and experience our true nature.” *Joseph Rael (verbal)*

“During the long dance, when you are dancing in the darkness, you are dancing in the night light. The night light, or dark light, is the power to call forth, let come to you, that which you are searching for. You’re calling it for yourself, but you’re calling it for the whole Earth and for the planets and all the other galaxies of the cosmos. Every dance, every ceremony, is both for you and for the cosmos.”

Joseph Rael, Sound, Native Teachings and Visionary Art (p.59)

Mer People Meditation

Paulette introduced Francis Rico, a shaman, author, musician and mystery school guide to Joseph. Joseph told Francis about his vision of the Mermen he had had on the coast north of San Francisco in 1983. Joseph said he didn’t remember how to get there. When Francis heard the story, he stood up excitedly because he realised he knew exactly where Joseph was describing. It was near the cliffs at Slide Ranch.

photo from Shamanzone, Joseph and Francis



Slide Ranch is north of Muir Woods off Highway 1 along the Pacific Ocean, and getting there can be a harrowing drive. The problem is you have to make a sharp turn off the narrow highway onto a dirt road that you can’t see when you are turning into it. A mistake in the turn would land one hurtling over a cliff into the Pacific.

Once at the ranch Joseph remembered the landscape and directed them onto a path along the edge of the Ocean. Waves crashing against the rocks below vibrated beneath their feet as they followed him. They arrived at a clearing. Joseph said, “This is the place.”

Joseph was moving even closer to the edge of the cliff and motioned for everyone to sit. Then he led a guided meditation that took them under the Ocean to meet the Mer People.

During the meditation, Paulette knelt before the Mer King, and he put something on her head. Paulette had expected a crown as, in the meditation, Joseph had described a crown. When she told Joseph she had received the crown, he said, “Oh, I saw that, it was a Giant’s baseball cap.” They all laughed about the cap. Paulette said she blushed, embarrassed by her own hubris.



Francis Rico Hayhurst led shamanic journeys to Teotihuacan and South America for over twenty-five years. His book, *A Shaman's Guide to Deep Beauty* was published by Council Oak Books in 2011. Francis worked extensively with Joseph for many years. Creating videos of Joseph telling stories and chanting. Francis traveled to many chambers in the United States and Europe, interviewing and filming the chamber's caretakers. Many of the videos can be found on youtube under Shamanzone. Francis passed away in October of 2025 and will be deeply missed by his family, students and friends.

When Council Oak was sold to Chicago Review press in 2012 Paulette established Tri-S Foundation. Tri-S kept Joseph's titles and Fools Crow's titles and a few others out of that sale.

Paulette moved from Tulsa, Oklahoma, and returned to her childhood home in Graham, North Carolina. She received an email from a student of Joseph's who was living near Chapel Hill. He told her he had been at Slide Ranch when Joseph had his vision. He told her there was a Sound Chamber nearby to where she was living now and helped her get in touch with the caretakers at Watersong Peace Sound Chamber. She was invited to a Fire Ceremony there, a Beautiful Painted Arrow Ceremony that is held worldwide on the 7th of every month at 7:00pm.

At the Fire Ceremony Paulette and I met. I too was a student of Joseph's. We became good friends and together we interviewed Joseph in Durango, Colorado, for the launch of the *Beautiful Painted Arrow Visionary Art Cards*, published in 2016. Joseph explained that the artworks on the cards are metaphors and carry visionary messages that he received over many years.



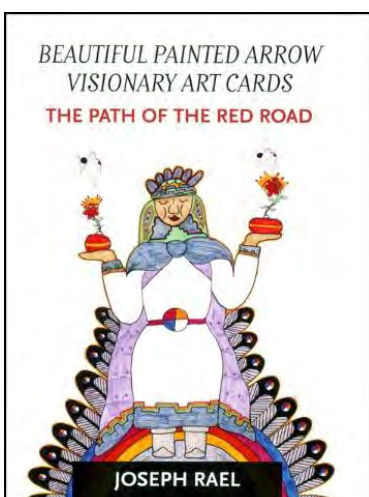
Paulette and Judith, photo from Judith Brooks

"I am bringing these cards to you in the hope they will serve you as a guide. When you walk the medicine wheel with the cards you come to understand life is a process. It is a circle but also a spiral. When you walk the wheel and come back where you started you are never in the same place. You have moved up the ladder of goodness a little bit."

Beautiful Painted Arrow Visionary Art Cards: The Path of the Red Road (p.9)

"These cards are my blessing for you. Accept this blessing from my heart as love and hope and support for your own personal life. You are a divine being."

Beautiful Painted Arrow Visionary Art Cards: The Path of the Red Road (p.14)



Footnote from the Seeds of Peace Editors:

A pack of 20 *Beautiful Painted Arrow Visionary Art Cards* comes in a box with a Booklet which describes how the cards can help you discover your power and life purpose.

Unlike regular books, the cost of a print run is high because of the printing of the individual cards. At present, it is not likely that there will be another print run. However, individual boxed packs are still available from the previous run.

If you would like to make a purchase in the USA, you can contact Judith Brooks with your order request and address. She will send you the price with added shipping costs: jabrooksacupuncture@gmail.com

In Europe, Lukas Budimir, soundchambereurope@gmail.com, has a number of boxed packs and, in like manner, he will be happy to supply you.

On the final page of the Booklet that accompanies the Art Cards (p.84) Joseph describes the Vision that was given to him when he was taken into the Ocean by the Mermen and encourages us all to participate in it.

"FIRE CEREMONY

*In 1983 I was in a sweat lodge in Marin County on a cliff by the Pacific ocean.
During that sweat lodge I was given a vision and was taken under the water
and given a fire ceremony to do on the 7th of every month to heal the water.*

*Today the Sound Chambers around the world
do this Fire Ceremony every month on the 7th of the month at 7:00 pm.*

*Some light a fire and others light a candle but all join
together in this ceremony for the waters of the earth.*

*We invite you to join our Chamber community
on the 7th of the month at 7:00 pm
by lighting a candle or a fire for the health of our water.*

- JOSEPH RAEI 2016"



Puma Giver of the Visionary Life to the People of Mother Earth

(c)2005 Beautiful Mind Artwork

(copyright 2005 © Joseph Rael)

Puma Giver of the Visionary Life to the People of Mother Earth

Becoming Medicine: Pathways of Initiation into a Living Spirituality, David Kopacz and Joseph Rael (p.293)



A Special Rainbow: Seen Over the City on April 7th, 2026,

a few days after the Sun Moon Dance

photo taken in São Paulo, Brazil, by Isabela Aggiunti



A Special Day: Joseph Rael, Beautiful Painted Arrow, will be 91 on June 2, 2026

blessings and love to our beloved Teacher from his students, followers, family and friends

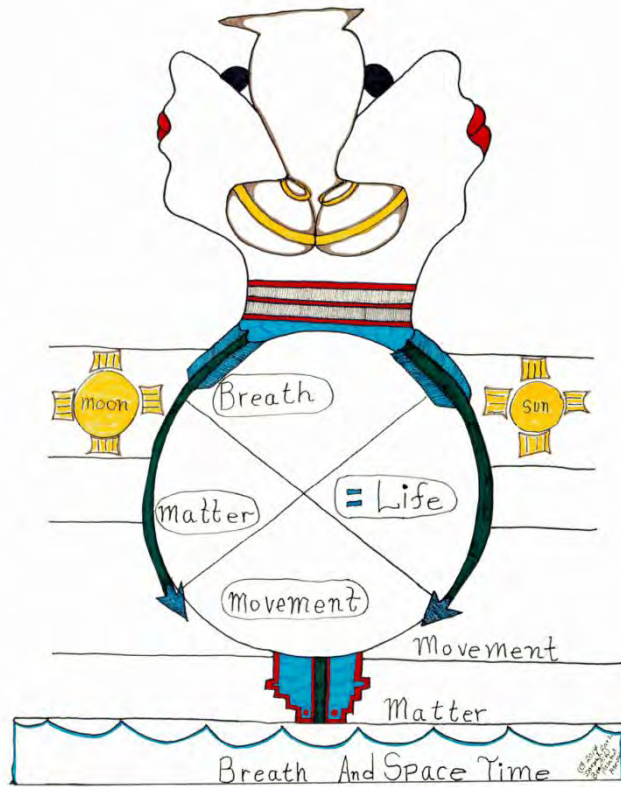
Joseph and his family will be in mourning for his brother Benito,
but we feel that it will not be disrespectful to honour him on this special day
by creating simple ceremonies and sending multiple blessings to him.

He has gifted so many blessings to all of us.

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

Thank you for reading the newsletter, from editors Stella and Marina.





(copyright 2014 © Joseph Rael)

Becoming Medicine: Pathways of Initiation into a Living Spirituality, David Kopacz and Joseph Rael (p.446)



Personal Interpretations of Three Joseph Rael Mantras

from Tom Bissinger at Birdsong Peace Chamber in Pennsylvania

“DON'T GET STUCK IN THE FORM”

Form and formlessness. Side by side. Joseph improvises within form.
 You cannot know form until you've broken it. Look at his paintings.
 Forms are elastic yet formlessness (chaos) is but another form.
 Form gives you the strength to break it, and formlessness will eventually reveal a form.
 Form deadens, formlessness exhausts. Form supports, formlessness frees.

“WORK IS WORSHIP”

Worship is laying your Self on the heavenly plane while showing up to do the work.
 In this human body, we move and breathe. In this struggle, we create,
 whether writing a poem, laying a stone patio, or collecting garbage.
 This action called “work is worship” creates a possibility, a potential to experience a taste of grace.
 Our action of work lessens ego and carries awareness of the sublime Great Mystery.

“TECHNICALLY, WE DON'T EXIST”

Assume, as quantum physics does, that we, all of universe, are particle and wave.
 How can we be both at once?
 Similarly, we exist and don't exist. Subject and object. We start with Nothing. Yet nothing is something.
 If non-existence is nothing, my realization of it is something. I hold these two truths as one.
 Thinking will not make it so even though I just thought it.
 Being, or the I AM, gives me a glimpse. I say no more because I know not.
 (Deep Breath.....)

Technically we don't exist when we project the past and future onto the present.

As followers of Joseph Rael's teachings or as a 'newbie', one can become overwhelmed as well as inspired. This goes for those who are carrying on his teachings. In my opinion, if you do not infuse his teachings with your own spirit, his teachings lose life.

I dance with respect for tradition, knowing the Ancestors are part of it. Ancestors prepare our footsteps and honor our new beginnings. May I find myself within the polarity.



Beautiful Painted Arrow Dance Dates from May to the end of August 2026

listed, with permission from the Chiefs

a quote from *Ceremonies of the Living Spirit*, by Joseph Rael (p.69):

'We, as humans, are slowed down (cooled down) energy that has crystallized us into ideas that came from the blowing blackness. We, as humans, will have tendencies to get stuck in the forms that we create because it is in our nature to do so. It is in our nature because we are made of energy that has the potential to be a liquid, solid, or gas. We become moon-sun dancers, long dancers or drum dancers to break the crystallization - to unstick ourselves from our self-imposed limitations.

We were made in the same way or image as the Earth was made by blowing blackness. Consequently, when we dance, we do it for the Earth as well as for our personal selves. And this is how we serve the Earth.'



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

May 22 SOUTHERN UTE BEAR DANCE Ignacio, Colorado, USA.

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



June 19 - 21 DRUM DANCE, Pennsylvania, USA.

Chief Lindsley Field - mysticheartdancer@gmail.com



June 20 - 22 LONG DANCE, Bolivia.

Chief Miguel Kavlin - miguelkavlin@gmail.com



July 9 - 12 SUN-MOON DANCE, Pennsylvania, USA.

Chief Ben Jezierski - bjezierski1@yahoo.com



July 24 - 27 SUN-MOON DANCE, Tennessee, USA.

Chief Teresa Hutson - sunmoon.tennessee@outlook.com



July 24 - 27 SUN-MOON DANCE, Croatia.

Chief Luka Hodak - lukahodak30@gmail.com



August 14 - 17 SUN-MOON DANCE, New York, USA.

Chief Rick Cotroneo - rick@houseofmica.org

Chief Elisa Cotroneo



August 14 - 17 SUN-MOON DANCE, Leipzig, Germany.

Chief Hans Basselli - lorenzobasselli@gmail.com



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.



The Galactic Dance through the Four Seasons

words from a video spoken by Joseph Rael, typed and edited by Stella Longland

Artwork: one of the cards in the pack of the *Beautiful Painted Arrow Visionary Art Cards* (copyright © Joseph Rael)

“In this art piece, the ‘Galactic Dance’, what I received was that what was important is to draw the four faces of the Grandfathers, and in each one of those faces they are commemorating entering into the moments of Spring-time. When we are born, we’re born in the Spring-time and then the Spring-time has a face because we enter from the womb into a Spring-time, and then we go on to the Summer-time where we cultivate who we are, and then in the Autumn-time we are harvesting the fruits of our toil, and then in the Winter-time we go into dream and we go so that we may go into the spiritual realm.



So, the Four Seasons have a beginning and then an end and they transform into the next season and so you have four faces. The faces symbolize ‘to enter’ and that’s why in the human anatomy we have the faces that we use to face ourselves, to face others, to face life, to face what we are.

The feather then symbolizes that the Galaxy we live in gives us placement and gives place to all this energy, because we are all energy whether we’re in the Summer-time of our lives, or in the Spring-time of our lives, or in the Winter-time of our lives, and the Galaxy holds us together and the feather then means “k-ii” and “k-ii” means placement, so the Galaxy places us so that we can vibrate in that vibration of the different seasons of life.

And the hand that you see is “mah-neh-neh”, and “mah-neh-neh” means ‘to manifest’, to manifest what we are destined to manifest in our Spring-times when we are young and youthful and then, when later we become young men and women, we go into our Summer-time and then in the Autumn-time when we grow and start becoming elderly and then

finally, at the end, Grandfather-Grandmother people, and then we leave this plain.

So it’s like an even vibration, and that even vibration is dancing, and so it is that this art is depicted as the ‘Galactic Dance’ because we are energy, energy is always moving, and because energy is always moving that’s the same as dancing, dancing and moving are one and the same thing, and so this art piece is dedicated to dancing with the Galaxy that we live in, and so it’s the ‘Galactic Dance’.

So when you see this art piece, even if you do not know what I have just said and you haven’t read or haven’t heard this presentation, do not worry because this art is also in our genes and we pick it up and we love it because the Galactic Dance is our dance as human beings and as all of the things that make up what we call the People.”

watch on YouTube: [Rael Art Galactic Dance](#)

Produced by Blair Hardman and Frank Hayhurst, Shamanzone 2009



Love Warrior

from India Reagan a community member at SweetWater Peace Chamber, Arizona

(all photos from India)



Love Warrior

Love in action

Love in thought

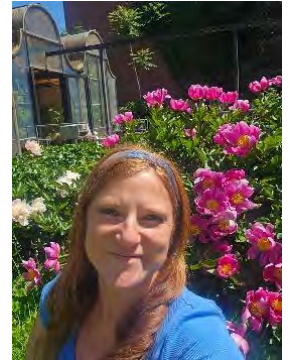
Love in our words

Starting with myself.

Wonder-beats

I wonder what it's like to dive deep inside of myself and truly know who I am. Finding myself searching for answers outside of myself, hoping that some special guru may come my way to tell me what I must do to find peace, love, & happiness. I am very grateful to have crossed paths with many people that have shared their wisdom, experience, & teachings with me along the way. Sometimes, if I pay close attention to each and every person that crosses my path, what I am looking for presents itself in magical ways.

On the day of February 16th, 2021, a very special friend invited me to a women's drum circle at the SweetWater Peace Chamber in Tucson, AZ. My journey to dive deeper was beginning to unravel with a feeling of love in my heart that was radiating beyond belief to that what is, the beauty of myself. Through this safe space of women, the sound of the drums beating inside of the chamber, the peace and love I felt all around me, had started to open new pathways for me. I was "walking in beauty," being seen and heard just as I am.



The Journey

Looking inside of myself is no easy task. I found myself going through hidden corners which had brought out feelings of frustration, anger, shame, & fears. The pressure I may put upon myself to do it right or make sure I had all the details to figure it out made me feel as if I was contracting and repeating the same patterns. Through my journey I have allowed myself to tune in to my emotions, to feel them, to listen to my body, to work through my shadows and bring them to the light. As I explore these emotions it has helped me to shift my perspective and go even deeper. I started to notice all these fences started showing up around me that felt limiting. I realized these fences reflected how I felt inside. Through the years of guarding myself from grief and pain, I was now ready to face these emotions and open the barriers around my heart, to go into quiet spaces and release the pain, the binds of my limiting beliefs and the idea of perfection. I needed to begin with loving myself.



Rhythm of Love

Loving others comes easily to me, but what about loving myself? How would it feel to redirect that love and pour it into my own heart? To love myself unconditionally for all that I am, to listen to my inner voice and trust that I have all the answers that I need. After serving three Sun Moon Dances, two at SweetWater, Tucson, and one at Rainbows End, California, I was called to dance my first Sun Moon dance at SweetWater in 2024. Allowing space for myself in the arbor helped me to slow down and listen to the rhythm of my own heart. The beating of the drum taking me deeper & deeper into myself. My eyes were beginning to open wide seeing the beauty within and the beauty all around me. With being held by the loving support of all the people serving the dance, walking in prayer upon mother earth back and forth to the tree, I felt lifted towards father sky, feeling the love in all directions. The sound and its sacred vibrations were flowing through me, swirling around me, and I was becoming a clear channel open to receiving all its blessings. The sweet sounds of the birds singing, the wind whistling through the desert, the animals coming to visit, and even the laughter from up on the hill, brought so much peace and joy as I connected to something much deeper than myself. Listening to my own heartbeat with a radiating glow that effortlessly reached out to all those I love and to all my relations.

Endless Possibilities

I have always loved the saying “keep reaching for the stars.” Through becoming part of the Peace Chamber Community, I feel I continue to rise and feel supported through my growth. I have now danced two Sun Moon Dances and by shifting my vibration and changing my relationship with myself it has allowed me to open inside and ignite the wild feminine from within. The concept of “less is more” is key to a lot in life, but when it comes to self-love I have found for myself that “more is less.” The more love I give myself the less effort I must give to “reach for the stars.” Everything I thought was impossible suddenly becomes a possibility.

“Become an active participant in your own journey.

Make your own discoveries.

Don't get stuck in one possibility; find the many possibilities.

Enjoy your exploration. Fall in love with life!”

Joseph Rael *Being and Vibration: Entering the New World* (p.91)



Fall in love with yourself! Turn up the volume of the love you have within! With love & gratitude, India



Seeding the Waterways with Prayers

from Samuel Souza de Paula, São Paulo, Brazil

Three moons... Three groups... Three guardians... Three sacred waters...

When we received the invitation to carry out the ceremony during the new moons of September, October, and November, from our beloved Jane Innmon, Chief of the Sun-Moon Dance and caretaker of the Sweet Beautiful Waters Peace Chamber, and encouraged by Chief Geraldine Rael, eldest daughter of Joseph Rael, Beautiful Painted Arrow, and Guardian of the Visionary Dances (Long Dance, Drum Dance, and Sun-Moon Dance), I felt that something was being called to awaken within me.

It was not merely the proposal to create a Medicine Prayer. It was a reminder of how prayer can travel, move, and transform, just as water follows its natural path across the Earth. Waters create a magical movement, seek the clear expression of beauty, and in their flow are purity itself.

I found myself reflecting that human life is in a dance with the waters. Water is liquid light, fundamental to life on Mother Earth. We are 70% water; our physical bodies are mostly water, which also makes us “oceans.” We too are walking water, breathing water, water that thinks and feels. We are rivers within a body. And I remembered a teaching from Joseph Rael that says: “*All life came from ceremony.*” Thus, each ceremony is like returning home; each ceremony is a path to reconnect with life, with the Source, the Whole, Wah-Mah-Chi.

In each moon, the preparation began even before touching the cloth. There was a silence that opened, an inner space where intention could be placed with clarity. The cloth laid out, the cornmeal in the hands, the tobacco, the small offerings, everything seemed simple, yet profoundly alive. They were not objects; they were pathways through which the invisible could become visible.



[photos: Medicine Bundles]

The new moon of September, in the Southern Hemisphere, marks the awakening of spring. It is the moon of gentle cleansing, of the first breath; of the return of vitality that rested through the winter. Perhaps for this reason, as I drew the circle and the directions in that first ceremony, I felt that something was being established, as if new ways of listening were opening. As the group began to add their offerings, I noticed how each person brought a different quality of prayer, and how all of them naturally fitted into the Medicine Bundle that was forming. There was no effort, only the silent movement of collective intention.



[photos: Prayers Guardians: Katia Rigotti, Pedro Abreu and Gabriel Ossian]

On each moon, we had a different guardian to carry the offerings into the water power points. Our guardian in this first moon was Katia Rigotti, channeler and facilitator of the Pleiadian Light Frequencies and a specialist in cosmic lineage, who carried the prayers to the waters of the Rio do Peixe (Fish River), that runs through the town of Águas de Lindóia (Beautiful Waters). One of the hills in this town, Morro Pelado (Naked Hill), located near the river where the offering was made, is known for reports of deep peace, spiritual insights, and the sensation of being “observed,” reinforcing the idea of the place as a portal or point of contact.

October’s new moon, already in the heart of spring, carries the force of germination. It is the moon when the seed breaks through the earth and begins to take its place in the world. We were with the group in one of the nine modules of the Bioshamanic Therapies course. In its simplicity, the ceremony brought an unexpected depth. At certain moments, I felt the circle breathing. Other participants also received small messages, intuitions, and images as they gazed at the mandala. The ceremony seemed to be teaching, in its own silent way, that what begins to be born needs to find space to grow.

Our guardian for this moon was Pedro Abreu, a participant in the Bioshamanic Therapies course, a man of technology, who carried the prayers to a waterfall. The first offering, in September, was made in a river, bringing the spirit of fluidity and continuous journey. In this moon, however, the offering was taken to Cachoeira das Aranhas (Waterfall of the Spiders), which flows into the Itapetininga River. The spider symbolizes the ability to weave one’s own reality, to create from nothing, and to remember that we are the architects of our path. It teaches patience, perseverance, and the interconnection of everything in the great Web of Life, with “Grandmother Spider” being a figure of wisdom and power, weaving in the river of dry stones; *Itapetininga*, a name from the indigenous Tupi people, means “dry stone.”

The new moon of November is the moon of luminous expansion. In the Southern Hemisphere, spring is already mature, and everything turns toward the light. It is a moon of clarity, direction, and continuity. And that was exactly the feeling it brought. The third ceremony closed the cycle as one completes a circle: with firmness and lightness. The prayer of this moon seemed to carry something whole and complete, as if all the previous prayers had prepared the path for this offering.

The place where the ceremony was held is very special: the place that we held the Drum Dance in Itatiba (São Paulo). *Itatiba*, a Tupi word meaning “many stones,” once again brought us the presence of stones. And what are stones? They are the “Grandmother Stones,” Ancestors who return from the vastness of the Earth to help human beings carry new knowledge. They are like living, silent libraries. There, I felt that I was being prepared for the next dance in May 2026.

Our guardian for this moon was Gabriel Ossian, a medicine man, instructor in the lineage of the Council of the Elders of the Twisted Hair People, and guardian of Sítio Terra do Sol (Earth place of the Sun), who carried the offering to a place that resembles a lake, as the water flows very slowly there. The first water is fluidity. The second is purification. And this third is reflection. The lake represents tranquility, introspection, and emotional stability. From there, the waters flow into Ribeirão Jacaré (Alligator River), which then flows into the Atibaia River.

The alligator symbolizes the medicine of deep unconscious and ancestral wisdom. It teaches us to dive into hidden emotions and to develop a higher vision in order to navigate between planes and illusions. “*Jacaré*,” in Tupi, means “the one who looks sideways,” and “*Atibaia*” means “healthy water,” “good water,” or “gentle river.” Nothing is by chance.

The journey to the water varied with each moon. Sometimes it was a simple path; at other times, it took days to reach the right place. Even so, there was a sense of recognition upon arriving at each chosen place, as if the water had been waiting. Opening the prayers and allowing their contents to follow their path always brought a feeling of humility. It was a small gesture, yet one filled with the understanding that our prayers would become part of something much greater than ourselves.



[photos: left: Sweat Lodge Group in September, right: Bioshamanic Therapies Group in October]

Taking part in this collective calling brought a profound sense of unity. Knowing that other people, in different places, were also creating mandalas, chanting, and offering their prayers to the waters created a resonance, as if we were all connected by the same vibrational thread, each one contributing their particle of light.

What I carry from this cycle is simple: when we gather to pray, even in small groups, something moves in the world. Water carries our intentions, distributes them, and transforms them into rain, into clouds, and in some places, into snow, returning to the Earth what we offered to it with sincerity.

May we continue weaving this movement, each in our own way, wherever we may be.



Interview, in 2000, with Sun-Moon Dance Chief Benito Rael, Manchester, England

interviewer and following text from one of the dancers, Brett Almond

Joseph Rael in his book *Ceremonies of the Living Spirit* (p.24) says:

'...I don't teach Picuris (Tiwa) religion or Ute religion. I teach what has come to me from my visions. I spent fifty years becoming a visionary, so that what I do in ceremony comes from Source and it works. I don't know how these ceremonies work or why they work, but they work. People who criticize me for sharing ceremonies with non-Indians don't understand that the ceremonies I am doing are not traditional or tribal.'

'I believe that this is a way of bringing people who really want to know the Spirit into the context of the Spirit, so that they will know their own inner source and how to bring that forth in their lives in an active way and awaken their own spiritual awareness.'

Brett: Can you explain something about ceremony for those who haven't come across it before?



Benito: The thing about ceremony is, you need to want to better your life.

In my brother's books he states - and what I was taught when I was growing up - that 'work is worship'. In Picuris where I was raised, just to go out and irrigate your fields, or hoeing, or raising food we see as spiritual endeavours. This work for us is worship. So, when you do a dance, the effort that you place in the dance, whether it be a Drum dance, Long dance, or whatever, the effort that you put in, you get out of it. If you have some issues that you want to work with, you work with those issues in the dance. You make your path forward or backwards. A lot of people go to the dance saying I've got a lot of trouble in this area or that area and they want to make them right.

(Chief Benito at the Dance site)

When you've decided to do a dance it's commitment. And when you decide you want to do something you commit to it just like you do in a job. You say I want to do a Sun-Moon dance. I'm going to commit myself for four years. And then when you reach that four, you're going to say, "gee whiz", so you might decide to make another commitment. What you are doing every year is you're taking your brain and what you've learned to the dance and enhance that learning process in the dance and like I said, 'work is worship'.



(Dance Arbour and the Dance Tree after the ceremony)

You give up your food and you give up your water- you've made a commitment to do this. Many years ago, when the non-Indian heard about this way of worship they said, "What's the trade?" - "Why are you dancing to this tree?" or "Why are they dancing to this line of feathers", or "Why do they do what they're doing?"

A priest asked me once, "What is it in that tree?" I compared it to his ceremonies. I said, "What is it sitting at that altar and going to church and getting calluses on your knees?" He said, "Don't you talk about it like that!" And I said, "Well, what are you doing to me?" I said, "When I go and do ceremony it is done in a manner that I know."

Many years ago, my Dad said there are so many directions you can go - you've got a sister who is a Methodist, a mother who's baptized Catholic and a brother who's Pentecostal, and another brother that's a Mormon and they all chose what they wanted to do. And he said, "Son, one of these days you're going to have to choose the kind of work you want to do."

And what I'd seen in that vision when I was 15 years old**, that's when I was told what I'm going to do. Now that

I have been brought into this way of life, I realize what that vision was. When you dance to that tree, that tree is the tree of life, that tree is a symbol that we use for dance, just as churches have symbols or procedures that you have to follow. It's the same thing, it's just a different way to believe and to bring yourself to spiritual life. And in this way, in a pure way, we worship.

(** When Benito was 15 years-old he had a vision of many bad spirits and animals closing in on him from the side, and the only way out of this was to pull a piece of string that hung from the roof. When he pulled the string, he was taken to the spiritual realms.)



(covering the Arbour, to shelter the dancers)

Brett: To a lot of people this may seem a bit backward - a bit simple. People might be thinking you are missing the point or something. Can you explain to someone with these views?

Benito: There are different ways of making yourself right with the higher power. Some kneel for hours and hours because it is really good - and it's the same thing as dancing until you wear down. That discipline always has a factor in how you do the dance. That discipline you learn from your parents.

They imposed religion on us. And you think "gee whiz" they were trying to take away our belief because it wasn't their way, and they didn't understand it. A lot of it has to do with if you can understand this way. A lot of people say I don't know how you can do what you do and receive spiritual light. So, a lot of people need to experience this for themselves.

If you get a person and set them out in the middle of nowhere and there's no means of food or water, who do you think they turn to? That's where this comes from.

When you've reached that last bit of water and you are wondering where the rest is going to come from, then you come to realize that without the guy upstairs, Great Spirit, Wah Mah Chi, God, or whatever you want to call it, you wouldn't be where you are today because he's the only one who gives us this divine calling as you would say.



(part of the sacred tree from the 1999 Dance planted outside the East Gate)

So, it's all a matter of preference. Some people don't understand it at first. So, my brother wrote his books so they could read and he could explain what all this stuff is. So therefore, when the time comes to right your way of believing you can use the dance. It doesn't have to be a Sun-Moon dance or a Long dance or a Drum dance. You can give thanks through many different dances. The way I was raised, the animals were our bothers and we protect them, and in return they give themselves to us. They were gifts. So sometimes we do animal dances.

We are all raised in a society where things are cut and dried - this is what you believe in and that is it, and there is no other avenue. A lot of people who do this work are the clergy. I've had clergy come. They say I'm father so-and-so, I'm sister so-and-so, and I'm Reverend so-and-so. I say, "Well what are you doing here? You don't need this dance." They have said, "No, but there's something in there as far as discipline is concerned. I need discipline to go out and teach my congregation. I need the discipline it takes to confront my daily endeavours because I was taught this stuff here, but I was never taught the discipline it takes, that I receive from this kind of dance."

We have preachers and lawyers and people of high standing that are doing this work because they've come to a point where the way they were brought up and taught is not exactly what they want. So they're looking for

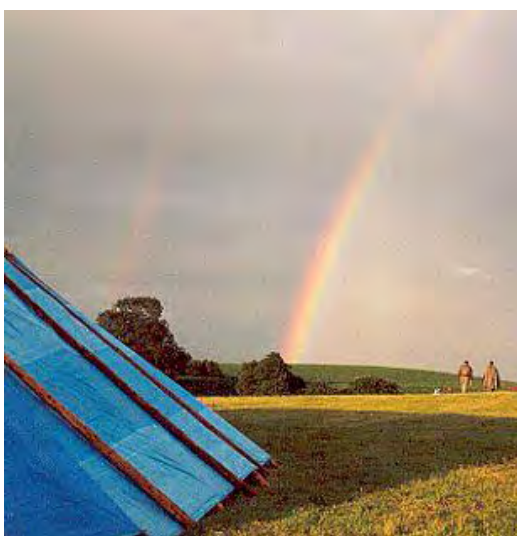
something different. This is something they do for themselves for their own spiritual strength.

Brett: How would you define ceremony? How would you say to people what ceremony is?

Benito: It's like that festival that is on in Holland right now. They are having a Revival that is lasting four days or a week or so. People go there and have a Revival. That's what you could say this could be. It's a Revival for you to make yourself right in you. You could say, "I'm going to a Revival where everyone can participate if they want to. And maybe they fast and through prayer they receive."

The Native Americans, the South Americans and the Greeks used to do it, and they just got away from it. Christianity changed a lot how we perceive this. If they would have understood it many years ago then it would have been different. If they'd have understood it then maybe there'd be more people interested in it. Interest comes with the knowledge. Like I said, my brother wrote those books to give the knowledge to the world and through that people have dedicated their lives to this kind of work.

Everyone who wants to enhance their way of believing can do it this way because there is no certain set pattern, you just go to an Arbour and you do it in a circle of light and you do it in a line, to where you can focus on what you want. That's what the dance is about - focus and making a commitment.



(at the end of the Sun-Moon Dance, Beautiful Painted Arrow in the sky)

(all photos were taken before or after the Sun-Moon dance in Manchester, year 2000.)

Editor's note: This article was written for a wider public, some changes have been made to fit with our readers and the newsletter formatting. The original article can be found here:

[Interview with Benito Rael \(Tiwa\) after Sun Moon Dance in UK - Holistic Shop](#)



Footnote from the Seeds of Peace Editors:

There have also been articles on Benito's contributions to Joseph Rael's Visions and Teachings in previous newsletters.

Here are links to the Issues and the titles of the articles:

[SofP12: *Invite to Drum Mystery School*](#), Sacred Teachings from Chanting and Sound offered by Benito Rael, Tessa Krumm and Dan Krumm, p.3

[SofP21: *The Teachings of Benito Rael and Carla Jo Rael-Robinson*](#) recalled by Lukas Budimir, p.3

[SofP26: *A Blessing Ceremony for Your Self*](#) given by Sun Moon Dance Chief Benito Rael p.4

[SofP36: *Advice to Dancers Given by Chief Benito Rael*](#) memories from long long ago and thoughts for the future from Stella Longland p.15



NEXT ISSUE *Seeds of Peace Issue 42*

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please email your articles for inclusion to us before July 15th
to stellalongland@btinternet.com or marinabudimir@gmail.com

About submitting articles:

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

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

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.

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



photo: *Kiva entrance in the Plaza, Spruce Tree House, Mesa Verde, Colorado, 2002*