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“You are the song.

You are the sacred.

***You are who you are
and it is good.”***



Issue 42

August 2026

quarterly

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from editors Stella and Marina p.16

cover photo: ***Song Thrush Sings his Song***, from Stella Longland

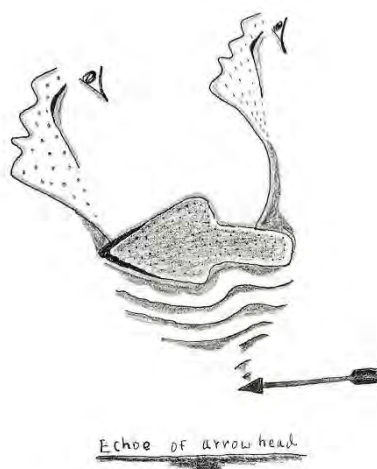
cover text: "You are the song. You are the sacred. You are who you are and it is good."

Sound, Native Teachings and Visionary Art, by Joseph Rael (p.64)

related text:

"As soon as someone starts to sing, he creates the Infinite Vastness. The Infinite Vastness encompasses billions and billions of light years. He creates that in that song and fills it with innocence. Now we are teachable, now we can learn, now we are being blessed."

ibid (p.60)



"Echo of Arrowhead"

The arrow point and its reverberations of echoes represent
the warmth of the heart within the circle of the medicine wheel.

Study how seeing from the warmth (compassion) of the heart is important for living spiritually."

(copyright © Joseph Rael) from *A Workbook for the Visionary Within*, 1991

Singing Bowl Sings her Song

Art and Ancestors from Joseph Rael, *Sound, Native Teachings and Visionary Art* (p.15-16)



Song of Singing Bowl (copyright © Joseph Rael)

“Once upon a time a bowl was singing, and they say the song came out of Singing Bowl. She came to bring the voice sound of language to all creations. No one knows how long ago it was. They just remember that she made time from song, and time became the circle and the square and the spaces inside the lines of the circle and the lines inside the square. She made them to be invisible so she could fill them with the Intelligence of Knowing.”

~T~~T~~T~~T~

“Make a Song

One way to awaken the archetypal vibrations within yourself is to create your own song using the ancient vibrations of the Language of the Land, the pure vowel sounds of "ahh, eh, iii, ooh, uuu."

We came out of song, so when we go back to song we expand those original vibrations in ourselves. When you create your own chant with the pure vowel sounds, the sounds will teach you. How do you feel with each vibration? Is there a sound that wants to come forward? Create your song around that sound.”

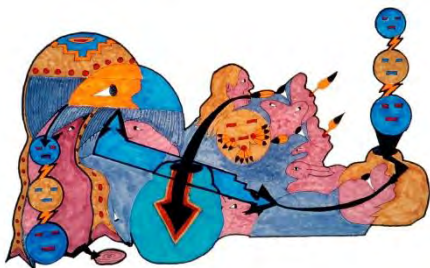
~T~~T~~T~~T~

To hear another story about Singing Bowl visit [audio files from Sound – Seeds of Peace newsletter](#) About Sound and Ceremony, *Sing a Bowl a Song* (p.160).

~T~ah~T~eh~T~ii~T~oh~T~uu~T~

Workshop for Becoming a Student of Sound and Silence

led by Lukas Budimir, Dance Chief, Dancer, Chanter and Drummer



Artwork 'A Million Human Songs' (copyright © Joseph Rael)

My intention was for the participants to find a personal relationship with each song by listening to it, humming along and feeling the vibration, trying to learn the sounds and letting the individual being of each song come alive by singing them. We had learned many of the Dance songs from Joseph Rael's brothers, Tayo and Benito Rael, and his niece, Benito's daughter, Carla Jo.

Many of the songs had not been heard and learned in a long time, so there was a big interest from many people. Bearing in mind the space that we had in the SoundChamber, I had cautiously sent out the invitation to only 25 people and 13 replied that they wanted to come. Including my wife, Marina, and myself, there were 15 participants.

We wanted to come together and learn from one another, share our knowledge, insights and inspirations, whether we had never heard these songs before or we had been learning them for more than 30 years. The way we learned was not by judging, but by supporting each person's effort. In that way we didn't come together to be

taught, but more to be initiated in ceremony, to become students of sound and silence. One side of God is singing, the other side is listening, as Joseph Rael taught - the one is not possible without the other.

We wanted to come into balance with our male and female sides that each of us has. Therefore, one evening, the women blessed some water with the moonlight, added a little holy dirt from Chimayo, poured some of the water into another cup and handed it to the men and we drank blessed moonlight water together. The next morning the men did the same with the rising sunlight and shared the blessed water with the ladies.

We also had a livestream ceremony to experience the water blessing song: We all lay down on the bridge that Joseph built to make connectedness possible on many different levels. One of the teachings of this bridge is that we have to overcome the seperatedness in our society and realize that we are all connected.



The structure and rhythm of the workshop was 8 hours work, 8 hours leisure and 8 hours rest each day. We started at 6 am, greeting the day with the *Sunrise Song*, had breakfast and then took 45 minutes for each song with a 15 min break after every one, then we worked on the next song. In that way, during our time together, we got an introduction to the *13 Dance Songs* that Benito recorded around 2008, and the *3 Tayo songs* and the *2 Breath Matter and Movement* chants. Then we found that the *Vowel Song* from Joseph might be a good dance song too and, since it is Joseph's wish that the *Seeds of Peace* song is heard in all of his ceremonies, we learned this one too.

These were all the songs we knew from the lineage of Joseph and his family. Does anyone know more? At the end of the workshop, we sang the *Deer Song* from Dan Krumm and the *White Bear Song* from Martin Burberg, both students of Benito who were asked by him to create their own song. We found that both are beautiful, they have slightly different energy but can be very helpful in the Sun Moon Dance.

There were many teachings that we didn't get to do or we could not go deeper into because of the timeframe we had. People were asking if we could do this kind of workshop again and focus again on the Songs and on drumming for the Dances or other teachings from Beautiful Painted Arrow's tradition, like the medicine wheel and many more. Well, this first attempt was truly fantastic ceremony. It would be great to share more. That's what these teachings are for and that's why they were given to us.

~T~~T~~T~~T~



Participants in the Sound Chamber, May 20th 2026

I wanted to ask for feedback from the participants to share in this newsletter and so I asked Geraldine Rael, our Pagosa SunMoonDance Chief and Chamber Keeper of the Wah-Chii-Chii-Huu Chamber, for her thoughts and she wrote this email to the participants:

"Greetings, I like the idea of submitting a small paragraph on your positive thoughts on the workshop that was put together by Lukas & Marina. I so cherish these two people!

For your positive words to go out & be published in the *Seeds of Peace* newsletter allows others to know just how worthwhile the workshop truly was.

Truth be told, not all in our community were in support of our workshop.

I, as the lineage carrier, need to do whatever is best to ensure that the Chants (Songs) teachings are available for the future generations.

If ANYONE has the right to move these sacred teachings forward, it is, I.

These teachings are in my father's books & on YouTube.

While the teachings are accessible to the world, holding a workshop can help to expand the attendee's knowledge further because Lukas was one of my father's earlier students.

So please, carve a bit of time from your busy days & write a small bit for our newsletter.

A truthful sharing would go a long way to show that sharing the teachings of the Chants/Songs is a very powerful thing to do.

In love & light, Geraldine Rael, Eldest daughter,

Joseph Rael-Beautiful Painted Arrow



*Springflower from Geraldine's land, 4 hearts,
4 directions, united in beauty*

~T~T~T~T~T~

The extracts below are from the feedback we received. They show how Geraldine's wish to empower the teachings came true and how the people responded to her call.

from Donnalee Forbes, Arizona, USA:

As a dancer, I hear the songs. They carry vibration that I experience throughout my body. They are an external factor within the container of the four-day event. These vibrations resonate and create coherence, both in the 3D world and beyond the 3D into the Field. It is in witnessing this coherence I am able to experience/walk between the lower, middle and upper worlds.

Being a part of the pre-Dance Song workshop, the songs became an "internal" process. Hearing the stories from Jim, Marina, Lukas & Hans, humming the tunes, singing the songs and creating a sound resonance amongst the participants opened a door that I did not know existed. I became part of the song. And with this internal experience, my world becomes richer and more whole.

from Miles Eddy, Indiana, USA:

Volunteering at Sun Moon Dance has been life changing and the addition of the Dance Songs Workshop this year added a perspective and understanding of the significance of the drum, chants, and songs that gave me a greater understand of what it means to be a "protector of the people" as a Dog Soldier and the significance of the drum and songs for the Dancers.



photo from the inside of the SoundChamber where our workshop happened

from Hans Basselli, Germany:

In the workshop, I became even more aware of how the songs support us, and how the energy we built up together singing over the three days goes around the whole world, in a way I had never experienced before. It still resonates and vibrates within me when I tune into our singing community in the sound chamber. A peaceful, powerful, and strengthening vibration arose from it. Being together in this way, singing, and sharing important thoughts and feelings was uplifting and clarifying for me, especially in preparation for the Sun Moon Dance.

from Micah, California, USA.

I'm deeply grateful that Geraldine opened up her land and the Peace Chamber for us. To connect with the songs in this environment was a true blessing - a unique opportunity to open to the many insights woven into their rhythms, melodies, and original language. I feel it brought us all together - dancers, moon mothers, dog soldiers, & others - preparing us to enter the arbor with our roots already connected to Source. We were fully immersed in the spirit of the Dance, so much so that the workshop was a ceremony unto itself. It organically unfolded as a deeper initiation into the Dance, for new and old alike.

I definitely deepened my relationship with the songs - finding personal meaning and learning immensely from the group's shared reflections.

from Peggy Quackenbush, New York State, USA:

The songs workshop was a beautiful experience for me. Being surrounded by Joseph's painted tiles in his Sound Chamber was moving and inspiring; it really centered us all, I think. The structure worked well, because most of us were new to this kind of exploration of each individual song. Time to sit with, listen, hum, and sing each song together gave me both a personal and a collective experience with each of the songs. I appreciated hearing about the songs from those who learned them directly from Joseph and/or Benito, as well as reflections and impressions from all the participants. I am so grateful for all that was done to organize the workshop, provide materials to us in advance, and to plan and organize comfortable accommodations for us all. The community experience was especially beautiful; it felt to me that we truly came together through this time of immersion in the songs.

from Ken Rich, Rochester NY:

The song workshop was so enlivening and enlightening. I feel that every Sun Moon Dance and Drum Dance would benefit hugely from doing a singing and drumming workshop to accompany the ceremony. While probably not every Dance can host a 2 day workshop covering all the songs, surely we can fit in singing one song together before every dance and learning about its background and significance. It adds so much depth to the experience of the ceremony and connects people more closely to the ceremony and to the community that forms in ceremony. There is greater love in bringing the songs closer to the people, and greater love is the purpose of ceremony and of life.

from Cyndi Moriarty, Michigan, USA:

The structure of the workshop worked well. Personally, I can learn easier with structure at the base. One small note is that by the time we watched the videos, my brain was done. So maybe watch earlier in the day?

The time spent with the learning of the songs was immeasurably important. Yes, another workshop would be appreciated and welcomed.

from Alinna Stinnett, Texas, USA:

Being able to practice together made me feel more connected to the songs. The energy was magical to me. Being inside the chambers was beyond words can describe. I couldn't imagine it happening anywhere else. I got emotional singing the songs together in the chamber as it was a beautiful moment to be there all together.

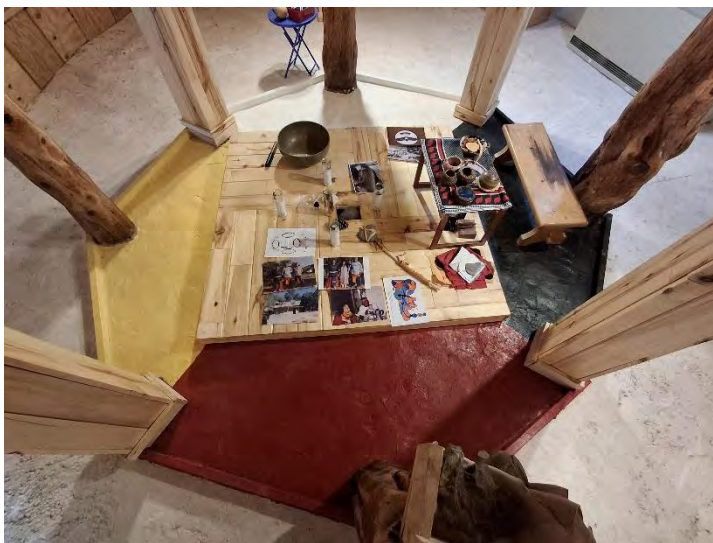
Everyone was so warm and loving singing and sharing together. The experience of doing this before my first dance was so very special to me.

Final Words from Lukas:

Thank you everyone for your amazing work. I think our connection to the ancestors, our intentions coming together and our made appointment with Spirit in this beautiful place where God is walking and talking, brought the intensity of this real ceremony - to honor the Songs as living beings. I myself didn't know that it would become what it was. What a beautiful way to hear the songs come alive and do their work.

Comments can be sent to me, Lukas Budimir:

soundchambereurope@gmail.com



Center of the SoundChamber during the workshop

~T~~T~~T~~T~

note from the editor: As noted above, the feedback that was received by Lukas has been edited for the newsletter.

If you would like to read the full text of all the feedback, please email Lukas and he will send it to you.

~T~ah~T~eh~T~ii~T~oh~T~uu~T~

Taking Care of the Sacred Songs

a request for reverence from Stella Longland, Dance and Chamber person

To protect the transformative power of the Beautiful Painted Arrow Dances, specifically the Sun Moon Dance and the Drum Dance where the Songs are sung, and the other Sacred Songs that Joseph Rael has shared with us, it has always been asked, from the very beginning in the early 1980s to this moment, that the Songs and Chants are treated with the utmost respect. This is our communal responsibility.

Our newsletter is sent out to around 500 readers, and it is important that we make sure that you are all fully informed about certain aspects of the “Work that is Worship”. These caveats are not isolationism or elitism, but a desire for the “Purity” which contains clarity, simplicity and love, and opens the Medicine Wheel.

In the preceding article, Lukas listed the Songs that were explored in the Workshop:

Firstly, the ‘13 Dance Songs that Benito recorded around 2008, and the 3 Tayo songs and the 2 Breath Matter and Movement chants’. These are Songs that are an integral part of the two Beautiful Painted Arrow Vision Dances mentioned above. The request here is that these Songs are reserved for these Dances. These recordings from Benito will be held by people to whom they were given, people from Dance groups and Drummers and Singers.

Secondly, there are Songs that are open to individuals, Chambers and other groups, to learn and sing. Lukas mentions two. ‘The Vowel Song’, this song from Joseph Rael can be listened to and downloaded on the *Seeds of Peace* website at this link: [audio files from Sound – Seeds of Peace newsletter](#) in the section headed ‘Chanting and Drumming’ with the mp3 title: *Drumming, the Vowel Song (p.234-251)*. And ‘The Seeds of Peace song’, this song from Joseph Rael can be listened to on YouTube: [Seeds of Peace Chant](#) hosted by The House of Mica Chamber.

Thirdly, the *Deer Song* from Dan Krumm and the *White Bear Song* from Martin Burberg are not recorded on any available source.

There are two more available Songs, not mentioned by Lukas.

The first is again from The House of Mica and it is available on YouTube [Sunrise chant by Beautiful Painted Arrow](#). This is sung by Joseph Rael and is a little different to the one sung by Benito on the 2008 tapes.

The second is again on the *Seeds of Peace* website [audio files from Sound – Seeds of Peace newsletter](#) in the section headed ‘Chanting and Drumming’ with the mp3 title: *Chant for World Peace: Echo Caller (p.236)*.

To conclude, here are some words from the book *Sound, Native Teachings and Visionary Art*, by Joseph Rael (p.234) that accompany the *Echo Caller* song:

“ what we are getting here is the echo. *lil-teh-che-loh* means Echo. So when I sing “*lil-teh-che-loh*” to call in Echo, I’m calling in everything that makes up the composition of Singing Bowl. Because we need the spirit of Echo to come in and be here with us at this time to help us to vibrate. So I’m going to sing *lil-teh-che-loh*.

When I sing this song to the numbers, letters, and words, I’m going to use the Tiwa words. Remember, anything I say in Tiwa is the language of the land, and everybody knows the language of the land, even English speakers who never will hear Tiwa, because Tiwa is a language for the sake of repeating its sounds and expanding those vibrations, not so much for communication, even though people use it for communication.”

Here is another pertinent quote from *Sound* (p.100)

“Each person comes in with his or her vibration, and we do ceremony to realign that vibration with the echo of God.

Remember, we don’t exist. We are packets of energy vibrating on and off. We think our life is a solid continuum, but actually we are systems of vibrations, interfacing with other systems.

Ceremony tunes our system. Movement tunes our system. Alignment cannot come from the mind. Therefore, in order to realign, we do things to take the mind out of it, to distract the mind, so the spirit can get in there.

Movement is our work. Work is worship.”

~T~ah~T~eh~T~ii~T~oh~T~uu~T~

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

listed, with permission from the Chiefs



In 2018 Joseph appointed his Eldest Daughter, Geraldine Rael, to be the Vision Dance Guardian. She is the person to approach for clarity on matters concerning these Dances.



Geraldine's contact email is: geraldinerael382@gmail.com

A Message from Dance Guardian Geraldine Rael, Eldest daughter of Joseph Rael, Beautiful Painted Arrow

Dear Community,

I pray everyone is doing well! I pray you are well, within your own families within your own communities, within their own countries.

I have been seeing a lot of people, unhappy and disgruntled. It's something I've noticed all around me.

Please, let's try to get on well within our relationships & communities.

We're all in this together.

Blessings to all!! I'm praying for all of us. I'm praying for the world. Let's help to heal each other.

Love & Peace to all!



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



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

Chief Rick Cotroneo - rick@houseofmica.org

Chief Elisa Cotroneo



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

Chief Hans Basselli

Contact Lars Richter - richter-lars@gmx.de



August 28 - 30 DRUM DANCE, Tennessee, USA.

Chief Brenda Sue Whitmire - bswhitmire@windstream.net



September 7 - 10 SUN-MOON-DANCE, Ost Holstein, Germany.

Chief to be announced

Contact Marlene Stöckel - info@marlene-stoeckel.de



September 18 - 21 Women's Hollow Bone SUN-MOON DANCE, Virginia, USA.

Chief Angie Whittaker - awhittaker1578@gmail.com

Chief Joan Kruzicki - jkruzicki@gmail.com



September 19 - 20 LONG DANCE, Pennsylvania, USA.

Chief Selene McAleer - selenemcaleer@gmail.com



September 20 - 21 LONG DANCE, La Paz, Bolivia.

Chief Miguel Kavlin - miguelkavlin@gmail.com



September 26 - 27 LONG DANCE, Saborsko, Croatia.

Chief Luka Hodak - lukahodak30@gmail.com



October 10 - 11 LONG DANCE, Maine, USA.

Chief Lindsley Field - mysticheartdancer@gmail.com



October 17 - 18 LONG DANCE, Japan.

Chief Jennie Coles - sevendirclesoz@gmail.com



November 6 - 9 SUN-MOON DANCE, Victoria, Australia.

Chief Jennie Coles - sevendirclesoz@gmail.com



November 7 - 8 LONG DANCE, Arizona, USA.

Chief Martha Boose - mamaphd64@gmail.com



The Sun-Moon Dance in Eastern Free State, South Africa, originally set for October 1 – 4, has been postponed. If you had plans to attend this Dance, or are feeling called to be there, please contact the Chief, Soozie van der Linde - soozi.v.d.linde@gmail.com.

There will also 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.

~T~ah~T~eh~T~ii~T~oh~T~uu~T~

An Honoring Ceremony after the Sun-Moon Dance

from lineage carrier and Chief Geraldine Rael, Eldest daughter of Joseph Rael, Beautiful Painted Arrow

Immediately following the close of our SunMoon Dance ceremony in Pagosa Springs, Colorado, long time Chief Steve City was honored. He had recently retired after 28 years of service as a Chief in our Joseph Rael, Beautiful Painted Arrow community.

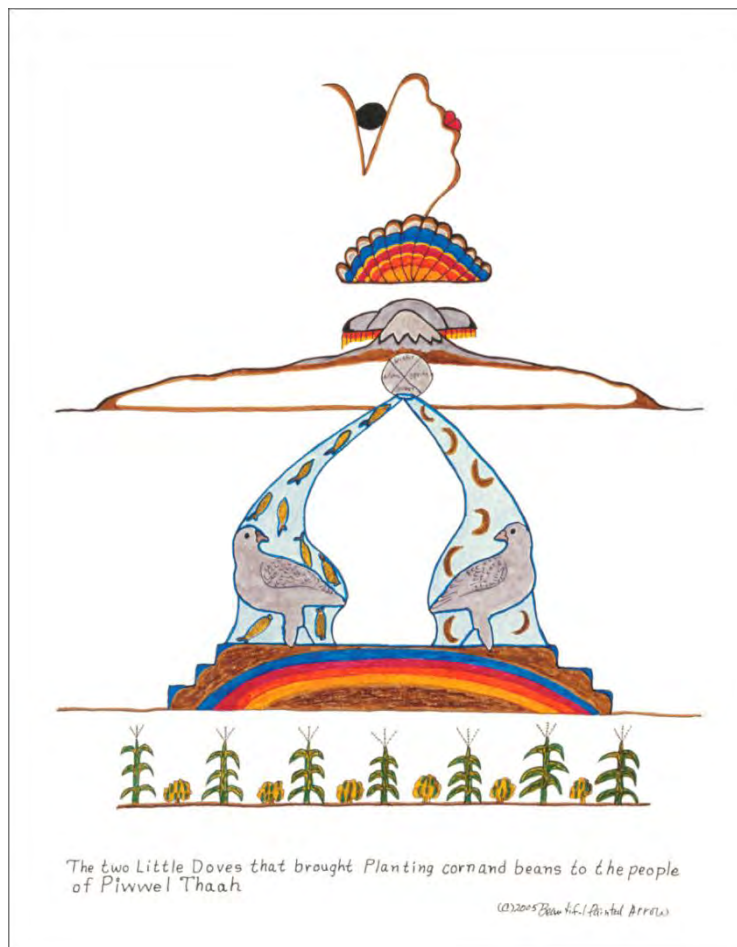
I first called upon his wife Nan to stand with him at the Tree. I thanked her for “carrying” this sacred work with Steve. As a significant other, is not easy, it truly is a labor of love. I may have overwhelmed her as I placed a shawl around her she cried.

I then thanked Steve for his unwavering 28 yrs of support of my father’s visioned dance ceremonies & teachings. I was honored to place a Pendleton blanket around his shoulders.

I explained; we are taught to honor our most important milestones in this way.

Thank you to Steve & Nan!

~T~ah~T~eh~T~ii~T~oh~T~uu~T~



Artwork (copyright 2005 © Joseph Rael)

The two Little Doves that brought Planting corn and beans to the people of Piwwel Thaah

from *Becoming Who You Are*, Joseph Rael & David R. Kopacz MD

~T~ah~T~eh~T~ii~T~oh~T~uu~T~

The Dance Arbor is a Sacred Site

from Alice Adams, Sun Moon dancer at Sweet Beautiful Waters, Arizona, USA

The sleeping arbor awaits ceremony. Here in the Tucson desert the Dance Arbor is a simple wooden structure encircling a large flat portion of desert ground. At the center of this area grows a quintessential southwestern Arizona tree, the mesquite. She grows, patiently, toward the sky. Every Spring, for the past ten years, as community gathers and energy builds the arbor awakens - shared vision and intention coalesce to create truly sacred ground! Not that all ground isn't sacred, but I believe that the power of Joseph Rael's vision, coupled with the communal desire to support Life and Peace is what brings forth something akin to a seismic shift! And so, in this truly sacred environment, all participants present - Dance Chief and Moon Mothers, drummers and dancers, Alpha Dog and dog soldiers, all who support the Dance receive a blessed opportunity to be both renewed and transformed.

Such has been my experience throughout my short history as a Sun Moon dancer. This year, as I digest the extraordinary experience of my fourth, my North, my Ancestor dance, my Heart is overwhelmed.

When I entered the Arbor at the beginning of this year's Dance, I held the intention, and prayed for "safety and protection" (although I wasn't sure what that meant) so that I could do my "spiritual work" - this was my commitment to myself. But now, as a great Gift from Spirit, this is a conscious part of my prayer and commitment everyday - learning to slow down and practicing being intentional everyday!

With such continuing Awe and such Great Gratitude, I say, Thank You Grandfather Joseph for the Wisdom and True Vision of your teachings. A'ho.

~T~ah~T~eh~T~ii~T~oh~T~uu~T~



Dance Arbor after the Dance at Sweet Beautiful Waters, photo 2017, from Stella Longland

~T~ah~T~eh~T~ii~T~oh~T~uu~T~

Secrets of the Arbor

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

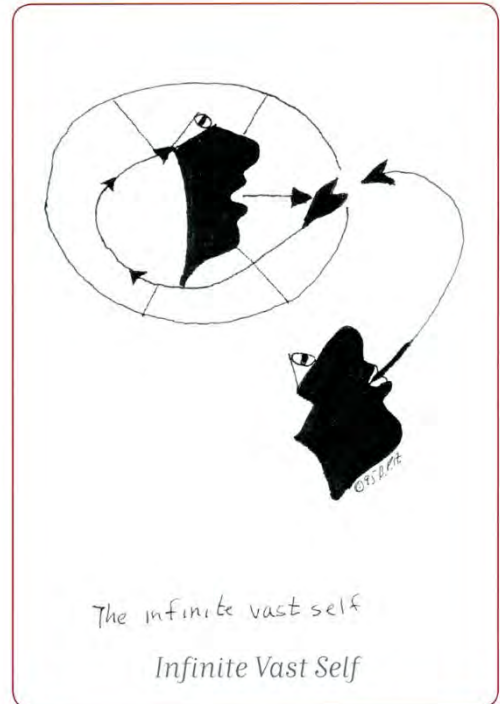
'Surrender'

A secret is whispered like an evening breeze
Weaving through canyons and beneath the tall trees
Slipping quietly through grass and across the still pond
Winning and losing leave them behind.

Rarely are we whom we planned to be
Trying too hard loses perspective you see
Leave stress behind it won't aide you here
Keep a positive spirit without pushing or fear

The universe is working it's your concierge
Opening pathways for progress, clearing the air
Open your eyes your heart and your soul
Feel the new visions, new ideas that help all

Surrender to energy that can guide your hand
Develop the knowing that helps understand
Believe in your future that builds positive love
Act with the knowledge and confidence of
Spirit's in everything and everyone



~T~~T~~T~~T~

Artwork (copyright © Joseph Rael)

The Infinite Vast Self is one of the twenty cards in the pack of *Beautiful Painted Arrow Visionary Art Cards*. If you would like to buy the boxed pack and booklet 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.

~T~ah~T~eh~T~ii~T~oh~T~uu~T~

Come to the Other Side

A Song from Tom Bissinger performed by Mystic Pulse, Lisamarie and Jason

Lisamarie Coyote Windwalker wrote:

My Beloved Life Partner, Jason, and I have completed this beautiful song, after months of creating together, and I wanted to share this with you. The Elders of the Birdsong Sound/Peace Chamber in Pennsylvania, Tom and Kristen Bissinger, said they were blown away, and Tom said that we captured the depth of the song beautifully. They loved it! I wanted to ask if this link could be added to the next Seeds of Peace letter? Feel free to share this with anyone you are inspired to do so.

Visit the Mystic Pulse website and hear the Song there: <https://www.mysticpulseearth.com/sound-bytes>

Lisamarie's message concluded with:

There is something mystical unfolding this year around the Medicine Wheel and the Sound Chambers.

~T~ah~T~eh~T~ii~T~oh~T~uu~T~

The Language of the Land and the Language of Technology

how they interact with each other from Joseph Rael

"After all, we are numbers, letters, and words, and we are the cosmos. "Weh-mu" is the *Tiwa* for one. Hear it? *Weh, weh, weh-mu; Weh weh one*. The same sound is in there, very subtle. It is the same vibration.

And here is the bottom line. When I call "one" or I call "weh-mu," the same being appears. When I say "one," I see the person or being of One. I see the *Weh* Being watching us. He is in the room. And as I say the names of the other numbers, pretty soon we have a roomful of number beings sitting around here watching us, because I am calling them in.

And so you will hear the English spoken and you will understand the English that is spoken and you will also understand the language of the land. And you will hear the land singing the songs to the different levels of consciousness that we are going to present here - the consciousness of all of the numbers and the consciousness of the Being of Insight and the consciousness of all the other vibration levels.

When I call in the energies of Singing Bowl and the energies of the drum, I'm doing it with the language of the land. And because we live in the world of technology, then everything that is being recorded here includes the world of technology. So, in this book we are including the world of technology as well as the language of the land.

On the recording, we begin with the song of the calling-in of Singing Bowl and calling-in song of drum essence.

[see footnote]

The power that is active in the drumming is *nah moh loh nay*, which means the self that is able to see the self in the deepest part of the deepest self, meaning that all of the cellular structure in the physical body is connected to going within. That is why drumming and drumming circles have been used so successfully. The very nature of *nah moh loh nay* helps that to happen. That power is in the sounds: *Nah* is the self; *moh* is to see the self; *loh* within so that the self places itself in *nay*, a statement of awareness.

Sometimes I drum with my hands and sometimes I drum with a stick, depending on what I want to achieve in the drumming. I learned to drum when I was young, with four or five other people drumming on the same big drum. They taught me to drum from the sound. They called it *nah-moh-loh-ney* and they showed me how to get in touch with the energy of *nah-moh-loh-ney* because that is the vibration of the archetype that made the original drum.

The drum is the sound of the natural world. That is why, when people journey, the drumming has helped them to achieve great success. It is in the nature of the language of the land. The world of technology may have hollowed out the cottonwood tree that we are using here and the world of technology may have tanned the hide of the drum, and the drum stand is also made by the world of technology, but the sound that comes from the drum is the natural sound of Mother Nature."

Sound, Native Teachings and Visionary Art (p.233-234)

footnote: audio files from [Sound – Seeds of Peace newsletter](#), mp3 title: *Drumming, the Vowel Song*.

~T~ah~T~eh~T~ii~T~oh~T~uu~T~

This picture was scratched by Joseph Rael, Beautiful Painted Arrow, into a photopaper that had been exposed to light and gone black.

After a Drum Dance in Germany in 1992, Grandfather called me to his hiding place, and I watched him do the picture that he then gave me as a gift.

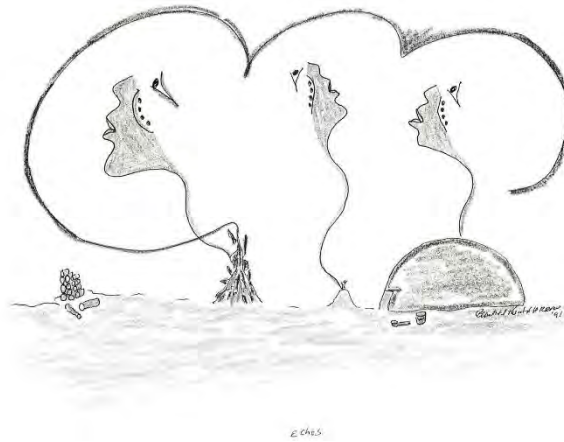
from Hans Basselli.

The Drum Dance

(copyright 1992 © Joseph Rael)



~T~ah~T~eh~T~ii~T~oh~T~uu~T~



"Echoes

Echoes represents the reflective universe.
Study how all things are related."

(copyright © Joseph Rael) from *A Workbook for the Visionary Within*, 1991

~T~ah~T~eh~T~ii~T~oh~T~uu~T~

Echo Teachings for Echo Callers

Joseph Rael speaking with Jeffrey Mishlove, text from a filmed interview

Jeffrey speaking: What I hear you saying is that these are the five basic vibrations, they're always all going on simultaneously and that all manifestation, our bodies, and Nature and the Planet and our thought even arise from the interplay of these fundamental vibrations.

Joseph speaking: Exactly. Exactly right. So that we have 'ii' for Awareness, 'oh' for innocence, childlike innocence and 'uu' for Carrying. For instance, this Planet is carrying all of us and then of course the Solar System is carrying this Planet and everything within it and then we have this Galaxy and then it goes on and on, so that those are the five vibrations that we have to deal here with.

Jeffrey: So, one, in fact, can resonate with the fundamental forces of the Universe by working with these vibrations.

Joseph: That's right. So that, for instance, I was in a conference working in which there were some people gathered and there was some problems with what was going on organizationally in that open gathering and so one of the participants came up to me and said, "Could you help us and bring us back together again because we're splitting up into small groups?" And I said, "Well, I'll sing you a song", because this is what the Great Mystery does, sings us back into harmony. And so, I sang. This song that I'd like to sing is the sound of the echo because the tradition says that whenever we get lost if we will hear but the echo, the echo of our vibration, that that will bring us back into resonance. And in Tiwa we call it, 'ii-toh-cheh-loh', or the echo that returns back from the heart. It goes something like this,

Joseph sings the Echo Caller song. It ends with a long held "H-uuuuuuuuuuuu".

Joseph continues: You see, if you listen, the word 'H-uu' means 'to carry', but it also brings into the hearing of the people that are listening to the song, the presence of the Great Mystery, because 'H-uu' is associated with the presence of God or Greatness or Higher Power. And so, when I sing that song you probably also heard the vowel sound '-ii', meaning that the essence of the deep awareness that we come from is awakened in the song, and everyone, whether they know it consciously or unconsciously, their consciousness is awakened because the song comes from Echo Caller which means that we are the Echo of Life that awakens. This song is very old, so, just by the words and the vibrations that it brings into the room and to the listener and to what's going on [awareness awakens]. So I sang that song and when it was over people came up to me and were congratulating me for my song and how beautiful it was and I had to be honest with them, I said, "Well, it's actually your song, it's the song of creation, it's our song and I was just repeating it."

~T~ah~T~eh~T~ii~T~oh~T~uu~T~

notes on the provenance:

Filmed in **1992**, this is the source of the above text:

Being and Vibration, Thinking Allowed hosted by Jeffrey Mishlove. *Conversations on the leading edge of knowledge and discovery.*

Originally filmed for two programmes on television, Joseph Rael, Beautiful Painted Arrow, discusses many aspects of his visions and teachings with Jeffrey Mishlove.

This is the cover box for the two DVDs.

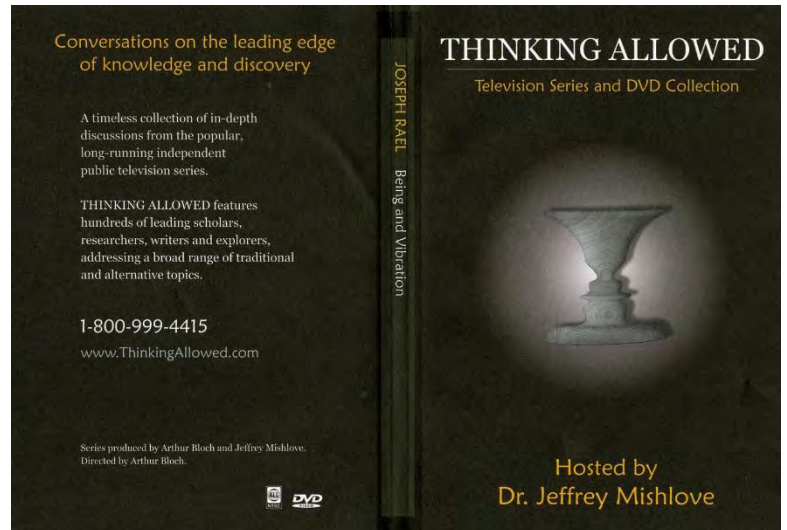
The first DVD is a half hour interview introducing Joseph Rael and his teachings.

The second is a one hour interview that goes in depth into Joseph's work and includes Joseph singing 6 songs, 4 of which may not be recorded anywhere else.

The half hour programme is available to see on YouTube:

[Joseph Rael: Being and Vibration \(excerpt\) -- A Thinking Allowed DVD w/ Jeffrey Mishlove](#)

The one hour interview is only available to buy in this boxed set on the *Thinking Allowed* website: [Joseph Rael: Thinking Allowed, DVD, Video Interview](#)

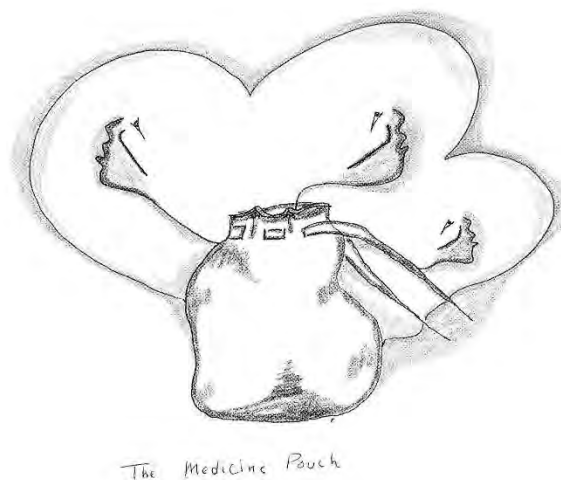


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Footnote from editor Stella:

As mentioned previously in this newsletter, you can listen to the longer version of the Echo Caller song at this link: [audio files from Sound – Seeds of Peace newsletter](#) Chanting and Drumming Chant for World Peace: Echo Caller (p.236)

~T~ah~T~eh~T~ii~T~oh~T~uu~T~



“The Medicine Pouch

The pouch, by itself, represents visionary capacities. The ties represent vigilance over what we say and do. The contents of the pouch is one's personal medicine.

Study the three.”

(copyright © Joseph Rael) from *A Workbook for the Visionary Within*, 1991

~T~ah~T~eh~T~ii~T~oh~T~uu~T~

Thank you to all our Readers and to those who have contributed to this Issue

Help us to continue to create a newsletter

..... that honours the Visions and Teachings of Beautiful Painted Arrow, Joseph Rael, that protects their purity while raising awareness of their existence to a widening group of people, that increases our understanding of the messages they hold so that we can keep them relevant to the fast-moving world of today.

As well as sending in articles, you can send us emails on what you would like to see in the newsletter, such as, any questions you would like answered or topics you would like to be covered.

Recently the topic of creating an archive of Joseph's work and assuring that his legacy is documented and available to all was mentioned in a Zoom meeting and in What's App conversations, but how to go forward with that has brought the idea to a standstill. Are there people among our readers who have knowledge of how this would be achieved? Or people who would volunteer to help in this endeavour?

If you feel you can help, please contact Geraldine Rael, Eldest Daughter: geraldinerael382@gmail.com

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About submitting articles:

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

Editors:

Stella Longland: stellalongland@btinternet.com based in the British Isles.

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

Editorial policy: *Seeds of Peace* newsletter seeks to connect people who love and follow the Teachings of Joseph Rael, Beautiful Painted Arrow, creating a space where ideas and experiences generated by his Gifts can be shared, forming an archive of material for the future.

Disclaimer: We endeavour to publish accurate material and ask readers to let us know if any of the facts given are not correct. However, the views expressed in the articles are the personal responsibility of the writer and are not necessarily those of members of the editorial committee, nor indeed, of our Teacher, Joseph Rael.

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Related websites:

<https://www.geraldinerael.com> : the website of our Vision Dance Guardian, Eldest Daughter Geraldine Rael.

Geraldine can be contacted via the website and by email: geraldinerael382@gmail.com.

<https://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.

NEXT ISSUE *Seeds of Peace Issue 43*

publication date: November 5th 2026

please email your articles for inclusion to us before October 15th

to stellalongland@btinternet.com or marinabudimir@gmail.com

~T~ah~T~eh~T~ii~T~oh~T~uu~T~