

"Consciousness expands as the light touches it.
There is now more that is knowable."

Seeds of Peace

Thank you to
our Teacher
Beautiful Painted Arrow,
Joseph Rael

Issue 43: November 2026

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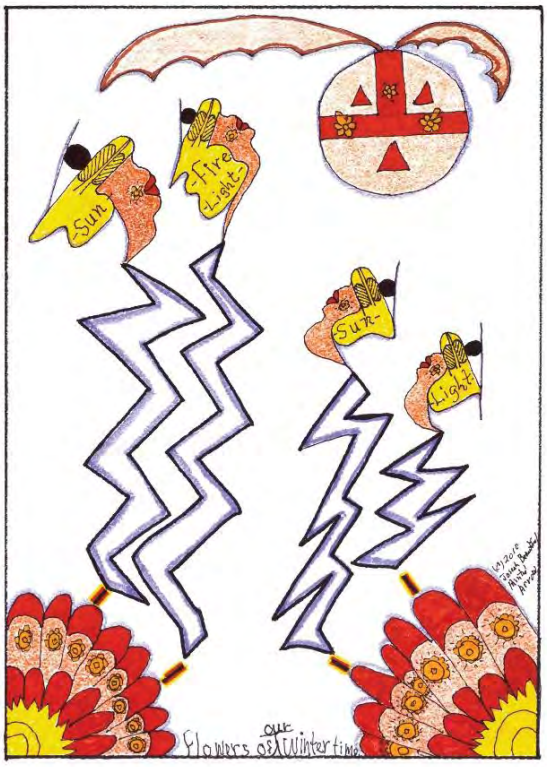
written by Tom Bissinger p.18

cover text:

> "When the fire is kindled during the fire ceremony in the peace chamber, the light hits the wall, and it comes back and there is a rebirth in there. Maybe the light that comes out of the walls energizes the planet on some level metaphysically. It is bouncing off the walls of cosmic consciousness.
>
> **Consciousness expands as the light touches it. There is now more that is knowable**."
>
> *Ceremonies of the Living Spirit* by Joseph Rael (p.119)



The 1st Sound Chamber, *Red Eagle Mountain Spirit*, visioned in 1983



Artwork (copyright 2010 © Joseph Rael)

Flowers of our Winter time

sent to the Peace Group in February 2011

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The Life of the Fire Ceremony

a brief history from the beginning till now from Stella Longland

It all began in 1984, in a Sweat Lodge in Marin County, California. Joseph writes:

"Vision for the Fire Ceremony

I was doing some lectures in Marin County, California. There was an educational institute, right on the cliff, for the Sufi order, and I did a sweat lodge there. At some point I was pulled out of my body and was taken underneath the ocean. There were three men who appeared, and then I went down to the ocean floor. I remember falling off the cliff. They jumped off the cliff, and their force drove me out of my body and pulled me. I could see them. All three dove into the water, and there were three white splashes - and I was falling; I was nothing but light."

Being and Vibration: Entering the New World by Joseph Rael (p.104)

The mermen took Joseph under the Ocean floor to meet a beautiful being who asked him to hold a specific ceremony. The following quote describes the first Fire Ceremony that came from those instructions:

"That very same day I cancelled all my lectures and appointments in California and left for New Mexico to do the purification fires for the Merman King.

In Bernalillo, New Mexico, at 11.30pm on the night of 7 April, 1984, we built the first holy fire in the chamber of the sacred sounds. As the embers slowly died away, to my surprise I saw many faces in the dying embers which represented blocked mental, emotional and spiritual energies in the psyche of cosmic consciousness. They were in the process of releasing their hold on the physical level and transcending their fiery forms beyond the level of physical reality."

Beautiful Painted Arrow, Stories and Teachings from the Native American Tradition by Joseph E. Rael (p.4)

* * *

Over time, as more Peace Chambers were built around the World, the Fire Ceremony on the 7th of every month was set to be held at 7pm. In 2008 Joseph's publishers, Council Oak Books, initiated the Peace Group. You could sign up and receive monthly messages from Joseph via email. Here is an example from April 2011:

"Dear Peace Group friends,

Our ancient relatives sought new places to settle and live away from Planet Earth. In those early times of the Earth, people could travel by appearing or disappearing at will into other dimensions. They used fire because fire represents the root of life, the original flame of life. When we light a candle every 7th of the month, we are asking for their light (wisdom and prayers and guidance). I have a question: how many of you, as you have lit a candle or a fire, have already received guidance from elsewhere? This is certainly an idea for all of us to ponder.

With blessings, Joseph Beautiful Painted Arrow."

* * *

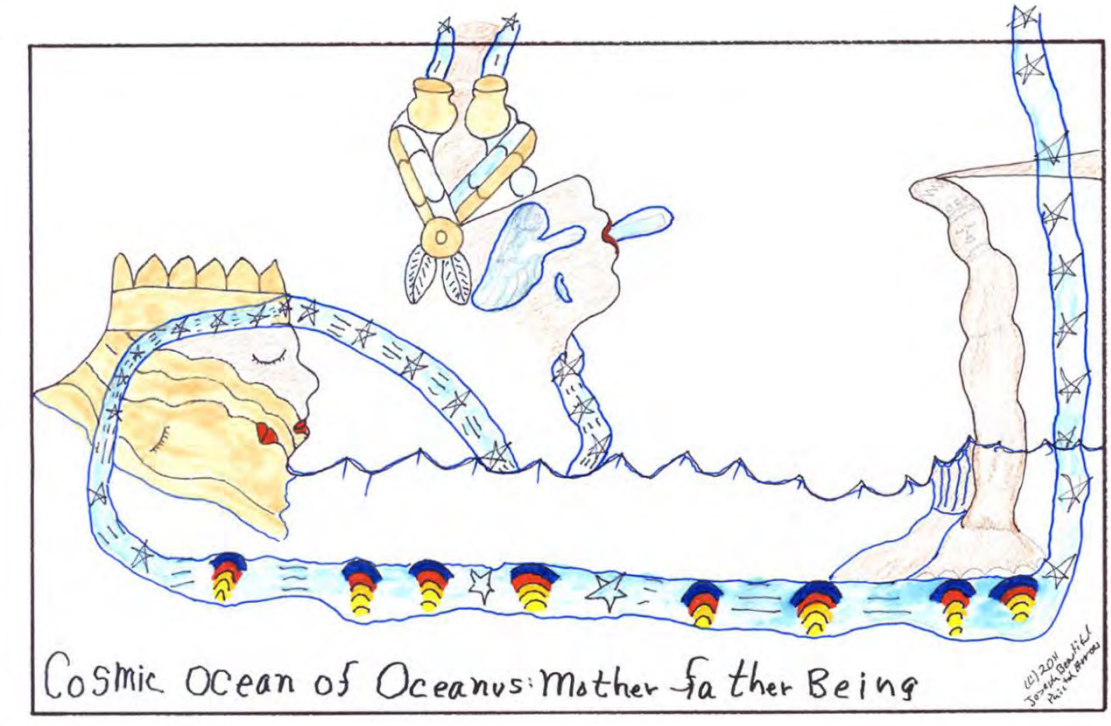
In this way the healing power of the Fire Ceremony expanded to reach more people and around that time Joseph told us that each person has the potential to be a Peace Chamber.

As with all ceremonies given to us by Beautiful Painted Arrow, there is no fixed form for the Fire Ceremony, the intent is always the key and, in this ceremony, it is the purification of the oceans of the planet, of the mind, and of the cosmos. The essence is to light a fire, be it a candle or a stack of wood, and enter the process of purification that is taking place there.

In previous Issues of the newsletter, readers can access articles on the Fire Ceremony.
In Issue 17: *A Fire Ceremony that Anyone can do Anywhere* from Lukas Budimir.
On the Relevance of the Fire Ceremony at this Time from Brenda Sue Whitmire.
In Issue 24: *Healing with Sound, and the Fire Ceremony* from Stella Longland.
In Issue 35 *Fire Ceremonies and Solstice Sunrises* from Paul McMahon.
In Issue 36 *H - O - P – E* January Fire Ceremony at the House of Mica from Rick Cotroneo.

* * *

Long may the Fire Ceremony that came from Oceanus continue to be held at 7pm on the 7th of the month!



Artwork *(copyright 2011 © Joseph Rael)*

Cosmic Ocean of Oceanus: Mother-Father Being

A Bowl Full of Ideas for Inventive Minds Joseph Rael & David R. Kopacz MD (p.21)

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Introduction to the next item from editor Stella:

From the book referenced above, *Beautiful Painted Arrow, Stories and Teachings from the Native American Tradition*, published by Element Books in 1992 and long out-of-print, the following instructions from Joseph about visionary work are very clear and, I think, very important to us in ceremony and in our daily lives.

Back when I first read this book, the complexity of metaphors of the Traditional stories that feature in the text were incomprehensible to me, and it has lingered in a drawer for a long time. Recently I revisited it and, while still struggling with the metaphors, I have been amazed by the Teachings I previously missed!

* * *

Reading Between the Gaps

from Beautiful Painted Arrow, Joseph Rael

"Reading Between the Gaps

WE ENTER A DREAM STATE WHEN experiencing visionary insight, in that everything moves in slow motion. This is not to say that this is what actually happens, but it certainly feels that way for me. A part of us goes into a place of 'detached participation', in that our attention span becomes totally merged in the moment and in the metaphoric experience. This detached sense of what is unfolding allows us to enjoy the experience without any sense of impending danger. In other words, we feel safe.

In the moment of the visionary state there also seems to exist a quiet splendour. Another way of describing this condition is that 'awareness is over-riding the controlling self', or that part of us that sees in polarities, that is, good or bad, and that wants to be in charge. It gives up all its rights to control the moment, and the mind reconciles the vision or insight, so that one feels no separation between the personal and universal self.

The insight for me was that when we are in control of our actions, words or deeds, we are 'soul talking' as in verifying our existence, or, in other words 'Believing We Exist'. In those moments within a visionary experience we become the metaphor of 'Awareness that is Awake', and in this state the mind does not care whether it truly exists but simply merges with and becomes the 'transmission of what is', or the passing of a message, as in insight.

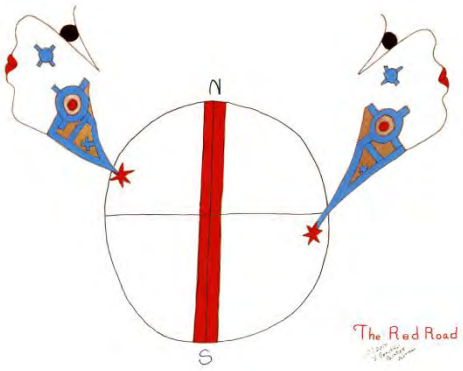
This means that during the bridging of the gaps the being of 'Believes We Exist' must go to sleep, for 'Awakened Awareness' is the door that opens and allows the bridging of the gaps.

....

And how do we achieve the opening of this door? Well, the story, 'The Journey with the Mermen' (page 49), where I am taken down onto the ocean floor by the three Mermen, symbolized for me that there are three constituent parts of the play in this visionary experience. In hindsight my conclusions are that first, the physical salt content of my body was normal, neither too high nor too low; second, the sugar content in my physical body was also at a normal level, and the third step was the falling down into the ocean of Awakened Awareness, where insight was given to me by a cosmic King-like image in metaphor. He instructed me to build a fire which means - to make a connection between the world of 'Believing We Exist' and the world of 'Awareness that is Awake', and this was the place of new insight or of a visionary experience. It seems that fasting, and exercising in order to sweat the body fluids, can be an important way to induce the visionary state. Also, intentional suffering as in marathon dancing, helps to break down the blockages placed there by the ego for the protection and security of the physical being of the being of 'Believes We Exist'."

Beautiful Painted Arrow, Stories and Teachings from the Native American Tradition by Joseph E. Rael (p.3)

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Artwork (copyright © Joseph Rael)

The Red Road

Beautiful Painted Arrow Visionary Art Cards: The Path of the Red Road Booklet (p.16)

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Call for Global Solstice Peace Chanting this December 2026

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

We are Citizens of the Cosmos, Together in a Global Community, Entering the New World, the Fifth World.

This is the theme for our December 2026 Global Solstice Peace Chant. There are three main concepts presented here. Perhaps we, as chamber caretakers, group leaders, and chanters might reflect on each of them.

1. What is the experience of being a "citizen of the cosmos"? What does this mean to us? How are we related to vast galaxies upon galaxies in the great cosmic spiral of the Milky Way? How can this inform our perspectives, our lives and our ceremonies?
2. What is the experience of being together in a global community? We are rooted on this beautiful globe of a planet. What is the gift of this and what is the responsibility? What does global community mean to us at a time when a sense of community is so important to humanity?
3. What is the experience of entering the New World/ Fifth World? Joseph retitled Being and Vibration to include reference to the New World/ Fifth World. We have been talking about this for some time. What does it mean to us? What do we know about the Fifth World and what are we still curious about?

Introducing On-Line Gatherings to Start and Conclude the Chanting

I'd like to introduce a new element to this year's solstice chant: Pre and post chanting On-line Gatherings.

During the pre-chanting gathering, I'd like to ask that we have **six elders** from our communities join and share their messages and prayers with the large group

And, for the closing gathering, I'd like to ask **six young people** from our global community to share their messages and prayers with the large group.

Time of the Solstice in Various Time Zones:

US/Canada East Coast	December 21, 3: 50 pm
US/Canada West Coast	December 21, 12:50 pm
London/ UT/ GMT	December 21, 8:50 pm
Sydney, Australia	December 22, 7:50 am

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WHAT'S HAPPENING	SAMPLE TIMES
OPENING GLOBAL ON-LINE GATHERING: MESSAGES AND PRAYERS FROM THE ELDERS (Participation in the pre and post gatherings is encouraged, but optional)	**UT/GMT:** December 20 @ 9 pm **EST:** December 20 @ 4 pm ZOOM LINK: https://us02web.zoom.us/j/6304288563
24 HOURS OF IN-PERSON CHANTING AROUND THE WORLD Each group selects one hour to chant that falls within the 24-hour period indicated in the right column. Sign up by emailing Rick@houseofmica.org. Indicate your name, location and time you want to chant in your local time and the UT or EST equivalent. To double check your time, refer to the sign-up sheet found at https://www.houseofmica.org/solstice-peace-chant.html	**Universal Time/ GMT:** Beginning December 20 @ 10 pm and continuing until December 21 @ 10 pm **EST:** Beginning December 20, @ 5 pm and continuing until December 21 @ 5 pm
CLOSING GLOBAL ON-LINE GATHERING: MESSAGES AND PRAYERS FROM THE YOUNG PEOPLE	UT/GMT: December 21 @ 10 pm EST: December 21 @ 5 pm ZOOM LINK: https://us02web.zoom.us/j/6304288563

All are welcome to join in this chanting. All peace chambers, dance communities, individuals, small groups, everyone. All voices are needed. We agreed to do this at the beginning of time. Let us chant with love, peace and harmony in our hearts. A-ho.

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A Request for Feedback from the Editor of the Newsletter

Stella: stellalongland@btinternet.com

If you would like to share experiences and insights from the Solstice Chanting, I will be very happy to put them into the newsletter. The next Issue will come out on February 5th, 2027.

I would also like to request articles from chiefs, dancers, chamber people, and others, on any aspects of the work that is worship from the Teachings and Visions of Beautiful Painted Arrow, Joseph Rael.

Writing is a wonderful way to develop the ability to communicate these very sacred things that are so hard to put into words, and that is a good personal reason to put experiences on paper.

And then there is another aspect of walking the Red Road which is the comfort of being part of a community.

Please contact me via the email above.

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The Horn of Plenty and the Entrance to Oceanus Cave

from the Teachings of Beautiful Painted Arrow, Joseph Rael



Message to The Peace Group, April 2008

"Years ago I was instructed in a vision to build a fire in the sound/peace chamber for purification of the world's oceans on April 7. ..... April is also the month during which, in 2006, I received the vision of a Horn of Plenty in the sky, pouring blessings on the Earth.

The Horn of Plenty to me is a medicine bag. Bag is 'moh-neh'. Moh means 'to see'. Neh means 'the Vast Self and personal self as it places itself in a statement of awareness'. From the Horn of Plenty the seeds of blessings came pouring out like little stars.

A blue star was the first star to fall from the open side of the Horn of Plenty, a five-pointed star, which symbolized five personal gifts to 'the people' on planet Earth. 'The People' means all living life on Mother Earth. Have you already received gifts? This question does not require a response since it belongs to the individual soul and not the personality. Soul means: to drink the gifts of Divine Presence."

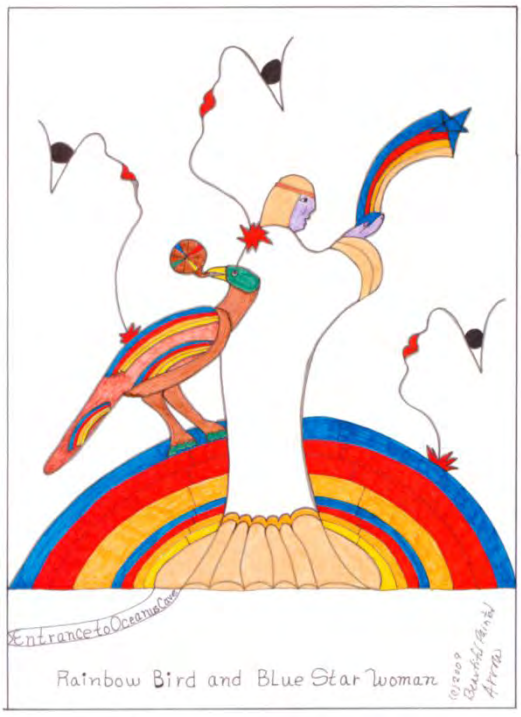
Artwork (copyright © Joseph Rael)

Text below from: *Becoming Who You Are,* Joseph Rael & David Kopacz (p.112)

"We are where we are right now - we are only seeing what we are allowing ourselves to see. We are the products of our own self-indulgences. We are the products of our self-imposed limitation of thinking we are matter and forgetting spirit. We forgot that we are Star People. We think that we are Earth People, but before that we were Star People.

In my way of tradition, everything is alive and conscious. Scientists may say in outer space there is no time. We use the sun to time ourselves. We are suffering from our own self-imposed limitations that interfere with our natural abilities of change and transformation."

Artwork (copyright 2009 © Joseph Rael)



Entrance to Oceanus Cave

Rainbow Bird and Blue Star Woman

Becoming Medicine: Pathways of Initiation into a Living Spirituality, David Kopacz and Joseph Rael (p.460)

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Beautiful Painted Arrow Dance Dates from November 2026 to the end of February 2027

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: geraldineraeI382@gmail.com

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

November 6 - 9 SUN-MOON DANCE, **Victoria, Australia.**
Chief Jennie Coles - sevencirclesoz@gmail.com

November 7 - 8 LONG DANCE, Arizona, USA.
Chief Martha Boose - mamaphd64@gmail.com

December 5 - 6 LONG DANCE, Tennessee, USA.
Chief Dennis Ogle - long.dance@centerforpeace.us

December 18 - 21 SUN-MOON DANCE, **La Paz, Bolivia.**
Chief Miguel Kavlin - miguelkavlin@gmail.com

* * *

Listed above, there is a new Long Dance Chief at the Center for Peace, Seymour, Tennessee.

Many thanks go to Chiefs Katy Koontz and Colby McLemore for their years of co-chiefing the Long Dance at the Center for Peace, beginning in 2011**** and continuing until January of this year, 2026. They have now passed the care of the Long Dance to Chief Dennis Ogle.

***Footnote: date found in the annual Dance Schedule that has recorded planned Dances since 2000*

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Compiling the International Dance Schedule for Beautiful Painted Arrow Dances in 2027

a note from the newsletter editor

The present co-ordinator of the Dance Schedule is Rick Cotroneo, please send your Dance dates to him at **rick@houseofmica.org**.

So that the list of Dances can be added to throughout 2027, Rick will maintain a rolling up-to-date list. This approach means there is not a one-off deadline for submitting dance dates because Rick will add them to the Schedule within a few days of them being sent to him. Newsletter editors will consult the list and add the upcoming dances for the next 4 months to each Issue.

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.

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Note from Editor Stella:

Some of the Beautiful Painted Arrow Dance and Chamber and Communites have dedicated websites. Listed here are the ones that I am currently aware of: Vision Dance Guardian's website: https://www.geraldineraeI.com

Healing Sweat Lodges & Spiritual Dances | Center For Peace

https://www.houseofmica.org

https://www.birdsongpeacechamber.com

Rituals & Ceremonies – Sweet Beautiful Waters

SachaRuna – Shamanic and Healing Community

Not all Chamber and Dance Groups have websites, others may be on Facebook or similar platforms.

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Our Three Beautiful Painted Arrow Sacred Dance Ceremonies

from Vision Dance Guardian, Eldest Daughter, Geraldine Rael

excepts from https://www.geraldinerael.com

Wah Mah Chi (*Tiwa word*) means breath, matter, and movement. This universal principle is at the core of *Beautiful Painted Arrow*'s wisdom and describes how energy manifests in this world, "We dance to give life to the principle idea found in nature and awaken the wisdom and intelligence that will carry us into goodness". Joseph Rael .....

The Sacred Dances offer a way to expand our capacity to perceive the Great Mystery that moves within every living being. By using the metaphors in nature, we can enhance our experience of the Divine in all and thus, beautify our presence and participation in these vibrant global surroundings we call life. We dance for our ancestors, our families and communities, our leaders and societies, for mother earth and father sky, for the generations to come and for the cosmos. We dance to unify ourselves and the world as one and empower our impact in it. .....

All the ceremonies are held in a dry fast, non-verbal, touch-free environment. This climate heightens the dancers' inner disposition to break free and transcend societal and intergenerational self-imposed belief systems and limitations deeply seated in the conscious and subconscious mind.

The Sacred Drum in the dances, represents Mother Earth and as the dancers move to it, they become the drumsticks playing earth while each of their silent prayers is heard and amplified in the Universe.

The rituals are supported by a crew of "angels" working selflessly around the clock to create and maintain a beautifully blessed and secured environment, inviting the dancers to move their spirit into journeying without any concerns. Each dancer is asked for a financial contribution. This give-away is an essential part of a dancer's preparation, and as well, helps provide the finance for the maintenance and operation of the facilities. If you are interested in being a dancer or volunteer crew member, contact Geraldine: geraldinerael382@gmail.com

* * *

The Sun-Moon Dance is a four-day ceremony during which time the dancers move, rest, and sleep in a circular arbor. From sunrise to sunset, as the drum and chanting begin, the dancers stand up and dance forward to the Tree of Life in the center of the arbor, then, turn right and dance back to their spaces. When the chanting and drumming stop periodically throughout the day, they lie down to rest and dream in their area until they are called to dance again. This ebb and flow assists the dancers in building the physical, emotional, mental, and spiritual strength needed to go beyond their ordinary consciousness and access transcendence.

The metaphor for the Sun-Moon Dance is balance or unification of the principles of male and female energies in and around us like giving and receiving, soft and strong, etc. One dances to experience and know wholeness with the Tree of Life, a metaphor for the Divine Creator, to a point of no separation. Day and night, chief, drummers / chanters, medicine people, fire keepers, cooks, alpha dog, and crew are fully engaged in assisting and supporting the dancers' journeys. On the 4th day, the chief calls for the end of the dance with a water ceremony. A feast follows the group sharing and every heart in the community celebrate the greatness of being vibrant, blessed beyond measure, deeply and lovingly connected to all living beings of the world.

* * *

The Drum Dance is a three-day ceremony where the magnetic drumming and chanting move the dancers forward and backward to a line of Feathers at the end of the field, keeping their chosen Feather in sight. In metaphor, the Feather represents our Spirit, our teachability, our ever-expanding awareness, and our ability to manifest heaven on earth. Using Feathers in the sacred ceremony helps us return to our innocence and purity. As the dance evolves, the relationship between the dancers and their Spirit Feathers grows and, a dialogue between the two takes place. Gradually, the dancers' vibration rises, freeing their Spirit to roam the realm of the intangible and get insights. The drum calls the dancers to move and rest periodically from sunrise to sunset assisting them in their ascension. At mid-morning of the 3rd day, the chief ends the dance with the water ceremony followed with a group sharing and then a fabulous feast prepared by the kitchen angels seals the experience. The by-product of the efforts, intentions, and carrying of each participant create a synergy of Universal love and light, revealing the world as "One Family!"

* * *

The Long Dance begins at sunset, dancers move through the night within a beautiful arbor, resting as they need to, moving, at the Chief's direction, in a sun-wise and then a moon-wise direction (clockwise and counterclockwise) around a central fire. .... Sometime close to sunrise, when the dance is complete, dancers retire to their sleeping areas for all-important dream time. At mid-morning, dancers come together for sharing and a celebratory breakfast feast. The metaphor of the Long Dance symbolizes each dancer's 'long journey of life' taking them back to their origins, to the 'place between the stars'.

In preparation, each dancer makes a 2' by 4' medicine banner. Creating these helps form each dancer's intentions and desires for their dance. Banners depict in any creative fashion 3 things: where you came from, who you are today and what you want to manifest and envision for the future. These banners are shared before the ceremony and hung at each participants resting spot in the arbor. .....

The Long Dance format fosters a sense of serenity, clarity, and connectivity within each participant; their purpose, surroundings, and the community they have forged empowering their visions and goals.

Sacred Dance Ceremonies - Geraldine Rael



Artwork *(copyright © Joseph Rael)*

Being and vibration of the Brother and Sister Stars

Beautiful Painted Arrow Visionary Art Cards: The Path of the Red Road

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Text below from *Sound, Native Teachings and Visionary Art,* by Joseph Rael (p.27)

"Time is pulling on us. This is because time has the capacity of crystallizing awareness so that it is manifest in placement. Time is the pulling force of manifestation. And space is pushing us along.

Space bends time because space and light are in an interaction. I call it a dance. Light is coming from one star and passes another star. As it goes by, the next star bends it in - calls it - because of the space that the light is coming from. Scientists say that that is the gravitational pull of that star. The star pulls that light in, calls it. That is why I say there is a dance between space and light.

That light energy is material, but it also contains the spiritual. The light contains the essential ingredients for epiphanies and insights and the power for supernatural perception. Out of supernatural perception, then, comes ordinary perception."

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The Sun and Moon Dance - the South

from Tilda Reading Wheeler reflecting on her Second Dance

They tell me that you dance the Sun Moon Dance for four days of the year, and the other 361 days of the year it dances you. I believe that. We dancers offer up our sacrifice of fasting from both food and water, we focus our bodies and minds and spirits into dancing our prayers for humanity to the Tree of Life and then dancing blessing back into the world from Spirit and Tree. In return, we go into another realm of connection. It's a place of power, of great awakening. Lessons. Sometimes pain. My second Dance, the one from the South, slammed into me with some lessons I'm still trying to figure out - and also some tremendous gifts I'm still busy reeling in.

Every arbor is surely different, unique in both glorious and unsettling ways. I have only ever danced the Sun Moon Dance, and only at the one place, Sweet Beautiful Waters, located on the edge of the Saguaro National Park in Tucson, AZ. We dance surrounded by ancient sacred saguaros and their brothers and sisters the rocks, the other cacti, the singing coyotes in the distance, the visiting javelinas. Our beloved Tree is a young mesquite, growing up to give shade, but still too young to give steady protection from the sun.

For my second Dance, I expected some similarities to my first Dance, the year before. I wasn't so nervous this time because I had made it through that first dance okay, hard though it was. But, for me, the South Dance has Coyote as its animal, with the energy of mischief-making, humor, even trickery. So ha ha ha, nothing was the same.

Mind you, right away I felt support from the directions, even more fully than I had the first year. Eagle, Coyote, Black Bear and White Buffalo surrounded me, offering comfort and strength. I felt I could feel the fur under my fingers, hear the wings around my head, sense the bulk of strength at my back. I prayed and danced.



Artwork from Tilda

But something was missing. I didn't feel one with the Tree. The year before I had an immediate love affair with the Tree. I was its protector, and my big lesson then was learning to let go of my being the Tree's care-giver and accepting its care for myself, for the World. This year, that intense connection with this beautiful life force just wasn't there. Everything seemed off. On my very first approach the Tree, I received a sharp rebuke from a branch that was at the precise position to give me a good bonk on the head.

"Pay attention!" it was telling me. But I kept doing it - so much that I had to laugh. Was I seriously going to run into that same owie each time I danced in my prayers? Finally I figured out I could shift my path to the left instead of crowding my dance neighbor to my right. But I had lain my cornmeal in a direct line from my arbor spot to the Tree: that was the path I was supposed to take. Going off the line was cheating. Another cheat.

I almost didn't get to dance this year. My neurologist told me a couple weeks before that my heightened risk for

stroke meant I should avoid dehydration and intense heat. Fasting from water in the hot desert in April would be stupid. I was devastated; I had been preparing myself mentally, emotionally, spiritually and physically for the dance for three months. But I talked to Jane Innmon, our Chief. She in turn talked with the Moon Mothers, who are responsible for the welfare of the dancers during the Dance. They agreed that I would be allowed to dance, but I would need to drink water three times a day. It would be part of my medical regime. I could self-assess getting over-heated and pull myself out if I thought it was necessary.

I was so grateful, so relieved, to be able to dance! At the same time, the additional water did not feel like medicine to me; it felt like cheating. I felt that my offering, my sacrifice, would not be of the same caliber the other dancers were giving. Deep in my heart I didn't feel good enough for the honor of dancing.

I guess it's no wonder I wasn't feeling the same connection to the Dance that I had the year before. And then on the third morning I woke with more faith, more joy and commitment, hope. Everything was going to be all right. It was Black Bear day: The West. I leapt into dancing - and *immediately* I got a bloody nose. "No big deal," I thought. "I get these all the time! It will not stop me." I grabbed a Kleenex and kept dancing. Then one of our Moon Mothers ran up. She took me rapidly out of the arbor into the medicine tent and immediately gave me a lot of pineapple juice. She then had me lie flat on the ground, checked my pulse, and told me I would have to stay prone that day. She looked me hard in the eye. "You will dance from your bed. And it will be beautiful."

"No, it won't be," I thought. But I had to let them take care of me because that was the deal I made in order to dance at all. I went back to my arbor and lay there on my bed while others danced to the tree. The water medicine was one thing, but this was NOT OKAY. I thought, "I cannot dance on my back." Slowly, though, in the midst of my resentment, I heard the Tree's wisdom speaking, "Oh, Tilda," it told me, "You are dancing for those who are prostrate: the wounded, the sick, the paralyzed. The dying. The suffering." That thought was very humbling and powerful. I started noticing new things. With this different angle of the Tree, I had a great view of the eagle's nest, which I hadn't even been able to see the year before. In addition, this year we had put a beautiful horn of plenty (from Joseph Rael's vision) high up in the branches. Vibrant pink flowers peeked behind the verdant leaves of our still quite young mesquite Tree of Life.



A big gift of this Dance that I finally was able to receive was that I could (and did) dance to the whole Tree - I could see the entire Tree and feel it from the depths of its tap root to its connection to spirit. It had a dead branch reaching up to the sky: a pole of energy to focus on. As I felt my whole body become infused with the Tree's energy, I could kind of *convulse* my spreading of the Tree's blessing freely out into the world. "I don't care what I look like," I thought. "I don't care how weird it is to blow my whistle loudly from here." I got the message that I can and must do what I think is right. I could be as big as anything. As big as the Tree. "BE BIG" the Tree told me.

I felt so powerful. So alive. So connected.

And then the next challenge arrived. The drumming and chanting stopped, signaling a call to rest. This was the high heat of the day. I was left prone and restless and more and more hot with the southern sun beating down on me. Normally, this is a time when dancers sleep, but I couldn't. It went on and on. I started to feel seriously off physically. I kept waiting for the Moon Mothers to tell me to get my midday medicine, as they had the day before. But they didn't. I eventually admitted it was up to me to get up, leave the arbor, and request my medicine. It was up to me to take care of myself. I was worth it. I deserved it. Another lesson, hopefully learned.



But the Dance wasn't done with me. Coyote still had some tricks. Despite all the gifts of dancing prone, I really wanted to be part of the action at the tree with the other dancers. I asked the Chief if I would be able to join them dancing. She said, "Only if you are going to surrender to the Tree." So when the drummers started up again, I stood ready to dance at the opening of my arbor spot. I had already surrendered myself to the Tree during that day of dancing on my back. I had felt the Tree take me in. But my surrender wasn't done while dancing from my arbor place to the Tree, it wasn't done in the usual way by collapsing on the ground. I thought the usual way was what the Chief wanted from me. I thought I'd be able to dance a little before I surrendered publicly, but the Chief came and walked me to the Tree. So I faked that moment of surrender. It was supposed to be holy time. Instead I felt deep shame that I had betrayed my honor with this pretense. Support people gathered me up on the sheet and carried me back to my arbor bed and lay me down with my head towards the Tree.

That night, the last night in the arbor, the wind came up in a powerful blessing from AIR to ease my inner turmoil. The sheet screen flapped over me, teasing me, understanding me. I felt forgiven for everything. "Lighten up," it told me. I felt a great peace. Maybe that's why my pulse returned to normal, because when the Moon Mother took my pulse the next morning I was granted permission to dance the final day.

It's been several months now since the dance ended. The Tree (the whole Dance itself) has become my Spirit Guide. I have been such a rule follower, have felt so guided in my life by whatever idea I have of what it is I'm supposed to do and who I'm supposed to be. The shame of telling myself I don't measure up is totally self-inflicted. I don't need to feel shame or embarrassment for who I am, or for making mistakes. Making a mistake is not the same thing as betraying the essence of who I am.

I know I'm not done understanding my emotions around this dance. In that sense, I'm still dancing, still learning. I believe each Dance will present its challenges that in turn will deepen my sense of connection to all of humanity, to all of creation.

My Dance from the South gave me this mantra: "Notice. Patience. Acceptance." and "Be the Tree."



all the photos were taken by people at the Dance and sent in by Chief Jane Innmon

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Listening is Giving

words from Beautiful Painted Arrow, Joseph Rael in *Being and Vibration: Entering the New World* (p.14)

"Listening Is Giving

For the true human, the first thing is to find out how to listen. Listening is different from seeing. Seeing, and the eyes, were created so we could move into things and through things. The ear, on the other hand, was created for the art of giving. One of the attributes of the ear is the giveaway; to give in to the effort of giving, to give in to effort itself, the effort we can find in the toil of work in our lives. When we are listening, we are giving. When we are giving of ourselves, we are strengthening the work-listening-seeing aspect in ourselves. We are listeners to people's cosmic needs. First, we listen to what needs to be done, then we use our eyes to see what needs to be done. But if we start with trying to see what needs to be done we will miss the point, and we will not really touch the basic humanity of the situation that is talking to us at that moment in time. So it is important to be sensitive to what qualities the ear brings, and what qualities effort brings. Effort in the toil of our daily work is the food that Planet Earth eats for its survival."

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Creation Story

words that can be heard from Beautiful Painted Arrow, Joseph Rael in *About Sound and Ceremony*

at this link: **audio files from Sound – Seeds of Peace newsletter**

"In the beginning, according to the creation story, there was nothing, it was just totally complete blankness. It is important, I think, at this point for me to explain what 'nothing' means. Nothing is knowingness that wants to know itself in awareness. Nothing is wanting to know awareness of itself but it doesn't have self and it doesn't have awareness so it cannot be seen or heard or understood, nor can the self be seen, heard or understood, but within the context of nothing as soon as the Supreme Being breathed into this space of nothing then this created intent, and this intent created matter and movement to a particular direction, and it was in this direction that all things came into being.

In this creation time the Great Mystery breathed into this nothingness and created the intent, and the intent was an integral part of heart, and there was the heart centre which we would later know as truth, and this heart centre was connected to purity, and that purity was connected to beauty, and that beauty would bond all things and that was the beginning of when the Breath of Life first blows into this empty space of nothing. And as this breath came into this space of nothingness there was a mist that was created. And this mist was like a white cloud, it was a beautiful cloud, and inside of this cloud there was water, and this water then began to fall onto the earth, and as it descended, storyteller tells us that, that rainfall was the light coming from God. And, as it descended, it went down through endless space until it reached and touched the first essence of matter, and then, matter in spirit began to create all of the eternities. And one of those eternities would be ours, for the people would be made up of the loving heart-bonding childlike innocence so that the heart of all of the people who came to live here would connect with all of the heavenly plains, and from this bond the beauty of the breath, which fuses itself with matter and matter with movement, would create all things good."

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Passing the Torch

a message from Marina Budimir, co-editor for our newsletter since 2018

Dear Readers and **Seeds of Peace** community,

Writing this is one of the hardest things I have had to do, but the time has come for me to step away from the editor's desk. This newsletter has been so much more than just a project to me - it has been a labor of love, a sanctuary, and a beautiful reflection of the peace we all wish to see in the world.

Watching our community grow has been an honour I will carry with me forever. While it is incredibly difficult to say goodbye to this chapter, I do so with a heart full of immense gratitude for your contributions and your support knowing that the newsletter will continue to flourish and inspire.

Thank you for allowing me into your inboxes, your thoughts, and your hearts. I will be reading right alongside you as a subscriber and contributing to the beautiful community we've built together.

With Love and Light, Marina

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An Invitation to Participate in Creating the Newsletter

from Editor Stella Longland

Dear Readers,

Firstly, many thanks to Marina from me for our time working together creating 33 Issues of the Seeds of Peace Newsletter since we took on the editing in August 2018.

The idea for the current newsletter was conceived at the 8th Peace Chamber Gathering, held in 2014 at Wind Walker Chamber, near Johannesburg in South Africa. They named the newsletter: Seeds of Peace. The first Issue in March 2015 was edited by one of the organisers of the Gathering, Fritz Duminy. Andrew MacDonald joined Fritz for Issue 3 and continued to edit the Newsletter and send it out by email until Issue 9.

After Marina and I became the editors, Issues continued to be sent out by email. Then in November 2019 we announced the creation of the https://seedsofpeace.news website where readers can download any of the past Issues and have access to other aspects of Joseph Rael's Visions and Teachings. Readers can also subscribe to receive each new Issue via a post from the site. Marina and I, with much help from Lukas Budimir too, have brought the Newsletter to this point.

Time to move forward.

Currently I am the sole editor. I think it is important to have more than one editor. These are some of the things that the editors do:

Select quotes and artworks from Joseph's work to give readers insights into his wisdom.

Find and/or encourage people to write about their experiences of Joseph's ceremonies, to share their thoughts and interpretations of the Teachings he gives and the metaphors he creates. Editors maintain a close connection with authors, sending them drafts to check that their edits are acceptable.

Occasionally the editors contact people to ask them if they would like to write on a particular subject.

Then there are certain topics that happen regularly, like the Dance Schedule and the 24-hour Solstice Chant.

Finally, the editors endeavour to print accurate information and to protect copyright.

Here is a brief description of how the putting together of an Issue is done at the present time:

About a month before the publication date, work starts on the Issue. Editors connect with each other via email and What's App calls. A list of possible topics and items is made, creating an outline of the Issue. Then, emailing contributors, editing and formatting the articles for the Newsletter, searching the archives and checking facts, and consulting our Vision Dance Guardian, Geraldine Rael, if there are any doubts about the contents, are the tasks of the month.

The final proof of the Issue is saved as a .pdf file and uploaded to the website. On the publication day it is sent out as a post to those who have subscribed to receive it. At present some people also receive the Issue by email.

Then there is ‘housework’ to do, for example, keeping the subscription list up to date and adding details from the Issue to the Newsletter archiving system. Carrying the intent to produce the next Issue and collecting random items that might be of interest along the way helps to maintain the onward flow.

How to move forward.

To keep Joseph’s Beautiful Teachings alive, we need to keep moving and adapting to the times. New, younger, members of the team could explore the opportunities and introduce new ways of doing things.

Showing new members of the team how we have done it is just the beginning and, when that is accomplished, I will happily put the newsletter into new hands.

Send me an email if you are interested in joining me and we will work out how we can go forward from there. Initially it will be a discussion and not a commitment, then you can decide.

If you want to dive deeper into Joseph’s Teaching becoming an editor is a good way to go.

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What on Earth is Cosmic Consciousness?

seeking answers in the Teachings of Beautiful Painted Arrow, Joseph Rael

“Stories are told in the winter because stories come from a place of ice, from a faraway place. This place of ice is so far away that it is really present in the eternal now. It is right here where we are and yet it is not here. All of the teachings are frozen in this ice place. Out of this ice place comes the breath, the food that feeds the Creator, the Cosmic Mother and Father. The Creator then proceeds to feed the Spirit of the action-being of Cosmic Consciousness.”

Being and Vibration: Entering the New World by Joseph Rael (p.96)

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“That is why we are attracted to teaching and to learning. We are not attracted to learning because we want to be smart. It is because learning is an innate process of cosmic consciousness. And that innateness has to do with how the cosmos is fused together in a gravitational attraction, or a cosmic resonance that brings itself into a cluster of knowing. That cluster of knowing is made up of crystallization, placement, clarity, awareness, self, and goodness.”

Sound, Native Teachings and Visionary Art, by Joseph Rael (p.216)

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Artwork *(copyright © Joseph Rael)*

Core of the Earth

Mother Earth and the flowering of Life

Beautiful Painted Arrow Visionary Art Cards: The Path of the Red Road

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NEXT ISSUE *Seeds of Peace Issue 44*

publication date: February 5th 2027

please email your articles for inclusion before January 15th

to stellalongland@btinternet.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.

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

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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To conclude this Issue, a reprint from a page in Issue 10, the first Issue that Marina and I worked on together.

Dreaming Ourselves into New Realities

written by Tom Bissinger



Morning Prayer for a New Dawn

Artwork *(copyright © Joseph Rael)*

Beautiful Painted Arrow Visionary Art Cards: The Path of the Red Road

As Joseph has now completed his official chiefing of ceremonies, and turned the position over to his daughter Geraldine, it is useful to remember that Joseph's intention was a planetary one: that these ceremonies that came to him in visions were not Native ceremonies but universal ones. Great Spirit guided him to speak to all nations so that the ceremonies and their teachings would be enacted worldwide.

And so it has come to pass.

We need to be mindful that we who hold ceremonies and peace chambers and dances reach out to our brothers and sisters around the world: our Beautiful Painted Arrow community. We are seeds of peace and we need to help each other to reach our highest potential by sowing those seeds of peace world-wide.

It is what Joseph did and we can as well. Whether we live in the North, the South, the East or the West, we are one family. Let us welcome each other to our ceremonies and visit others, whether in our own country or abroad.

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