

# **Seeds of Peace**

***newsletter***

**Issue 14: August 2019**

***Following the Teachings of  
Beautiful Painted Arrow, Joseph Rael***

**'The direction of the East is where  
the sun rises just like an idea does.'**



contents

**Sunrise**

read the text in the photo montage below for the continuation of the quoted text on the cover

photo by Stella Longland.

p.1

**Metaphor Alongside Experience**

everything that exists is metaphor, from *Sound, Native Teachings and Visionary Art*, by Joseph Rael.

p.3

**Climate Change Lessening Ceremony May 2019**

a new ceremony passed on to us all, at Chief Geraldine's request, by Brenda Sue Whitmire.

p.4

**A Place to Look**

for something that prevents perfection, from *Sound, Native Teachings and Visionary Art*, by Joseph Rael.

p.5

**Beautiful Painted Arrow, Shaman and Hypnotist**

written by Peter Blum, a long-term student and friend.

p.6

**Update on the Peace Chamber at Rainbow's End for the 2020 Conference**

news from Valerie Eagle Heart Meyer.

p.8

**The Birth of the Hollow Bone Dance**

by Steve City, a Dance Chief from the *Center for Peace* community in Tennessee.

p.9

**The Wind and the Whistle**

gifts from the Hollow Bone by Stella Longland, 17years co-ordinator of the Sun Moon Dance in Scotland.

p.10

**New Wisdom to Learn**

teachings about the *Creator of Ocean Mist* Artwork from Beautiful Painted Arrow, Joseph Rael.

p.11

**Sun Moon Soul Healing**

reuniting the parts of a broken soul, by Lindsley Field.

p.12

**A Metaphor Is Not Simply a Figure of Speech**

closing words from Beautiful Painted Arrow, Joseph Rael.

p.14

**'The direction of the East is where the sun rises just like an idea does.**

**It appears and gives us its light.**

**Since water is a metaphor for the light in ideas, ideas wash us with the water from their rivers of out-flowing sunlight.**

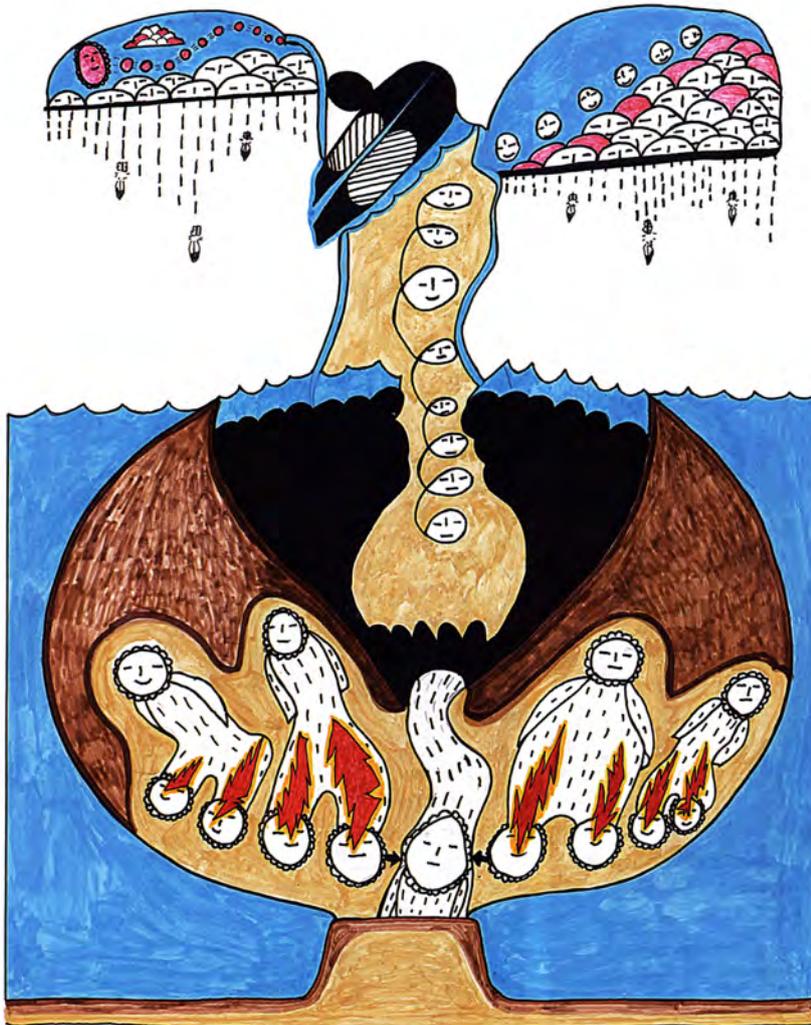
**When I was growing up, we would go to the stream to wash ourselves, or we would wash ourselves in a basin of water, but the metaphor alongside my experiences was always the same.**

**What was being enacted in the physical act of washing was the Great Mystery, saying that life was emptiness full of potential purity.'**

*Being and Vibration: Entering the New World* by Joseph Rael p.60.  
background to text, rectangular photo: sunlight on a stream from Stella Longland.  
oval photo of space: free image from the internet.

## Metaphor Alongside Experience

extracts from *Sound, Native Teachings and Visionary Art*, by Joseph Rael



Oceanus vents beneath the Earthly crust, circles of epiphanies for the two Leggeds on Mother Earth in July

(c) 2008 Joseph Rael

In the beginning:  
'the land and the people  
and the sky were different  
manifestations of metaphor  
alongside experience.  
For every experience  
that was occurring,  
there was a metaphor  
to substantiate it.' (p.20)

This picture was first sent to  
the *Peace Group* in July 2008,  
and later published in *Sound, Native  
Teachings and Visionary Art*. (p.32)

The text reads:  
'Oceanus vents beneath the  
Earthly crust, circles of epiphanies  
for the two Leggeds  
on Mother Earth in July'.

(copyright 2008 © Joseph Rael)

### 'To look at a thing as metaphor is to ask, "What principal idea is it expressing?'"

We are born into the realm of discovery. This is the gift that allows us to enter into the world of sound, which is encoded in our gene pool. Another way of saying this is we innately know how to speak in metaphor because the void is the timelessness of what we know as the "here and now." The void is essentially the NO-Mind. Consequently, as soon as the thinking mind enters into the void of the No-mind, the action of that motion awakens the remembering of the gene pool. It is at this point that we know what we did not *think* we knew.

Everything is metaphor. Everything that exists – every object, every action, every experience - is expressing some principal idea. Therefore, it is important for us, early in life, to pursue ways of conceptualization that enhance metaphor alongside experience. Ceremonies of the living spirit are such pathways. They give us routes to follow so we can penetrate the surface of manifested reality and experience directly the power of principal ideas.' (p.48)



### **A note about the Hot Springs:**

This is a photo of the cascade at the Mother Spring in Pagosa. The Mother Spring is the World's deepest known geothermal spring; measured to a depth of 1002 feet [25.50 metres] it goes, no-one knows how much, deeper. The water from the Mother Spring arrives at ground level at a temperature of 144°F [62.2°C]. This mineral rich water feeds all the hot spring soaking locations in the town.



*photo from Brenda Sue Whitmire*

## **Climate Change Lessening Ceremony May 2019**

**recalled by Moon Mother Brenda Sue Whitmire**

In early Spring this year, Grandfather Beautiful Painted Arrow directed his daughter Geraldine Rael, to create a ceremony to help lessen the effects of Climate Change. He told her that we can't stop Climate Change, but we can lessen it. So it was that, prior to the Climate Change Sun/Moon Dance in Colorado in May, participants had the opportunity to attend the first of these ceremonies.

The ceremony was held by the outdoor pool at the *Healing Waters Hot Spring Spa* in Pagosa Springs, Colorado. Grandfather had pointed out to Chief Geraldine that these waters are heated by geothermal energy from the core of the earth. As such, these waters could be used to connect a person to what is happening with the earth and open them to work for lessening the adverse effects of human activity on the climate.

The ceremony went as follows: Chief Geraldine created a circle of participants and her uncle Benito offered opening prayers. She blessed each person in turn with an Eagle feather. She then proceeded around the circle of kneeling or bowing participants with a pitcher of the hot springs water, pouring a little on the area of their heads where the 'soft spot' is on newborn babies. As Chief Geraldine later communicated to me in an email:

*'Pouring the hot springs water on the soft spot / the top of the head of each person that day was to create a New Beginning, a sound recognition of our connection to Mother Earth for the people that were a part of the ceremony. They can NOW more easily help in their own ways to create climate change, they have more flexibility, if you will.'*

and further:

*'In the top of our head is our brain, it is our "thinking" cap. Oftentimes we doubt ourselves, we are a "Doubting Thomas" but our mindsets have NOW shifted; therefore, we WILL create lessening of Climate Change!'*

After the ceremony, some of the participants immersed themselves in the warm pool while others did not. It was a very cold, snowy day and the contrast between the heat of the water and the cold of the air contributed to the ceremony. At one and the same time participants were exposed to water from beneath the earth (the hot springs water) and from the sky (the cold snow).

Each person experiences ceremony differently. This is the way I, Brenda Sue Whitmire, experienced it. Each person participating was asked to carry this ceremony out into the World to facilitate the lessening of climate change. This report is part of the way I am following that directive.

As I understand it, the one required part is that warm water be poured on the participants' heads. Other than that, we can create this ceremony in any way we wish. For me, the hot springs element is important. It may not be for you. My plan is to acquire some hot springs water and 'seed' the local water that I will use for the Climate Change Lessening ceremony. The hot and cold contrast is also important to me. I will explore that further. It would be wonderful if we could share how this ceremony develops for us. I KNOW we can lessen Climate Change using this ceremony and I am excited to be a part of it.

As I developed this note, in compliance with the direction we were given to share the ceremony everywhere, I also received the following email guidance from Chief Geraldine.

*'We are striving to create a lessening of the Climate Change mindset in every woman, man and child, EVERYONE!! By recycling, by using solar, etc, etc. Creating CHANGE not only in our homes, in our schools but at state and federal levels so that Senators and members of Congress, people in power all over the globe, can NOW more effectively CREATE change by working in unity so that we can ALL "lessen" the devastating effects of climate change. We have but one Mother Earth, we can do this in unity, we will do this, TOGETHER.'*

Thank you for allowing me this time to share, Brenda Sue Whitmire.

**Footnote from the editor:** While putting this issue together I couldn't help noticing that the name of the ceremony 'Climate Change Lessening' can also be heard as 'Climate Change Lessoning'.



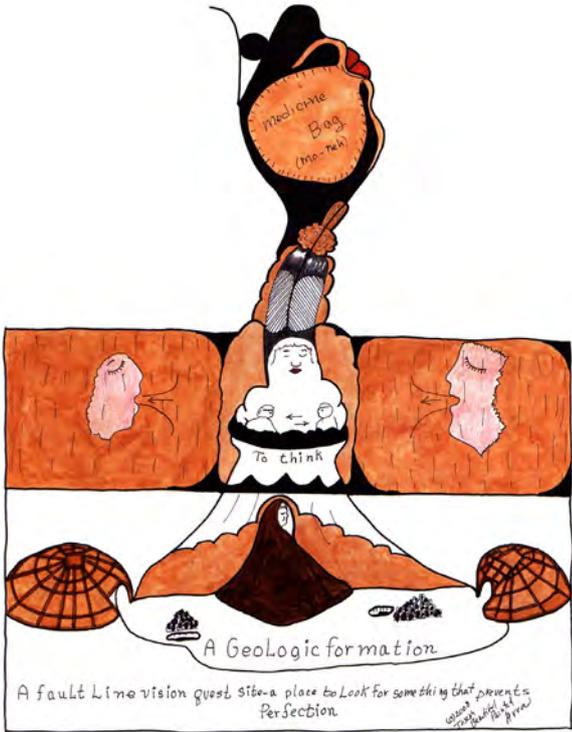
**A Place to Look**

extracts from **Sound, Native Teachings and Visionary Art**, by Joseph Rael

'Remember, inspiration doesn't come from us. And because we are part of perceptual reality, we don't own it. That is why inspiration can't be given to us just once, forever. We have to keep our lives totally and continually involved in a chain of inspiration.

Our physical breathing is a metaphor for this.' (p.200)

This picture was first sent to the *Peace Group* in May 2008, and later published in *Sound, Native Teachings and Visionary Art* (p.176).



words on the picture:  
on the spirit face: 'Medicine Bag (mo-neh)',  
below the feather: 'To think',  
below the cloaked figure: 'A Geologic formation',  
along the base: 'A fault Line vision quest site – a place to Look for something that prevents Perfection'.

(copyright 2008 © Joseph Rael)

'I've spent all my life trying to explain actions with metaphors so that in time, if I can keep going, and practicing, and thinking this way, eventually the metaphor and the thing are going to merge and become one.' (p.154)



## ***Beautiful Painted Arrow, Shaman and Hypnotist***

written by Peter Blum, a long-term student and friend

There are periods of time in my life which, when I look back, I realize were a sort of critical 'nexus' - the introduction of new ideas that would form primary themes, and meeting of new people who would be major influences for many years to come. The years 1985 to 1989 was just such a juncture for me - a time of seeding and germination. During those years, I discovered the fields of hypnosis, transcultural shamanism, and sound healing. All three have become an integral part of the work that I do and permeate every facet of my life. As I was reflecting on the important teachers I encountered, it seemed fitting to acknowledge and honor them. We all are always students and teachers, and we all stand on the shoulders of those who came before...

Almost 30 years ago, I began my formal studies of hypnosis with Richard A. Zarro, who had been practicing self-hypnosis since learning it in high school from his uncle, a dentist. Richard got further training and certification from John Grinder. He had also been deeply influenced by the writings of Carlos Castaneda. At the end of one of Grinder's seminars, each student was given a specific task; Richard was told to duplicate all of Castaneda's seemingly supernatural experiences using hypnosis. In 1985 Richard moved back east and opened a 'Holographic Hypnosis' practice. He encouraged me to join him, offered to train me and bring me in as a junior partner.

While preparing to begin seeing hypnosis clients, I was ending a 15-year career as a journalist. Occasionally, I would get a request from my old editor to write an article for our local newspaper. In 1987, a gentleman named Joseph Rael, a Native American visionary and mystic from the Picuris Pueblo tradition, was visiting my home town to give teachings. I was invited to interview him for an article. He was a soft-spoken, humble man, who had grown up in New Mexico, on the reservation, but had gone on to get a college education, with a B.A. in Spanish, and a Master's in Political Science; so he 'walked with a foot in each world'.

When we met, I asked permission to record our conversation, and turned on a cassette tape recorder. Since I believed it was being recorded, I only made occasional notes. At the end of the interview I was dismayed to find that the tape machine had (apparently) turned itself off after recording less than a minute. Joseph explained that electronic things often went a little 'haywire' around him. I did the best I could to write the article from my minimal notes.

Joseph was to become a major teacher of mine, but, as is often the case, we don't realize these things right away. Later that week I attended his public talk, which consisted of him telling some captivating traditional children's stories. They were filled with surreal imagery, and fantastic creatures, like 'Magpie Tail Boy' and 'The Nostril Twins' \*\*. I was curious, and when he returned the following year, I attended another talk, and a weekend of teachings.

**\*\*note:** Some of these traditional tales can be found in  
*Beautiful Painted Arrow, Stories and Teachings from  
the Native American Tradition*, Element Books 1992

There was something very different about the way Joseph taught; yes, his words were in English, but the way he used language was almost as if he were continuously speaking in poetry, rather than prose. Stories were interwoven with other stories - a stream of images and extensive use of metaphor... it was fascinating and each time I attended his teachings I left feeling slightly befuddled, but definitely uplifted. However, when I attempted to describe what he taught to others, it was almost impossible. "It was something about light... and sound..." I would begin, and then be at a loss to continue. Each time I vowed that I would pay attention and be able to re-iterate his teachings; and each time the same thing would happen. Simultaneously, I was learning about the work of Dr. Milton Erickson, and how he pioneered the use of story to induce trance and to make suggestions. Erickson was also famous for liberally introducing confusion into his communications.

In explaining Dr. Erickson's use of confusion, Ronald Havens says:

*"Erickson noticed that few things capture attention more effectively than confusion. Perhaps because*

*people are so highly dependent upon their ability to decipher the meaning of stimuli in order to decide how to respond appropriately, confusion or a lack of understanding is a startling and disarming event. When confused, people become dumbfounded and their awareness withdraws inward in a search for understanding or escape... Please note that confusion is not the same as misunderstanding, or believing that the speaker is not making sense. Confusion, or lack of understanding, leaves the mind open and searching for the missing meaning, whereas misunderstanding closes the mind upon a wrong meaning."*

(from *The Wisdom of Milton H. Erickson, Vol I - Hypnosis & Hypnotherapy*, Irvington Publishers)

Joseph's oral teachings are reflected in his writings. I invite you to read the paragraph below to yourself, slowly, as if it were part of a hypnotic induction:

*"In my research with vibration, I was also learning that the forms of the plate, or the cup, or the spoon, are profound metaphors. One of the aspects of the spoon's vibration means "beauty." When we use the spoon to eat, what we are doing is feeding beauty into ourselves. And the plate is the symbol of the slice of light that allows us to go beyond time into timeless awareness. When we eat out of the plate, we are eating the food that on an energetic level has been fused with the plate's energy of timeless awareness. Hence, we can say that we are feeding beauty and timeless awareness into ourselves. The table on which the plate is sitting vibrates as the metaphor for the plane of goodness. The plane of goodness is where God's plan for us sits. Therefore, the act of sitting down at the table to eat is a profound spiritual ceremony in itself. Whether we sit down at a kitchen table, or at a desk, we are being fed by our inner plane of goodness. We are manifesting some good effort out of what we do with our time."*

(*Being and Vibration: Entering the New World* p.45)

Joseph's language patterns are filled with unusual metaphoric imagery. What can the average English speaker make of a statement like 'One of the aspects of the spoon's vibration means "beauty" '? Or 'The table on which the plate is sitting vibrates as the metaphor for the plane of goodness'? They are lovely, enchanting, confusing, and trance-inducing phrases. After several years, I had formed a friendship with Joseph and, feeling comfortable enough to ask, I inquired directly, "Joseph, did you ever study hypnosis?" "Oh sure," he replied, smiling.

From spending weekends in circle with Joseph, I also learned about the value of ceremony. Traditional ceremonies have long been acknowledged as a way of inducing trance and aligning the consciousness of a community. I had two parallel realities developing side by side, which mirrored each other in fascinating ways. Monday to Friday, I was in the office, in my tie and jacket, helping clients enter trance for purposes of weight loss, stress management, overcoming phobias, increased confidence, smoking cessation, etc. In that context I utilized primarily 'overt verbal' inductions. Friday night through Sunday, when Joseph was in town he taught us methods of entering hypnotic states utilizing chanting, drumming, and dancing... what would be referred to in hypnosis trainings as 'nonverbal' inductions. But he also excelled at 'verbal' inductions, it was often the case that he would be just talking to us - sort of lecturing - and he would lead a group into a completely altered state.

Joseph's world was different for other reasons, as well. Tiwa, the language Joseph spoke as a child at Picuris in New Mexico, is a language of doing - primarily verbs. As he was teaching us concepts from the mystic traditions of the Pueblo, he was constantly doing his best to translate actions to objects... and the results were a sort of weird, mind-bending poetic mash-up.

Also, in the shamanic reality, everything is alive. There is no such thing as an 'inanimate object'. To read about this in a book or to talk about it is one thing; but to be drawn into that world through the transmission of a powerful teacher's perceptions, is a transformational experience. Like a true master hypnotist, he gently, respectfully and gracefully brought his students into states of expanded consciousness, of awareness of greater potentials.

As he travelled around the world sharing his visions and his teachings, Joseph continued to visit my community in the Mid Hudson Valley in New York State. Finally, he retired from traveling, and for those who were interested, offered 'Mystery School' teachings once or twice a year in New Mexico. I was fortunate enough to attend several of those. Devoted students would travel from Scandinavia, Australia, Europe and North & South America to spend a few days with this amazing man.

In 2007, with about 50 of us gathered in a circle, in a large conference room, he looked around, smiled lovingly, and said, "I see many familiar friendly faces here. How many of you have been studying with me for 5 years?" A number of hands went up. "Ten years?" More hands. "Fifteen years?" A few more hands. "Twenty years or more?" I proudly raised my hand along with several other long-time students. He chuckled and said, "Well, you should have 'gotten' this stuff by now. I'm not doing this anymore." Like a responsible mother-bird, he kicked the little birds out of the nest so they could learn to fly on their own. I continue to practice and teach what I learned from him. Yes, after 20 years I could finally remember some things!

Once, in the early 90's, I was asked to lead some purification ceremonies, and was concerned about not having had adequate training. I approached Joseph and asked his advice. He thought for a moment and then said, "As long as you don't pretend to be anyone you're not, or know anything you don't, you'll be okay." These wise words still reverberate in my head and continue to guide my life.



*photo courtesy of Peter Blum: taken during a visit to Hesperus in 2011*



### **Update on the Peace Chamber at Rainbow's End for the 2020 Conference**

news from Valerie Eagle Heart Meyer: [eaglehearttrex@earthlink.net](mailto:eaglehearttrex@earthlink.net)

In a recent email to Marina Budimir, Valerie wrote: 'Plans in process for the Chamber here. We have chosen to expand, using what we have here already. Plans are underway and initial steps being taken because it's a one step at a time thing. We will be knocking down a wall, trussing, installing a sub-floor, dry wall, ceiling, lighting, heating & air conditioning, taking out some fencing, creating a pergola outside and more. In order to use the space available we are re-vamping the old dirt floor shed into the needed workshop area which involves a concrete floor, insulation, dry wall and solar to support electricity there.

The beautiful gift from you & Lukas as well as a gift from another Chamber, along with small fund-raisers we have started, are allowing us to move forward one step at a time.

Our little community here at Rainbow's End is involved & excited!



**Note from the editor:**

the previous issue of the newsletter, published in February 2019, focused on *the Vision Dances of Beautiful Painted Arrow, Joseph Rael*. There was not space in the issue to mention the Hollow Bone Dance which is closely related to the Sun Moon Dance. The following article is an introduction to this dance.

***The Birth of the Hollow Bone Dance***

**from Steve Citty, Sun-Moon and Hollow Bone Dance Chief in Seymour, Tennessee**

“The Hollow Bone Dance is important because it has no drumming or singing. It evokes a different plane of resonance. If we could see it in levels: drumming alone is level one; singing is level two, and Hollow Bone is level three; all together level four.

When we do the Hollow Bone, our feet hit the ground, hence, level one drumming. The body movement is the second level of singing while in the third level the bone sound is the eaglet in distress asking for divine guidance. The adult eagles respond who are the Mother-Father God principle.”

*verbal teaching from Joseph Rael*

Like the sacred Sun-Moon Dance, the Hollow Bone Dance is about bringing peace to the land through fasting, prayer and movement. It is also about gaining personal inspiration, breaking out of the stuck places in our lives, and moving into alignment with our life purpose.

We are the Hollow Bone through which Spirit moves as breath. The arbor with the central tree is a representation of the World (matter) and the Dance is movement. The three, breath-matter-movement, are *Wah Ma Chi*, the act of Creator creating. The Hollow Bone Dance is danced with no drumming, no singing, and very little support from outside the dance arbor. This encourages the dancers to learn to depend on others who are dancing the dance of life with them in the time they are dancing. It is different to the Sun-Moon dance, not better or harder or easier, just different.

Sacred Dance is a way to step away from ego for a time. It's a time to retreat from the perceptual reality in which we live our ordinary life. It is a way to move beyond the ordinary and begin to make our life 'extra ordinary'.

Many dancers will find a new vision for their life in the Dance. Many will find that their life is profoundly changed by the Ceremony, by reaching new levels of intuition and spiritual energy. The Dance will challenge your endurance - mentally, emotionally, physically, and spiritually. It will stretch your limitations and bring you growth.

Joseph Rael, Beautiful Painted Arrow, is a visionary and mystic of Southern Ute and Picuris Pueblo heritage. For many years, he participated in the sacred dances of his people. In the early 1980s, Spirit gifted Joseph with visions of several sacred dances to be offered to people of all races, religions and creeds. Based on his training, Joseph knew that these dances would provide the special conditions necessary for a direct experience of Spirit and of spiritual realms. For 15 years, he traveled the world leading these ceremonial dances. In 1997, Beautiful Painted Arrow retired to his land on the Southern Ute Reservation. To continue the work that emerged from his visions, he asked some of those who danced with him to continue conducting these ceremonies. I was assigned the Seymour Sun-Moon Dance in Tennessee.

The Hollow Bone Dance in Tennessee grew from a vision that I had of bringing young men to experience the power of the Sun-Moon Dance. Realizing that it is necessary for men to come together to mentor the young men in society, to recognize the ways in which men are like one another and to remember that we as men are here to serve, I discussed with Joseph the idea of adapting the dance to include men of all ages and having it become a Hollow Bone Dance during which the entire dance is contained by the dancers. The Hollow Bone for Men is open to all men who seek the inspiration to live a life of greater spiritual awareness and service.



## ***The Wind and the Whistle***

**Gifts from the Hollow Bone by Stella Longland, 17 years a Sun Moon Dance co-ordinator**

Since its beginning in Tennessee, the Hollow Bone Dance has continued to be danced, in various locations, as a 'men only' ceremony. Alongside this there have been Hollow Bone Dances for couples also held at Seymour. 'Women only' Hollow Bone Dances also took place with Chief Carla Jo Rael in Indiana. In the yearly Dance Schedule, these ceremonies are named as 'Hollow Bone Sun-Moon Dances'.

In 2013 we danced an unscheduled Hollow Bone Dance in Scotland; it was a mixed dance. It was the 11<sup>th</sup> year of the Sun Moon, which we also danced that year, on Scottish soil. Organising the Sun Moon Dance, south of Edinburgh, seemed to be getting more complicated each year. As we strove to improve the infrastructure year on year, the longing for simplicity was growing stronger. None of us had danced a Hollow Bone Dance, but we did know the basics. When we met together at the Dance site, a new site further North near Inverness, we were five dancers and one helper. Of the five dancers, three of us had danced four or more Sun Moon Dances. We three held a meeting and chose the chief from among our number. There was no arbour and we put our tents around the dance ground, facing towards a sacred Tree taken from close by and planted in the centre. Our helper ran the sweat lodge fire and tended the arbour fire during the day. At night that fire was replaced by a candle, in a lantern, lit from the fire. At sunrise the helper rekindled the fire from the candle flame.

In the Hollow Bone the chief is also a dancer, the chief would signal the rest breaks and call us up again with a hand-drum. During the Dance a strong wind blew from the West and I was dancing from the North. On Sunday the wind-speed increased. As I danced from my place to the Tree, about halfway along my track my whistle would go silent, no matter how hard I blew there was no sound to be heard except the wind. Blowing the silent whistle, I would reach the Tree, turn and head back to my place. At the same spot on my return the whistle would suddenly sound again, a magical experience!

I loved that Dance: the privacy, the simplicity, the intensity, the stillness, the movement, the depth of communication with the environment..... Just dancers, whistles and a Tree. After the Water Blessing completion of the ceremony, we went to a cafe for the feast.

That Hollow Bone Dance brought an unexpected result for me, it deepened my appreciation of the Sun Moon Dance and I understood so much more about the medicine for community that is present in the more complicated structure that forms the container for that ceremony. It renewed my energy to keep on doing what humans do so well: continually creating more complex structures. That drive seems, to me, to be built into DNA. I think that is what Life does and, as dancing always reminds me, I am a child of Life.



*our chief Davy Jones, now with the Ancestors, myself and our tiny lodge which held 5 dancers!*



**New Wisdom to Learn**

**Teachings in the Artwork from Beautiful Painted Arrow, Joseph Rael**

‘Ceremony teaches us that everything that comes around goes around and that what we create is empowered by us to go around the circle of life. Eventually it comes back. It may come back in two or three seconds or two or three weeks, but it eventually comes back. Everything that we give returns to us, and that is the whole idea of the reflective universe. That is metaphor alongside our experiences.’

*Sound, Native Teachings and Visionary Art (p.156)*

*Artwork: (copyright 2008 © Joseph Rael)*

This picture was first sent to the Peace Group in August 2008, & again in June 2010. It is included in *Sound, Native Teachings and Visionary Art* (p.147).

Words on the picture:  
 on the clothes of the standing being: ‘Sky Angel Chief’,  
 below the altar: ‘offering bowl’,  
 along the base: ‘Creator of ocean mist always brings new wisdom to Learn’.

words to the Peace Group:  
 ‘Any time a human being acts or moves that movement is also a service to the cosmos, because of who we are.’

‘Effort that is applied when doing physical tasks is a necessity in daily life, because it is that work effort that escapes the physical world into the invisible field until such time it is needed. When it is needed, it returns to replenish physical energy. Prayer is the form I use to bring the effort energy back to heal planet Earth from the invisible realms where it waits for us to call upon its gifts to humanity.’

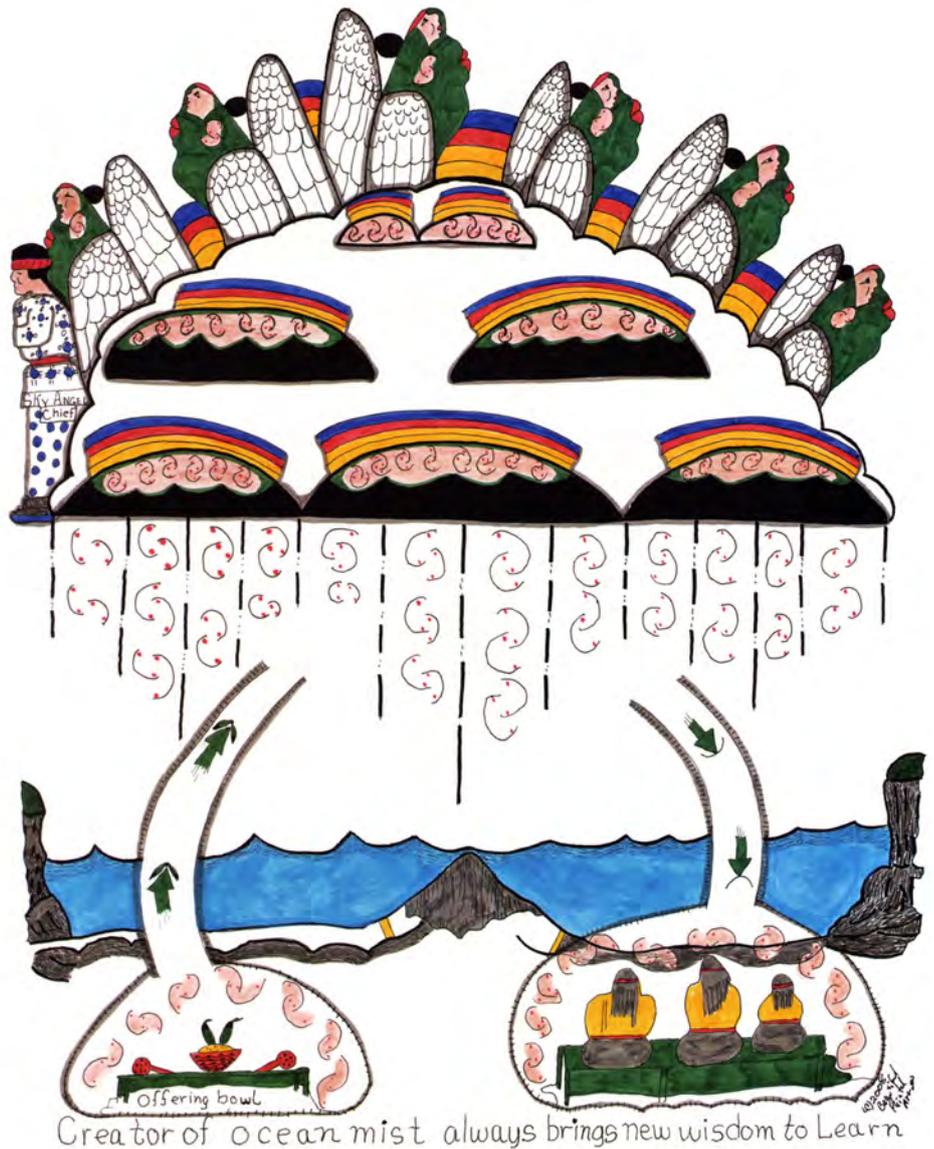
‘Pray daily: All my efforts today will be for divine presence for all life. Amen.’

*Peace Group August 2008*

‘Mother Earth functions in cycles. We have now come to the end of one of those planetary cycles, the one during which the Ancient Ones come from the center of the earth (that is the volcano in Iceland and the oil coming up into the Gulf of Mexico). We now have three more cycles to experience and not all of them on Planet Earth.

The book, *Being and Vibration*, ... starts with these words ....: Life is the road of goodness. Life is connected to time as crystallized meanings. Life purifies itself with heart connections so it can ascend beyond the heavens as radiating innocence.’

*Peace Group June 2010*



## **Sun Moon Soul Healing**

**from Rev. Lindsley Field, Shamanic Healer, Ceremonial Leader and Sacred Lodge Keeper**

I was given an opportunity in February 2006, to join a group traveling to Greece. We would be immersed in studying the birthplaces of modern medicine, spiritual healing and more specifically dream healing. The trip was entitled: *Exploring the Roots of Medicine: The Healing Powers of Ritual and Ceremony*, guided by psychotherapist and author, Dr. Edward Tick and his dear friend and fellow scholar, Richard Wickawitz, aka: 'Wick'. Both men were brilliant Greek historians and fluent in Greek myths.

This trip would focus on Asclepius, the father of Dream Healing and the precursor of Christ. A 'demi-god' hero, he was the son of divine Apollo, and his mother was the mortal Koronis. We would journey to the sanctuaries where dream healing took place including the islands of Kos and Crete.

John Fisher was one of 2 Vietnam veterans traveling with our group. He had been drafted into the Army and served in the 4<sup>th</sup> Infantry Division, 1968-1969, at the height of the brutal Tet Offensive. A skilled and devoted holistic doctor of chiropractic, he had been carrying his grief, shame and pain around for 35 years, desperately trying to hide it, overwhelmed and swallowed up by the atrocities and devastation he experienced in the war. In extreme pain, physically and emotionally, he suffered nightmares, flashbacks, anxiety, depression, anger, disorientation and insomnia. On this trip he was hoping to find relief and understanding about what he was experiencing and why.

As a medicine woman and shamanic healer, I understood that fragments of his soul had split off from his core. A protective, fight or flight response the psyche initiates when confronted with trauma, shock or threat of death. It is the body's way of coping with extreme circumstances. With the assistance of spiritual and shamanic healing, those fragments can be returned, and the person's wholeness and sense of self can be restored.

Little did John know these fragments were going to be returned to him in a healing ceremony, a 'soul recovery' or 'soul retrieval' as it is sometimes referred to. He was also to learn that this was one of the major reasons he had been in such pain and unable to recover from his experiences in Vietnam. When the soul is damaged to this degree, a person literally loses themselves on a psychic and spiritual level. Soul loss might be compared to trying to drive a car with flat tires, dirty air filters and oil, or a damaged hot air balloon that keeps leaking helium, trying to rise into the air: it can't.

My studies with gifted teachers including Beautiful Painted Arrow, alongside of being a Sun Moon Dancer, all played an integral part in my preparations to assist John in coming home to himself. Grandfather Joseph had shown me that it is possible to retrieve those split-off soul parts, returning a person to wholeness, returning them to the 'Medicine Wheel' of themselves. The Sun Moon Tree of Life and the Christ Consciousness that flow through this vehicle of transformation also played a key role in John's healing.

Our group of nearly 20 travelers and the ancient grounds we visited, provided another key ingredient, a 'sacred circle of life', as Joseph might describe it. 'We have come to heal the fragmented circle', Grandfather would remind us. The theme of our pilgrimage to Greece was indeed to study and explore the roots of true soul healing. Another principle he taught was: 'We are the land dancing'. With this understanding, I knew we were picking up the transformative atmosphere and ancient wisdom of this land. Where we explored, meditated and walked was the birthplace of Western Civilization. The energies were waiting for us. I could feel us being enveloped into the ethers of The Mystery, its 'possibilities' and 'potentialities', to use Joseph's words, were palpable.

Intuitive from an early age, along with my god given fluency in understanding metaphors and their medicine, allowed me access to the mystical realms of helping spirits who wanted to come forward on John's behalf. On the day of John's soul healing, we were entering one of the oldest cemeteries on the planet, Kerameikos, northwest of the Acropolis in Athens. Socrates, Plato and other legendary scholars and avatars had walked and spoken there. Great warriors were buried there.



Most of our group dispersed quickly to explore and wander this historic archeological site. Just three of us remained behind; John was terrified to enter this place. On deep levels he just couldn't bear it. His veteran friend Tony Luick and I walked beside him. He leaned into us, held on and courageously entered the cemetery. I wasn't sure what was to happen, but it was clear Tony and I needed to stay with him, he was on the verge of a full-blown anxiety attack.

As we entered, taking in this extraordinary place, turtles were everywhere, crawling among the grass and pathways. I felt a rush of potent transcendence filling the air around us. I felt myself shifting into an altered state of consciousness, something magical was happening. John didn't want to let go of my hand and Tony stayed close, whispering in his ear, trying to calm him. We walked a few steps. I felt a clear prompt from Spirit to ask him to find a place to sit.

Shaking and fighting tears, he looked around and saw a set of stairs leading to a stone bench, he climbed the steps and turned to sit, directly in front of him was a huge, bigger than life, white marble bull. It was the sarcophagus of Kerameikos himself. A few moments ago, this encounter might have sent him into a full-blown melt down, but the atmosphere of this rare place, the transformational energies of Spirit, our steadying presence, had calmed and opened him. Tony lingered briefly beside him, waiting as I did, for what was to come, moving away when he realized John was engaged in some kind of ceremony, and leaving the two of us together on the bench facing the bull.

I realized I was there to help bring his soul fragments back. I continued praying for direction and guidance. Years before Joseph had introduced me to a beautiful female shaman in spirit who, as he described her to me, was destined to come to me in this lifetime in order to serve and teach through and with me. Her name is 'Shaawaanaka' which translated from *Tiwa*, Grandfather explained, means 'the one who comes to the sower of seeds'. She had arrived.

Before moving into full channeling mode, I turned to John and explained what was happening, asking if I had his permission to proceed. Struggling with emotions and overwhelm, he nodded. I asked if he was alright with my placing my hands on his back, chest and head. He nodded again, yes. As guided, Shaawaanaka and I began gently sweeping his back, his heart and head. I could see foggy energy leaving his auric field, being released into the atmosphere. We prompted him to breathe deeply now, inhaling and exhaling slowly. More dark foggy energy exited his body.

Shaawaanaka began to sing to John. It was a universal language she was singing with some words and phrases from the Yavapai tribe, the 'People of the Sun'. Her singing continued, as hands swept down John's back, chest and head. The air was thick with portent. Ethereal, powerful, palpable energies swirled toward and around us. In a silvery mist about 20 feet in front of us, a cloud like Sun Moon Tree moved toward us. Shaawaanaka's singing continued, soft and beautiful, like a love song or lullaby. All around us I could feel and see a host of light-filled ascended masters, avatars, ancestors, angels, helping spirits filling the landscape. As the Tree floated closer and closer, I could feel and see the presence of Jesus. He was being ushered in by the Sun Moon Tree.

John was swaying slightly, his eyes closed now, his breath coming more smoothly and deeply. He was in a clear, opened trance state now, accessible and receptive to Spirit Essence. We disappeared into the silvery mists of the Sun Moon Tree. As Joseph taught me, it is the disappearing and reappearing for splits of splits of seconds that happens in our awakening dance ceremonies which creates our personal shifts and transformations, raising our frequencies to heightened wholeness as we enter and return from The Mystery a million bazillion times throughout our dances. This was happening to John now. As a team, we were disappearing into the primordial fluids of Universal Truth, The Vast Self, God and our 'cosmic nursery'.

My guide stood and blew down his spine, into his heart and up through his throat to his crown, then down each leg, hips to feet. I could feel the Sun Moon Tree's roots sinking down through his legs. Everything else disappeared as this was happening. We were enveloped into the Tree. The split-off parts of John's wounded soul were being breathed into him. He was coming home.

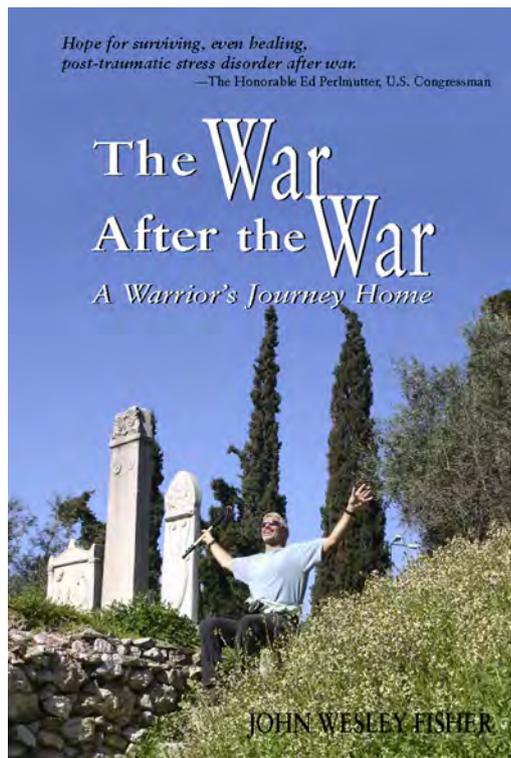
As the blowing ceased, the Tree receded, melting like stardust back toward the Taurean bull. The soul healing complete, my beloved guide, turned to the attendant spiritual beings, Jesus in the forefront, bowed to them and spoke

words of deep gratitude. She turned and bowed to John, bidding her farewell. As her energy withdrew from my body, as is her custom, she flooded me with unconditional love and appreciation for my willingness to merge with her and be of service.

A vibrant, radiant hush of stillness followed. John opened his eyes and turned to me, clearly changed. "What just happened?" he asked. Tears of relief flowed down his cheeks, his blue eyes were filled with light, his skin was flushed, his auric field expanded out so far, it reached the white Taurean bull. Everything glowed, we lingered on the bench, taking in the experience and the radiant colors of the shimmering, transcendent landscape surrounding us.

In time John stood, his walking sticks no longer necessary as he took the steps back down to the path. We stopped there and looked up at the bull. The pure white body glowed, as if it was coming to life with an urgency to do so while John stood before it. The bull seemed to be bowing his huge head in reverence, to honor John and to welcome him home.

With great gratitude and love to Grandfather Rael,  
to all the helping spirits of Love, Light and Truth,  
to my beloved Shaawaanaka, Jesus,  
and my soul tribe from long ago.  
Rev. Lindsley Field, Dancing Heart Wellness,  
[mysticheartdancer@gmail.com](mailto:mysticheartdancer@gmail.com)



the cover of John's book about his experiences



## ***A Metaphor Is Not Simply a Figure of Speech***

***closing words from Beautiful Painted Arrow, Joseph Rael***

'Ceremonies, metaphors, parables, puns and stories are the teaching tools of the spiritual teacher in every tradition, including mine. Metaphors connect the world around us with the metaphysical, giving us a window on the infinite.

A metaphor is not simply a figure of speech. Metaphor is how God is present in our lives. We think in godly ways because metaphor is energy that is in a state of action, breathing life into ceremony. We work with metaphor in order to find the essence of everything we encounter in the material world, in perceptual reality. We trace it back through metaphor, and when we trace it back, we find that everything is connected to the heavens. When we trace the language, it all ties back to the One.

Everything that exists is trying to unify itself with that whole. All ceremony exists to unify, to bring together, to bring into oneness - but within that oneness is the diversity of all that is.

The ancient storytellers asked us children to go in search of our relatives who stayed behind in that place of forever, beyond *nah ku tah* (the cosmos). They told us that would be our life's destiny, to find our relatives in that place of forever.

The number one in the language of sound vibration is eternal life, that place of forever, where life never ends and also never begins. The oneness is, actually, the only thing that exists. It is the only reality. And it is nothing. Yet from that nothing comes all that is.

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



**NEXT ISSUE** *Seeds of Peace Issue 15*, publication target date: November 5<sup>th</sup> 2019

**This current issue focuses on 'metaphor alongside experience'  
depending on what people send in, a different Teaching will be explored in Issue 15.**

If you feel inspired to contribute an article,  
please email submissions to [stellalongland@btinternet.com](mailto:stellalongland@btinternet.com) **before October 5<sup>th</sup>, 2019**



*light and shade*

'Everything in life is a metaphor for an idea,  
and an idea is God's presence in our lives.'

*Sound, Native Teachings and Visionary Art, p.152*

#### **about submitting articles**

Anyone who has been 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.

#### **editorial committee members**

Kristen Bissinger: [krisbiss601@gmail.com](mailto:krisbiss601@gmail.com);...Rick Cotroneo: [homica@nycap.rr.com](mailto:homica@nycap.rr.com);  
Stella Longland: [stella@peacechamber.co.uk](mailto:stella@peacechamber.co.uk); Jane Innmon: [peoplegardener@gmail.com](mailto:peoplegardener@gmail.com);  
Marina Budimir: [marinabudimir@gmail.com](mailto:marinabudimir@gmail.com); Tom Bissinger: [tomasbiss@gmail.com](mailto:tomasbiss@gmail.com).

#### **editorial policy**

*Seeds of Peace* 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.

#### **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.

#### **copyright notices**

Copyrights apply to all the text, images and photographs in this issue of *Seeds of Peace*, both as a publication and also through existing copyrights held by individuals and organisations.

For permission requests and queries contact: [stellalongland@btinternet.com](mailto:stellalongland@btinternet.com)

#### **website addresses**

explore Millichap Books: [www.millichapbooks.com](http://www.millichapbooks.com)

and their Joseph Rael pages: [www.josephrael.org](http://www.josephrael.org)

access Joseph's Teachings-in-action online: <http://www.peacechamber.co.uk/visions/video-recordings/>

and more about Sound Peace Chambers on: [www.peacechamber.co.uk](http://www.peacechamber.co.uk)

#### **Subscribe and Unsubscribe**

You are welcome to forward the newsletter to anyone who you feel would like to receive it, if they wish to receive future issues of *Seeds of Peace*, please ask them to sign on.

**Sign on to the mailing list by emailing:**

**[mayarinabudimir61@gmail.com](mailto:mayarinabudimir61@gmail.com)**

please include your forename and surname in your message.

To unsubscribe, email the same address writing UNSUBSCRIBE in the subject bar.

