

Seeds of Peace

quarterly newsletter

**Contributing to the Teachings of
Joseph Rael, Beautiful Painted Arrow**

***'Let the Heavens be reflected by the Earth
that the Earth may turn into Heaven.'***

words from a Sufi song

Issue 18: August 2020

contents

Above and Below

cover photo by Karsten Weber, a reflective seascape from Denmark. p.1

Helpers on the Path to Pah-nu

compiled by Lukas Budimir and Stella Longland. p.3

The Origin of Language

text from Joseph Rael, printed in a foreword to *The Visionary* by Kurt Wilt. p.4

Notice of the Postponement of the 10th Gathering

from Valerie Eagle Heart Meyer and the Rainbow's End Community. p.5

A Healing Dance for All Creation

by Hollis Payer from Pennsylvania. p.6

A Release from Lockdown Long Dance

held in England July 4th 2020, organised and chiefed by John Wilson. p.8

Henry Rowan, a Dancing Star

in memory of a dedicated dancer, a man of legend. p.9

Why Do We Build Chambers to Honor the Oval Shape?

by Beautiful Painted Arrow, from the *Timeless Visions* newsletter 1985. p.10

Beautiful Painted Arrow

a poem by Laura Munoz-Larbig, from the *Timeless Visions* newsletter 1985. p.11

Of Summer Light

a Beautiful Painted Arrow Artwork for *The Peace Group*. p.12

A Summer Blessing

an excerpt from the *Monthly Message* June 2014, sent out by Shamanzone for Millichap Books. p.13

Comedy Spot: Joking Aside!

newspaper cutting from the Sunday Mail, Scotland, October 28th 1990. p.14

Dad's Words to a Grieving Daughter

from Vision Dance Guardian Geraldine Rael. p.15

The Passing of Two Elders

in recognition of their contributions to the visions in the UK. p.17

Expanding the Austrian Connection

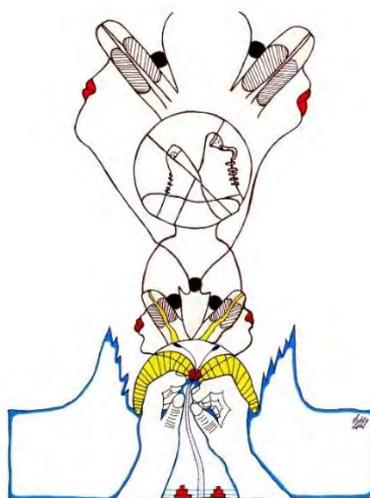
from research by Lukas Budimir. p.18

Opportunities to Participate in a New Website

being created by Geraldine Rael, introduced by editor Marina Budimir. p.19

News of an Interview and Notes from the Editors

p.19-20



The Path to Pah-nu

(copyright © Joseph Rael)

from *Being and Vibration: Entering the New World* by Joseph Rael (p.vi)

'At step five, energy, inspiration has taken a form and is now identifiable.'

Sound, Native Teachings and Visionary Art, by Joseph Rael (p.206)

"Pah-nu", the number 5, the 5th World we are entering.

Helpers on the Path to Pah-nu

compiled by Lukas Budimir and Stella Longland

'Let the Heavens be reflected by the Earth that the Earth may turn into Heaven'

These words, featured on the cover, were written by the Sufi Mystic, Teacher and Poet, known to us as Rumi (1207-1273).

This is how they look in Classic Arabic script which reads from right to left:

اعكس الجنة على الأرض لتتحول الأرض الى جنة

This is their sound in English letters, written from left to right to copy the English translation:

'ah genah erkis alah al ar'p - al ar'p mitatahawen il ah genah'

جنة الأرض

genah: heaven al ar'p: the earth

The story of Joseph's journey, led by three mermen, to visit Oceanus and receive the Fire Ceremony took place in Marin County, California, during a sweat lodge ceremony. Joseph had been invited by a Sufi organisation to participate in a seminar they were running; to give a lecture and to hold a lodge at a former schoolhouse perched on the edge of the coastal cliffs. In this way the Sufi mystic tradition opened a new path for him to spread his Visions.

Recently some of us Europeans became interested to know how Joseph originally came to Europe and we are in the process of putting together a history of his travels. If any of our readers can add to that history, please write to Lukas or Stella via the emails at the end of this article.

Lukas has discovered that it was a Sufi practitioner, Franz Krejs, who invited Joseph to come and lecture in Vienna, Austria. An invite, we believe, which opened Austria and Germany to Joseph's Teachings and Visions. The itinerary of the trip was organised by Lisa Malin, who later built the Vienna Peace Chamber.

For more information about the Austrian Sufi Healing Order contact Lisa Malin: lisa.malin@aon.at

One of the Sufi practices is to enter an ecstatic trance by spinning to the sound of drums and songs, it is generally known as 'whirling'. Rumi introduced this practice. It is not known if he knew that the earth spins on its axis, but nevertheless he 'real'-ized the metaphor: the vertical line of the body connecting above and below, the circular skirt spinning, the ecstatic union with greatness. And, in the realm of metaphor, the Sufi practice resonates with the metaphors of the Sun Moon Dance: the vertical connection of the Tree, the circles of the dancer's skirt and of the arbour, the movement round the medicine wheel and the surrender into greatness.

The Sufi practice of chanting also resonates powerfully with Joseph's Sacred Sounds Teachings and we included the Arabic in this article so that you can play with the 'Universal Tiwa', if that appeals to you.

To share memories of the line of transmission that you are in, please contact:

Lukas: soundchambereurope@gmail.com or Stella: stella@peacechamber.co.uk

Footnote from: <https://www.britannica.com/topic/Sufism/History>

Islamic mysticism had several stages of growth, including the appearance of early asceticism, the development of a classical mysticism of divine love, and the rise and proliferation of fraternal orders of mystics. Despite these general stages, however, the history of Islamic mysticism is largely a history of individual mystic experience.

The introduction of the element of love, which changed asceticism into mysticism, is ascribed to Rābi'ah al-'Adawiyah (died 801), a woman from Basra, now in Iraq, who first formulated the Sufi ideal of a love of Allah (God) that was disinterested, without hope for paradise and without fear of hell. In the decades after Rābi'ah, mystical trends grew everywhere in the Islamic world, partly through an exchange of ideas with Christian hermits. A number of mystics in the early generations had concentrated their efforts upon *tawakkul*, absolute trust in God, which became a central concept of Sufism.

The Origin of Language

text from Joseph Rael, printed in a foreword to *The Visionary* by Kurt Wilt

A NOTE ABOUT TIWA FROM JOSEPH RAEI

'In my teaching and writing, I have often referred to the various sounds in Tiwa, the language spoken by the Indians in my father's village of Picuris Pueblo. The sounds in the word Tiwa are "Tii," which is the vibration of reflecting, or thinking; and "Wah," which is the vibration of universes.

Tiwa means "universes are reflecting, thinking" and therefore they have language.

Tiwa is not just one language, it is the vibration of all language. It is anything that has to do with sound. Every person who speaks any language, anywhere in the world is speaking Tiwa. If you are an English speaker (or German, or Italian, or French, or Spanish, or whatever language) you are very much a Tiwa.

In fact, every person speaking is the universe reflecting on the consciousness of the multiplicity of billions of billions of billions of universes.

In the same way, when I write or speak about Picuris Pueblo as the heart center, I am not marking out that particular locale in north central New Mexico in particular. Wherever I am, wherever you are, is the heart center of the universe, because we have language, and we are reflecting, thinking beings.

The sounds in the word Picuris are: *Pii*, which is the vibration of the center of the universe; *cu*, which is the vibration of "where it sits"; *iii*, which is "multiple states of awareness." Picuris is the vibration meaning "the center of the universe, where it sits in multiple states of awareness."

Language happened this way: first the Vast Self (Divine Presence) created Taa-Que Spirit of Tiwa, sometimes referred to as Plow Man (the vibration of universes reflecting), and then, out of that, the people were given language.'

* * * * *



Born into being and vibration the Prehistoric Farmer demonstrates how multi-universes were made with the sound of "Taa-que". The farmer hits the Long planting Pointed stick with a piece of wood. After the sound of "taahque" is made he plunges the pointed stick into the ground and drops a seed into the Now fertile Land which is now the Divinity of the Vast Self. Life inside the Vast Self can now see all the wonders of creation. see figure 1

(copyright © Joseph Rael)

Artwork text:

Born into being and vibration the Prehistoric Farmer demonstrates how multi-universes were made with the sound of "Taa-Que". The farmer hits the Long planting Pointed stick with a piece of wood. After the sound of "taah que" is made he plunges the Pointed stick into the ground and drops the seed into the Now fertile Land which is now the Divinity of the Vast Self. Life inside the Vast Self can now see all the wonders of creation. see figure 1

Being and Vibration: Entering the New World by Joseph Rael (p.13)

Notice of the Postponement of the 10th Gathering

from Valerie Eagle Heart Meyer and the Rainbow's End Community

This is a challenging time for everyone in the world, including our Sound Peace Chambers. As we see it here at Rainbow's End, one of our jobs as Peacekeepers is to comply with reasonable and just laws of the government. As of midnight, March 19th 2020, California's Governor issued an executive order/mandate to "Stay at Home!" This has, of course, had an effect on our many ceremonies here at Rainbow's End. We have always worked toward what is best for The People, so..... no Gatherings, Lodges, Circles, Prayer Dances or Ceremonies are being offered here at this time. The ending time for these restrictions is still unknown.

We have postponed the Women's Dance of Green Corn, the Butterfly Dance and the Water Dance. The Ceremony of the transformation of an existing structure into a Sound Peace Chamber cannot happen because we are not allowed to "gather" in groups and this Ceremony requires "gathering" and teamwork.

Much Prayer, reflection and counsel with the Grandmothers of this Land resulted in our decision. As we do our part in containing the spread of the virus, we recognize the Chamber here at Rainbow's End cannot be completed by Fall this year. We are deciding now if we should plan the International Gathering of Peace Chambers for Spring of 2021....or wait until Autumn of 2021. We are considering the last weekend in September 2021 because there were 4 or so people who had shared they wanted to stay and Sun-Moon Dance here at Rainbow's End the first week-end in October.

It is with deep regret that we have taken this action. We were all joyfully anticipating seeing all you wonderful people and celebrating our work for Peace together here on this Land! We will keep you updated on the new date when we have more information.

Thank you for your ongoing work for Peace in the world. Much Love to All of You!

Yours in Love & Service, Valerie Eagle Heart Meyer & the Grandmothers of Rainbow's End



Californian landscape on the road to Rainbow's End

photo from Lukas Budimir

A Healing Dance for All Creation

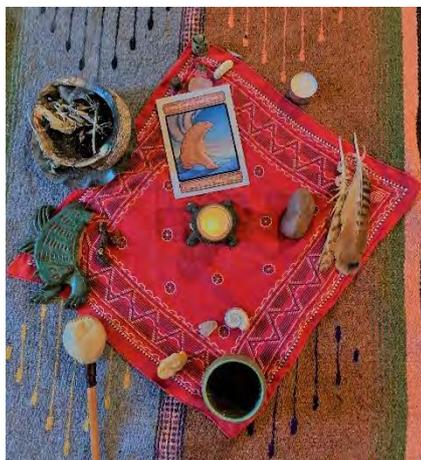
by Hollis Payer called to become a Sun Moon dancer in 2020

After participating in countless sweat lodge ceremonies – with a dozen as water pourer, dancing 7 Long Dances, and acting in support roles for the Drum Dance at Birdsong Peace Chamber, Pennsylvania, and the Sun Moon Dance at Sweetwater, Arizona, 2020 was the year I was called to become a Sun Moon Dancer. Feeling a special connection with Jane Marron Innmon as Sun Moon Chief and friend, I called her in January and asked my questions, expressed my fears and hopes, and considered dancing in Tucson in April. Travel complicated my dance planning, and I decided instead to dance in July here in Pennsylvania, my home state. I reached out to Kevin Koser, Sun Moon Chief at Birdsong, and let him know I would be there.

With the Covid outbreak, and the shutdown of the dances worldwide, I wondered when I might dance again. I read how some were marking their dance without gathering, and others were gathering and not dancing. I cried out to Spirit for a vision. “Show me a healing ritual that I can enact for the good of all creation.” And I was shown my dance. It would begin in the East, traveling counter-sunwise - what I think of as “going Heyoka” in the manner of the Lakota sacred clowns acting in backwards ways deliberately – moving in this reverse direction in the East, then traveling South, West, then North, and continuing around the wheel to unwind time, personal history and the current cultural story. Then I was shown Eagle in the East, who flew all over the land, high and low, surveying, seeing what was good, what fed the People. Eagle then led to Salmon in the South, who danced a joyful, sinuous dance of creation, which spawned eggs that fed Bear in the West. Bear danced the harvest with deliberate, powerful steps. I was not shown the dance of the North. I knew I would need to arrive in the North first, then I would know what to do.

I came to understand this would be *my* Sun Moon Dance, and I asked Jim Frank if I could enact this dance on the land at Malvern Sweat Lodge, using his ceremony space Miami as my dwelling (and back-up dance space if the weather kept us from being outside). Jim loves ceremony, and he loves me... he agreed to help in any way I needed.

We planned for July 11- 12, putting it within the time frame that had been scheduled for the Sun Moon Dance at Birdsong. I saw the dance as happening within a 24-hour period, during which time I would dry fast. The dance would end with a sunrise ceremony, then a water ceremony on Sunday morning.



I arrived at Jim’s place on Saturday morning and immediately found a four leafed clover. This would go on my personal altar, near my sleeping space in Miami.

When that was arranged, I called in the directions and set my intentions for the dance by creating prayer ties, which I hung over my bed. I then laid out the dance arbor. Jim and I determined the center point would be a field stone that was nearly buried in the ground: a round rock surface, about 2 feet in diameter, projected from the earth. Jim had already been using this rock for his own ritual, and this rough, nearly flat circle had small piles of salt in all four directions, and the center. Marking 12 good paces out from the center in each of the four directions, I placed large rocks as gates. Then I created the offering altar on the center rock. This altar became my mandala of life composed of flowers, leaves, sticks, and seeds from my own garden, with representations of my communities and my families, and tiny sprinkles of sugar and glitter (for what is life without sweetness and sparkle!). I walked the perimeter of the arbor 4 times, laying a corn meal line while chanting the protection prayer Joseph taught: “*Meh-eh-key-oh*”.

I rested until the dance was to begin. I prayed only for my intentions and knew I would be guided perfectly to dance the dance as it was given me. Jim sat outside the East gate and drummed. I went again around the arbor with sage and cornmeal. He presented me with a bone whistle, beautifully crafted by our friend Ted Swan. I was ready.

I stepped through the East gate and began dancing Heyoka while singing through my whistle to Jim’s drum. I had been shown images of my spirit guide, White Bear, dancing with large gestures, hopping foot to foot, and so I did likewise, as I prayed for undoing.

When it seemed as though enough time had been unwound, I stopped in the East and the drum stopped too. As I began to dance again, it was as Eagle, going forward to the offering rock and back to the cornmeal line again and again. Eagle searched sky, land, and water using powerful wings and keen vision. Looking for the food to feed all the people. My arms spread wide; my whistle became the sharp cry of the predator in search of the prey. I traveled the earth, moving forward and back to the offering rock.

When Salmon appeared in the South, Eagle flew to it, reached its talons to Salmon, and became Salmon. The Dance in the South still moved forwards and backwards from the offering rock, but with Salmon's curvy ways: S-shapes, swimming, undulating as she moved nearer the source, which became her spawning ground where she laid her eggs at the end of the South Dance.

Bear in the West scooped her eggs with sharp claws and ate them up, and began the Dance of moving forwards and back, first on all fours, then upright: scooping, digging, working the land, harvesting the gifts of the Mother for healing.

When Bear's work, the Dance in the West was done, I moved to the North and stood still, quiet. Here, I am no animal; I have no name. I wait. When I move, it's with the realization I am everything and nothing, and my dance is to gather all the dances, all the directions, all the beauty and pain, and dance sunwise, round and round, slowly spiraling in to the center. I lay everything in the center, touching and holding the offering rock until there is nothing left to offer.

The drumming has stopped. I stand and walk out the East gate and say to Jim: The Dance is over.

Because we had talked earlier of the possibility of dancing two times, Jim asks "Could there be more?" I answer, "There could *always* be more, and *this* Dance is over." We laugh.

We sit in silence in the East. My mind is completely still. I watch as the earth continues the dance, her surface gently rolling and rippling, grass, clover, all living things, all dancing. I sit and watch the dance for a long time with no thoughts, and then find my way to bed.

I wake before dawn, but not before the birds I hear chattering. Jim meets me on the hill above the sweat lodge and we sing to the sunrise "Way-yoh way-yoh..." offering cornmeal in thanksgiving, bringing the sun's rays into us.

"What's next?" Jim asks. "Water", I say. "Ok, you do your water ceremony and I'll go inside and make you a cup of coffee." He turns toward the house and I smile as I go for the water to cleanse and to bless. Smiling because I love ceremony and I love Jim, and I love coffee.



The dance now lives in me. It was a gift from Spirit, and I am grateful I did not turn away from it. By saying yes to my own dance and enacting it as fully as it was given me, in a sacred way, I have brought about healing for myself and all creation. Eagle flies on strong wings, with sharp vision, to find food for all living beings. Salmon expresses the joy of creation and nourishes the healing work of Bear. All who dwell in the North gather the gifts and return them to Source, so that the dance may begin again.

May all who walk the path be blessed. A-ho! Hollis Payer July 2020

the photos included in the article are from Hollis Payer

A Release from Lockdown Long Dance

held in England July 4th 2020, organised and chiefted by John Wilson

A notice was issued by the UK government on June 22nd, at the Monday weekly briefing, that in 10 days time there would be an easing of the lockdown restrictions in England. We would be allowed to camp overnight and perhaps it was possible for us to get away with holding a ceremony. It took me a couple of days to decide but then I put out a message to my local sweat lodge community. I proposed a Long Dance, with sweat lodge, the usual form for the dance. The response was astounding. There were 9 days to the day of the dance and within 5 days I had 16 dancers.

It was to be a full moon on the night of the dance and the excitement for it was electric. We dry fasted all day with most participants entirely new to the dance. We built a new sweat lodge and dance arena. The dancers' banners were beautiful with many unique and elaborate designs. Luckily, the lodge was big and we managed to squeeze all in. 20 of us huddled in the lodge, praying and chanting together, like puppies at the breast of God. We did a full four-round sweat, with everyone making it to the end with a sense of achievement and completeness. The last round was super hot, just the way I like it, I gave the invitation for anyone to leave if they needed, and explained how that would be a super blessing for us all, but like me they were up for everything.

We emerged into the darkness, it was about 11 pm, the sun having set somewhere near 10 pm. It was some time before we recovered enough to get our skirts on, several new dancers having forgotten the request. I supplied two men with my spare ones. My son Benito was fire keeper for the night and with the help of one of my assistants began to transfer the lodge fire to the dance corral fire pit.

The drum called the dancers to the dance corral and I told them that we were dancing for ourself, our community and the cosmos. That every step of the dance was a prayer, that we had sacrificed our food and water so that we be closer to spirit, closer to our truth and closer to the divinity that we all truly are.

We danced to the mother drum, and it seemed right to sing the songs. I'd asked them to bring instruments, there were wooden flutes, classical music flutes, rattles and drums. About 2 am we stopped all the music, we stopped the mother drum. "Dance to your own drum" I said, "the one inside you. Listen to the sound of your own feet on Mother Earth drum".

It was at this time that the clouds parted, and the stars appeared. It had rained every day leading up to the dance and the forecast was for more rain during the weekend. It did not rain and for many of us at this time we saw the stars dancing. We looked up and the stars were jumping in and out to the beat of our feet. Many of us saw it. After 20 minutes or so I shouted out: "Are you ready? Are you ready?" We were ready for a new direction, and we changed direction. We all went crazy, whooping and hollering at the top of our voices, trilling and laughing, imitating animals, singing together, spontaneous poems, wobbling on the edge of hysteria and ecstasy. I thought we would wake the farmer or his neighbours, I thought the police might turn up.... The dance rolled on, people tired and dropped but a core of 10 made it to the end, the drummers and the fire keeper too.

After the sunrise chant facing the east, a handful of us crawled back into the lodge, for two rounds of gratitude prayers, we had a new fire keeper as Benny had taken to his bed in true teenager style. The new fire-keeper forked in 20 rocks and then crawled in with us. We sang, cried, prayed and someone spoke in strange tongues. We gave our gratitude to the land, to the dance, to Grandfather Joseph, to the songs and these ways that bring us to ourselves.

After the lodge I needed sleep, I found out that the tent I was to share with Benny was only a one-man tent and he, 6 foot 5, left no room for me. So I slept in the medicine tent which, being short on pegs, was like a wind tunnel.

During the feast we shared our experiences, and all shared a beautiful story. It was a unique dance that burst from the confinement of lockdown; it expressed our joy to be back, back in the bosom of nature beneath the stars and the trees, dancing, singing, screaming our joy to be alive and together, united in the harmony of the drum and the Long Dance. The full moon had shone upon us that night and moon song transformed from a lullaby to a wild dancing song. I've since tried to recapture how it sounded that night but the feeling of it is eluding me. We were all

packed up and on our way home by 4 pm, the farmer hadn't heard a thing, he was super pleased too, as we gifted him an extra £50.

We are going regularly now to his land for sweat lodge and he has agreed to allow us to hold a Sun Moon Dance next year, some time in June. I'm looking forward to dancing in Germany at the end of August, if it manages to go ahead. I will be dancing for Henry Rowan. I think he holds the record for most Sun Moon Dances danced, after Joseph, a truly inspiring man, and amazing chief. He passed last night, and later today we will crawl back into the lodge to sing him songs, pray and remember the blessings of his life. Aho!

written July 25th 2020



a sign from Rainbow's End, California, photo by Lukas Budimir

Henry Rowan, a Dancing Star

In Memory of a Dedicated Dancer, a Man of Legend

Henry was indeed a legend in his own lifetime, famous for the astonishing number of times he had danced the Sun-Moon Dance and the number of journeys he took to participate in the Visions of Beautiful Painted Arrow, Joseph Rael, in most, if not all, of the countries where dances take place.

A citizen of Ireland, or Eire in the native tongue of the people, he hosted a Drum Dance in the county of Sligo in 1996. It was the 5th in a full cycle of Drum Dances led by First Chief Joseph Rael which, beginning in 1992, were danced, one a year, in Scotland, England, Wales, and Ireland.

It seems fitting to tell a legend here. People had gathered for a Sun-Moon Dance near Manchester in England. Henry had said he was coming but had supplied no travel details. Soon the sweat lodge fire would be lit and no



sign of Henry, was he waiting at the airport for a pickup? Suddenly, in a plume of dust, an open-topped sports car, came bouncing along the bumpy track to the dance field. Sat up in the back, balanced on the bodywork, was Henry. He blagged a lift from two complete strangers. The look on everyone's face, including theirs, was priceless!

Last year Henry was able to realize a long-time vision to host a Sun-Moon Dance in Eire, a dance at which, even though he was very ill with cancer, he was able to Chief with the support of people from many countries. The story of that dance, written by Denis Rojas from Brazil can be read in *Seeds of Peace*, issue 15, titled: *The First Sun Moon Dance in Ireland, with Chief Henry Rowan*.

He returned to the Ancestors on the evening of Friday, July 24th, in the country of his birth. Thank you, Henry, for so much wisdom and so great a commitment.

Chief Henry Rowan, photo sent by Henry to Lukas in 2017

In Gratitude for Printed Newsletters



compiled from the personal archives of Joseph's Students

Every now and then a story or a document from the past drops into the hands of an editor and a piece of history is illuminated! An instance of this happened at the 2017 Gathering where some copies of early newsletters were to be seen.

One was a newsletter named *Timeless Visions*. It was printed and sent by post to the group of students helping Beautiful Painted Arrow at that time. The following article and poem are from the Summer Issue 1985.

Why Do We Build Chambers To Honor The Oval Shape?

By Beautiful Painted Arrow, from the *Timeless Visions* newsletter Summer 1985

Chambers are spirit catchers.

It is there that the two leggeds can go to attune themselves to the cosmos.

The oval shape is the symbol of calling forth life. By entering the sacred chamber we are clearly demonstrating that we are one with all of creation. Hence, when we seek our origin, we become the past, future, and present. 'Waa', the spirit of life, acts upon the center of this living space and creates the ability of transformation.

Life, transition, and rebirth are our give away to the creator.

Transition is the motion of traveling, changing, and growing after an initial exploration, which opens up a person to their higher consciousness. The path of a being is one of rebirth. It is those beings who enter life, transition to a higher form, seek only the highest good, excellence, and achievement.

In 1985 and 1986 we are touching, sounding, and feeling the birth of chambers, oval in shape, from Hawaii to Rhode Island, and across the seas to Australia. These ceremonial chambers are for peace. They are the places of the light.

We are the people; the two leggeds, the four leggeds, the beings of water, and all of existence that are oscillating from the point of the oval shape, of creative thought, of the spirit in life, of the universal mind, and of the body of the great spirit's truth. We journey forth in peace, for building chambers is rebirthing, and maintenance of them is life becoming wisdom while in passage to a greater place in the continuum of timelessness.



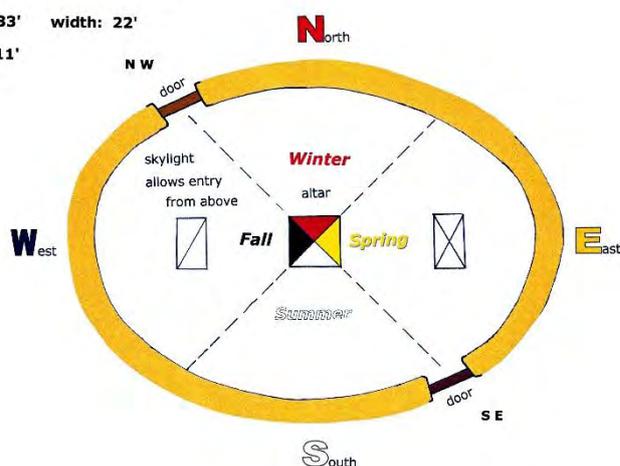
note from the editor: in the original text the word 'kiva' appeared 4 times. It is a word that we no longer use as a description of the Sound Peace Chambers. The reason being that a 'kiva' is a sacred building which is part of the cultural heritage of the Puebloan peoples. In the text it has been replaced by the word 'chamber'.



ground plan of first chamber

length: 33' width: 22'

height: 11'



This ground plan is not an original drawing but was put together for the <http://www.peacechamber.co.uk> website in 2009 from information, gleaned from various sources, about the 1st Chamber, which was built in Bernalillo, New Mexico in 1983.



Beautiful Painted Arrow . . .

Wavering in the heights of heaven
he pulsates in the half-unseen
violet hues of the rainbow.
He is the arrow pointing
to the path of the North
that leads to the sweat lodge,
the house of cleansing.
There, the womb of mother earth
envelopes us once again.
We become purified
by being immersed
in healing steam
which imitates the breath
of the primordial vapors.

He who thus immerses us
into this soul-singeing steam,
becomes our spiritual midwife,
whose hand steadies us
after the shock of purification.

Strange, though, was this man
who spoke few words.
I swore he told us more
than I heard him utter.
The silences between his words
yet transmitted knowledge
I could not hear.

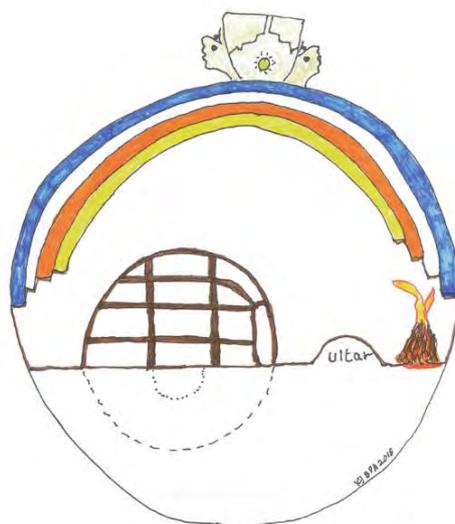
And his small gestures yet
seemed larger, his arms
outstretched in supplication.

There was no forwarning
of the transformation
I would live through
once I stepped into his lodge.
I sustained a cleansing so complete,
I no longer recognize myself.

He tried to warn us though,
I remember he said it would change us,
that we would never be the same.
So unassumingly spoken,
I barely took notice
when he said it.
It was, I assumed,
the "great things will happen"
speech of a priest
expected by his followers.

Now when I look up skyward,
I see the aura of a rainbow
and at its very edge,
I see a beautifully painted arrow,
flashing like neon.

© Laura Munoz-Larbig 1984



There is one word on the picture, 'altar'. It looks like a picture-word where the 'U' is a cup and the altar is 'Ul-tah', a cup full of descending light.

Sweat Lodge

(copyright © 2016 Joseph Rael)

Walking the Medicine Wheel: Healing Trauma & PTSD, David Kopacz and Joseph Rael (p.55)

In Gratitude for Digital Newsletters

A History of Newsletters from 2008 to the Present with Excerpts

Of Summer Light

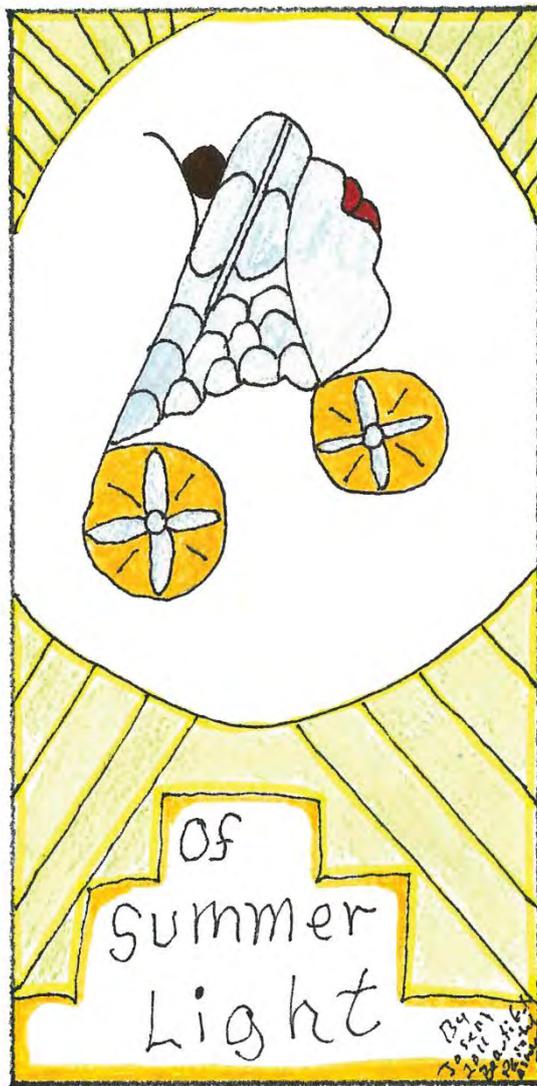
A Beautiful Painted Arrow Artwork for *The Peace Group*

In 2008 Joseph's publishers at that time, Council Oak Books, created *The Peace Group* by inviting people to subscribe to receive a message each month containing Beautiful Painted Arrow Teachings in texts, artworks and sound files.

The Peace Group continued until 2012. The following artwork is from the July 2011 Issue and was introduced with these words from Joseph, Beautiful Painted Arrow:

"*Of Summer Light* carries the vibration of this season when Grandfather rides the mystical horse across the heavenly sky while marking the end of springtime and blessing summer light.

"*Of Summer Light* also shines in all the other seasons for we are the timeless and we are forever."



(copyright © Joseph Rael)

The Peace Group messages, can be found online at:

<http://www.peacechamber.co.uk/12-months-of-peace/year-of-peace/>

where the contents of the five years have been compiled into twelve months.

A Summer Blessing

an excerpt from the *Monthly Message* June 2014

“Remember that we are children who were born either during, before or after certain wars, so we are caught in this place where there has always been a war going on when our children are born. And so the younger generation - we teach them how to behave based on what's happening at the time.

“And that's why these teachings that we have that are very old are yet always very new. We need to respect ourselves and respect life. And then we can move on to ... you see, we are really trying to achieve the quantum leap that I think we are very close to finding. When we make that quantum leap we will have completed the experience we had in this dimension. And we are very close to it.

“And the final thing that I want to say is every moment has its time. Every moment has its seasons. And now it's our season. It's our time now. It's our season. So we can be whatever we want to be because it's our season. And we will have seasons and we can be whatever we want to be at any moment in time. We can be the winter season, the spring season, the summer season, the autumn season, because we are the two-leggeds that came here with a destiny. And that destiny was to bring all of the worlds together. And there are many, many worlds, including this reality that we find ourselves in. Thank you.”

Joseph Rael, Beautiful Painted Arrow.



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The *Monthly Message*, ran from February 2013 to December 2014, under the auspices of <http://millichapbooks.com/>, headed by Paulette Millichap, Joseph's publisher. It was edited by Francis Rico of Shamanzone, <http://www.shamanzone.com/> and sent to a mailing list of subscribers. In 2015 Francis turned his attention to producing the marvellous series of *YouTube* videos, also on behalf of Millichap Books, which are still available to view.

*These are some words from Francis on his role:*

“The project was initiated by Joseph, who wanted a monthly message to go out so that our community was touched, month after month, with his love and encouragement. He didn't want to do a special interview each month - that was too much - but we would often consult on trending energies - and then I would look at his body of work - his vast volume of deep messages, and one would shine! I would then take the shining message, find a photo or two that complimented it, and share it with all of us.

“My commitment was to be totally transparent - with no agenda -with no additional commentary. Joseph's messages have a completeness to them that includes the spaciousness of the Great Mystery - and I was easily able to resist the temptation to explain the mystery, because that was the point! My position was profound *respect*, period. This work was supported by Paulette Millichap, his Publisher and friend, and we would all three consult on what was calling to be expressed.”

~~~~~  
In January 2015 the sending of the *Monthly Message* was passed on to the Council of Elders. In December 2015, Joseph retired from participating in the *Monthly Message*. It was renamed *Remembering* and since January 2016 has been sent out each month via Mailchimp from Australia by Jennie Coles, Sun Moon Dance Chief and Chamber Keeper. To subscribe contact: sevencirclesoz@gmail.com.

~~~~~  
The *Seeds of Peace* newsletter came on the scene in March 2015 from discussions held at the 2014 Gathering in South Africa and Issues 1-9 were edited by Andrew MacDonald from Brazil. In 2018 the editorial committee was formed which brings the story of the newsletters to the present day. Except to say that many of the Chamber and Dance Groups that follow Joseph's Visions also produce newsletters for their communities.

Heartfelt thanks and gratitude to all those who promote this work that is worship.



**HEAP BIG AMAZED**

Chief Beautiful Painted Arrow was astonished when John suddenly spouted dolphin noises.

**DOLPHIN BABE!**

**Mum says wee John speaks to his sea pals**

A proud mum was left speechless by her toddler son's strange screeches. Now she says he can speak the language of DOLPHINS. And the bizarre claim has been backed up by a full-blooded Red Indian Chief.

Tiny John Ross MacDonald's mum Lindsay, 40, lives with the world famous mystical Highland seer Swain MacDonald. And she says John, two, suddenly spouted forth in dolphinese during a water cleansing ceremony.

**NOISES**

An Indian chief had flown in from New Mexico to say water purifying prayers on the shores of the Moray Firth. There are fears that pollution will kill off dolphins in the waters. Half-way through the sacred ceremony John suddenly started making strange noises. And Chief Beautiful Painted Arrow stopped in mid-chant and stared amazed at the youngster.

Lindsay, of Ardgay, Sutherland, said: "It was all very embarrassing. I didn't know he was making dolphin noises. I'd tried to quieten him. I thought he was being naughty, which was most unlike him. But the Chief said: 'Do you hear the dolphins? It's your little boy. Do not stop him'."

She added: "John has hardly stopped since, although he does not do it so often. The sounds come out when he is tired. John had never heard dolphin sounds before so he could not be imitating anything like that." Swain, 58, and Lindsay have bought Mike Oldfield's album *Reverences*, which includes recordings of dolphins in the deep. And John sits entranced.

From New Mexico, the Chief said: "It was extraordinary. We were only minutes into the chanting when it happened. The boy was making whistles and screeches. I knew immediately what it was – he was making dolphin sounds. It is our tradition that children have the ability to communicate in this way. But this is the first and only time that I've ever seen it happen."

Now John is to get another chance to speak to the dolphins. The Chief is returning to repeat the ceremony and little John will be the guest of honour.



**Footnote:** The ceremony, on the beach at the Findhorn Foundation, took place in 1989.

The BBC funded Joseph's airfare to return and repeat the ceremony in May 1991.

The cameras were rolling..... but the babe did not utter a sound.

In 2020 the dolphins are thriving.

see also *House of Shattering Light: Life as an American Indian Mystic* by Joseph Rael (p.140)



photos of the Moray Firth dolphins from Stella Longland

## ***Dad's Words to a Grieving Daughter July 13, 2020***

**from Vision Dance Guardian Geraldine Rael**

My father rang me this morning.

He wanted to let me know that he had a written response he needed sent on his behalf. I, or my husband John, was to run by and grab it. I told him I had a mini iced donut with his name on it, he asked if I had a few ounces of coffee to wash it down with before we hung up. He was up here in a total flash!!

That's way cute!

"Shhhhh, don't tell her." He'll be in trouble. He is, otherwise, very VERY good at eating healthy. Carolyn doesn't allow sugar & caffeine. She's found Sonic wrappers in his green house or his truck, so she knows.

A grieving daughter of one of his former students had sent word that his dear friend Alexander has passed on, into the Spirit World. This gentleman was the first person to support and help facilitate and put forth the very FIRST location of my father's vision of his European Sound/Peace Chamber in that far, far away land on the other side of the World. These Sound/Peace Chambers form a protective "grid" over Mother Earth.

His message to the grieving daughter was he was soon going to "do his part in assisting her father by Opening the Gateway for his soul to enter into Heaven." His writing said, "I was trained while growing up at the Picuris Pueblo, to do this." He told me he was going to assist her father, (as well as another one of his male students that has recently passed in the U.K.) I learn something new about his amazing work from time to time.

There is a fire lit in EACH one on these Sound/Peace Chambers on the 7<sup>th</sup> of every month to chant and pray for Peace/Healing/Unity/Oneness etc., etc. Those that do not have access on the 7<sup>th</sup> have been able to "light" a fire energetically from wherever they may be. On an airplane (envisioning a firepit fire or a lit candle), or in a state park just getting ready to pray around a firepit, or in their own Peace/Sound Chamber. Basically, if you do not have access to a Chamber you BECOME the Sound/Peace Chamber.

This man was a trail blazer and one who saw the MERIT and BELIEVED in my father's work, a very special Man according to persons that have shared with me. These Sound Peace Chambers are ALL over the World! These Chambers were born from a vision that was sent directly from the Sacred Grandfathers' Council that spoke to my father and directed him. Other visions of my father, Joseph Rael, Beautiful Painted Arrow, are the Long Dance, the Drum Dance and the beautifully balanced AND, his beloved, Sun-Moon Dance. Many, many, MANY students experienced grounding and are healing themselves and giving back a HEALING Vibration by carrying and sharing these Ceremonies into their daily lives ....

People from ALL backgrounds come together through my father's work, it is truly amazing to me! There is no religious affiliation or color of skin that divides them. They are located internationally, way too numerous to mention but I can mention a few, Tennessee, New Mexico, Colorado, Texas, New York, Oklahoma, Croatia, Africa, Australia, Italy, Germany, Brazil, Bolivia, and the United Kingdom.

You can find his meaningful teachings in his books found at Millichap books or on Amazon and see some of his videos and metaphoric art on YouTube or on his website <http://www.josephrael.org/>.

Soon, I will have my own website. He has placed upon me, the gift of keeping his work and his teaching relevant because he is now retired and also because I am of his lineage and his eldest daughter. I have my work cut out for me, especially with this WORLD pandemic. I spoke to him this morning about some of my plans for the new website. One is creating short videos of Dance ceremonies. I told him that in the past it has been something that was never, NEVER to be done. However, during this time of pandemic, I need to "grow" his teachings and to "find" a NEW way to allow others to "feel" involved in this sacred and life-changing work. I told him I want to put these on my website to allow others to see and learn about the beauty and peace that my father's teachings and Dances can bring to one's life. You know what he said? He said, "If anyone has a problem with any changes you need to make, tell them that I said, that was then. This is NOW!" (1% of me was a tiny bit nervous as to what he would feel about me placing short videos of some of the Dances on the new site to further his teachings and his work.)

I love you Dad! YEEES!!

He went on to say, "You have my total support in the changes that you must make to ensure my work is available, accepted and continues to be relevant to ALL of the People."

This morning, we also spoke of current world affairs. One of our Sun-Moon chiefs and I recently spoke of this, saying that it would be interesting to hear what IS Joseph's opinion about what IS happening with our current world affairs?

He went on to say, "It is a PURIFICATION. It is a CLEANSING; it has become TIME. It is NOW time for us to evolve. The elders are slowly leaving us, because it was the elders (back then), they created all of this." What a metaphor, it makes TOTAL sense!

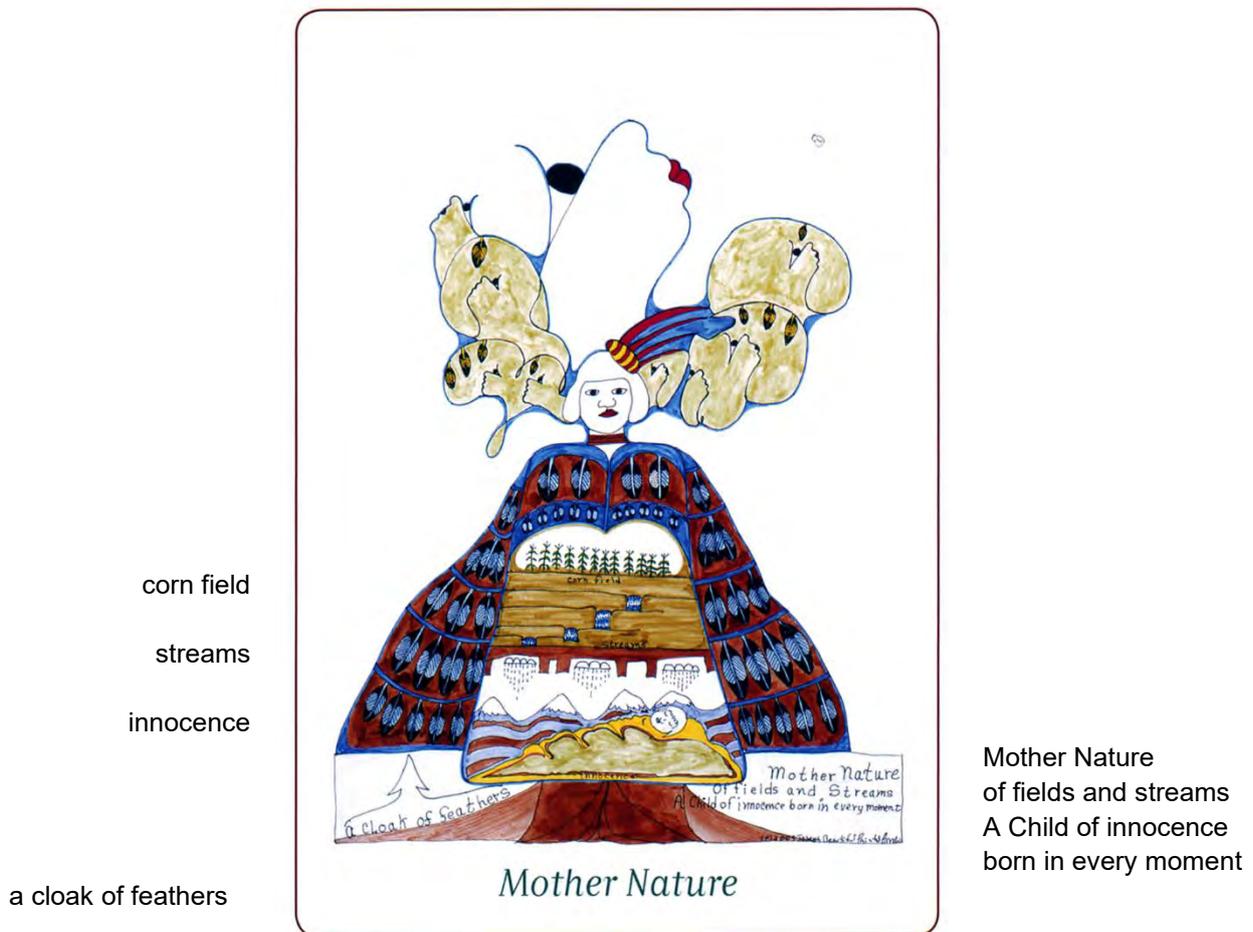
He went on to say, "This is what we have been dealing with for hundreds and hundreds of years. It's become TIME for things to CHANGE." I say this over and over, it is an important teaching that I was taught to live by - Change is Growth!! Otherwise stagnancy takes place and you are Stuck in Form – "Don't Get Stuck in the Form", one of my Father's main teachings.

The Universe has heard the cries and the pleas, it is now shifting toward making things more "balanced". More of a BALANCE for ALL of our oppressed societies and ideologies.

We will complete a Purification and a Cleansing of what our elders have perpetuated; of what eroded the two-legged to such a disabling point of racism, greed, oppression of the People, the contamination of the Oceans and marine life, and the steady destruction of our Planet.

One day soon, our World will be Purified and Cleansed and will live in harmony. We will FINALLY, live in unity.

Geraldine Rael, Eldest daughter to Joseph Rael, Beautiful Painted Arrow



(copyright © Joseph Rael)

one of the *Beautiful Painted Arrow Visionary Art Cards: The Path of the Red Road*  
available from <http://millichapbooks.com/>

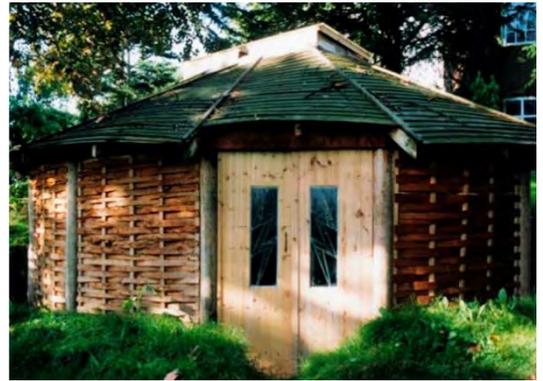
## ***The Passing of Two Elders***

**In Recognition of their Contributions to the Visions in the UK written by Stella Longland**

Within the last two months, two of our Dance and Chamber Elders in the UK have left us to return to the Land of the Ancestors.

**Peter Terry** died in his sleep on June 23<sup>rd</sup> aged 73. Peter built the first sound chamber in England in Worcestershire close to the border with Wales in the early 1990s. The chamber was named, *Song of the New Dawn* and was located in the grounds of a manor house whose history went back to the Medieval period. The woven wicker walls of the chamber echoed the Iron Age building methods of the ancestral Celts.

*chamber photo from Junitta Vallak 1994*



*Eagle striking, a stained-glass window in the chamber, photo also from Junitta*



Peter was a supporter of the Dances from the early days and hosted the Drum Dance in 1997, chiefed by Joseph Rael, Beautiful Painted Arrow. He was a dancer, not only in the UK but also in Germany where he danced in the first Sun Moon Dance there in 1995.

As a baby in a carrycot, his mother was involved in a car accident and he sustained severe head injuries, miraculously he survived. He used to joke that he had only half a brain, and, for me, that made his achievements even more remarkable. I only met him once, at the second Sun Moon Dance in the UK near Manchester, England, in 2000 where Benito Rael came to Chief for the second time. After the dance, Benito held a seminar with Tessa Krumm, who had been the drum leader at the dance, called *Ceremonial Drumming and Songs* at the Village Hall, Didsbury, Manchester. I gave Peter a lift, through the heavy traffic of the city, to the seminar venue. When we arrived, unscathed, at our destination, he said with relief: "You're not a bad driver, for a woman".

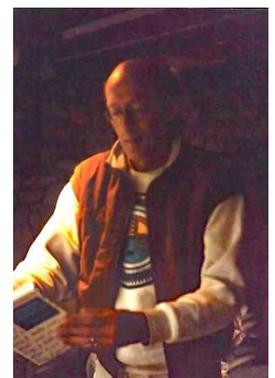
**Alexander Heybroek** was found in his home on the Findhorn Foundation on the evening on July 4<sup>th</sup>. He was



lying on his bed as if asleep with his faithful cat lying beside him. He was 71 years old. Originally from Friesland in the north of Holland, he left his homeland to travel abroad on a spiritual quest. In 1977 he paid a visit to the Findhorn Foundation on the Moray Firth in Scotland; he found it impossible to leave and so he settled there, contributing both as a community member and as a workshop leader. Joseph found him there in the 1980s, a story for another time, and Alexander became his student, travelling to New Mexico and Colorado to participate in workshops, vision quest, mystery schools, and dances.

*Alexander next to Joseph in the Bernalillo Chamber, photo from Junitta Vallak 1997*

In his role as seminar leader he held many workshops, not only on the Foundation and elsewhere in the UK but also, to my knowledge, in Portugal and South Africa. He taught extensively on Joseph's sound work, devoting a day to each of the 5 primal vowel sounds in his 7-day workshops of chanting, medicine wheel teachings and altered-state travelling. In the last ten years he became more and more reclusive, withdrawing from social contact. We, his family, his friends and his students, knew that he was extremely unhappy, but we could only lift him temporarily out of his suffering. Now he is released.



*photo from Beate Dietrich, during a workshop in 1998*

## **Expanding the Austrian Connection**

researched by **Lukas Budimir** and compiled by **Stella Longland**

The first article in this newsletter, *Helpers on the Path to Pah-nu*, mentioned that Franz Krejs, a Sufi practitioner, was the person who invited Joseph to Austria. Lukas was able to find an email for him and, as we were preparing the final draft of the Issue, he received a reply from Franz:

'In answer to your question how the contact with Joseph Rael came about, I would like to briefly tell you the following. I used to live in America for twelve years. A friend from this time from Sufi circles worked with Joseph. In a phone call in the mid-1980s, she advised me to get to know and work with Joseph and gave me his phone number.

'I called Joseph and he said: "come right over". So I drove to Joseph and stayed there for a week, during which he subjected me to an intensive program. After my return, I invited Joseph to come to Austria and then, with the help of the Sufi community of the Inayati Order in Vienna, organized a Long Dance in the Waldviertel in northern Lower Austria as well as dances in Styria, Burgenland and Vienna in the following years. In southern Styria we also built a Sound space Chamber according to Joseph's instructions.

With best regards, Franz Krejs'

The chamber Franz helped to build was named, *One Who is Speaking*, and it is one of the chambers that Francis Rico and Lukas visited on their journey together around the Sound Peace Chambers in Europe. Lukas records how this journey came about:

'I met Francis in 2013 while visiting Joseph. Francis was filming the first series of YouTube videos featuring Beautiful Painted Arrow Teachings. Joseph says: "Why don't you show Francis around in Europe so he can take some videos there?" That was in June and Francis said that we perhaps could find time to do that next year. With a smile Joseph said that we had to travel in a year with a 3 in it. After a moment Francis and I had figured out that he did not mean 2023. So we went 3 months later in September 2013.'

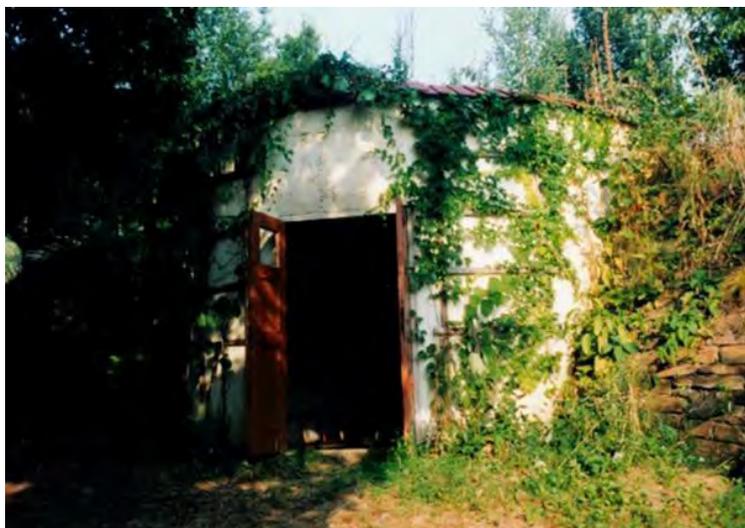
The chamber features as one of the series of chamber videos on YouTube from that trip. Here is the link:

*The Wild One*: <https://www.youtube.com/watch?v=OBloROJK4Tw>

Coincidentally, if there is such a phenomenon, the land with the sound chamber is for sale. Lukas writes:

'The custodian, Norbert Matko, moved recently down from the mountain, where the sound chamber is, into the valley because of health issues. His house of 200 square meters, like the sound chamber, needs renovation and serious taking care of. The accompanying land is 8000 square meters. Norbert wrote that directly to me. If anyone is interested, they can contact me, but I don't know the price.'

[soundchambereurope@gmail.com](mailto:soundchambereurope@gmail.com)



*photo of 'One Who is Speaking' from Junitta Vallak 1994*

## **Opportunities to Participate in a New Website**

**being created by Geraldine Rael, introduced by editor Marina Budimir**

Dear All,

This is a personal request from Geraldine, Eldest Daughter, to all - to the Chiefs of each of the three Dances, to the Dancers, the Moon Mothers, the Dog Soldiers, the Kitchen Angels, the Support Persons.

It refers to the new website she is creating, and she would like you as the community to participate with your contributions and help in creating it so that the Vision can move forward.

These are her words to you:

1) I need written testimonials of what Joseph Rael's, Beautiful Painted Arrow's, work has done for you, how it has "opened" you, how his books have enriched your life and brought understanding for yourself and your loved ones. It can be being introduced to a sweat lodge, or the Drum Dance, the Sound Peace chambers. How have his teachings affected your life, how has his art affected your life? I will have an area on the new website that will give a "bird's eye" view of my father's work and the testimonials will be placed there. The hope is that visitors to the site will become curious and interested in reaching out, and wanting to know more, more and more.

2) I'd like to have pictures of the Dance arbors, of gatherings, rainbows in the sky, and what this work means to you; as I will have a photo gallery to exhibit the magic and joy that it brings forth. Joseph has given his permission to place any of the chosen pieces and pictures on the new website. On what was done before, he says, and these are his words, "That was then, this is now." My father understands that Zoom Ceremonies will have to be conducted via the internet; this is the way of the future and we need to embrace change so that this extremely valuable work may grow.

3) I'd like 20-second videos of young people and young people that were introduced to Joseph's work as children and NOW are involved in enriching their lives through his work, his books, his Dance Ceremonies, his Sound Peace Chambers, his metaphoric art, and so on.

4) I'd like 20-second videos of how this work heals and how it connects to Climate Change. There are some questions below that relate to this and are a work in progress.

How awakened are you?

1. What do you know about climate change?
2. Did you know that each one of us has an ethical obligation to take care of our Planet?
3. Do you know who Greta Thunberg of Sweden is and what concerns she has about our Earth?
4. Do you understand the difference between war and peace?
5. Did you know that each one of us, irrespective of age, can do something to help save our Planet?
6. Did you know that prayers from the heart are heard by God (or whatever you call your higher power)?
7. Did you know that there are dances of prayer that can take you to a spiritual place that enriches your life?
8. Did you now that if everyone did their part, we would have a much healthier Planet and healthier people?

Love and many blessings for our communities' safety from this virus.

Thank you, THANK YOU, all very much, this is a work in progress, I need your help!

Please send your items to this address: [cocosolofficial@gmail.com](mailto:cocosolofficial@gmail.com)

Geraldine, Eldest Daughter

\* \* \* \* \*

## **News of an Interview**

There is an online magazine article of a new interview led by David Kopacz with Joseph Rael, visionary healer and artist. Follow this link and click the photo of Joseph to access the text: <https://www.the-pov.com/>

And these are the two books that Joseph and David have collaborated on:

*Walking the Medicine Wheel: Healing Trauma & PTSD*, David Kopacz and Joseph Rael

*Becoming Medicine: Pathways of Initiation into a Living Spirituality*, David Kopacz and Joseph Rael

## Notes from the Editors

Recently, due to attempts to post abusive comments on the peace chamber.co.uk website, the administrator found it necessary to close the comment boxes. Sad, because many interesting people had communicated with our community over the years through those comment boxes.

So, dear Readers, **please be cautious** in the following respects:

Please **do not publish anything** from the newsletter **on any social platform** without written permission of the author and/or the editorial committee, to get permission email Stella or Marina.

Please **only send the newsletter on to people that you know**. If someone with bad intent gets onto the mailing list, it will be upsetting for everyone.

To **sign up to receive the newsletter** please visit: <http://seedsofpeace.news> and use the subscribe button on the *Home* page.

To coincide with this issue, we have uploaded the following articles to the *Selections from Issues 1-9* page:

from issue 3: *The Sacred Act of Walking*, by Rick Cotroneo of the House of Mica Peace Chamber.

from issue 7: *The 9<sup>th</sup> International Peace Chamber Gathering 2017*, recalled by Jane Innmon and Kristen Bissinger.

from issue 8: *Metaphors of the Cave of Clay Peace Chamber* by the caretaker Stella Longland.

\* \* \* \* \*

**NEXT ISSUE** *Seeds of Peace Issue 19*,  
publication target date: November 5<sup>th</sup> 2020

If you feel inspired to contribute an article, **please email submissions before October 5<sup>th</sup>**  
to [stellalongland@btinternet.com](mailto:stellalongland@btinternet.com) or [mayarinabudimir61@gmail.com](mailto:mayarinabudimir61@gmail.com)

The subject matter can be wide ranging but should have a palpable connection to Joseph's Teachings.

**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.

**editorial committee:** Stella Longland: [stella@peacechamber.co.uk](mailto:stella@peacechamber.co.uk); Marina Budimir: [marinabudimir@gmail.com](mailto:marinabudimir@gmail.com);  
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**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 and creating an archive for future generations.

**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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**website addresses:** Millichap Books: [www.millichapbooks.com](http://www.millichapbooks.com) and their Joseph Rael pages: [www.josephrael.org](http://www.josephrael.org)  
and more about Sound Peace Chambers on: [www.peacechamber.co.uk](http://www.peacechamber.co.uk)

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