



*'slipping through
a
slice
of
light'*

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quarterly newsletter

Issue 24: February 2022

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Inspired?

If you would like to write, give it a go, write for our newsletter! p.17



'The mystery of metaphor

My grandfather said, "Become listeningness and you will find the spirit of the gift of life and it will appear as work."

The mystery of metaphor is the art of listening to life in the activity of work, of allowing yourself to be living harmony. Metaphors give us a way to become more a part of our universe. If we can name, or identify our world, we know better how to fit in harmony with it. Harmony is the warmth of the heart slipping through a slice of light. By becoming more attuned to the vibrations in life, we come closer to our natural state. We clear our blocks and our resistances. We discover the power to be.'

cover text context from *Being and Vibration: Entering the New World*, by Joseph Rael (p.91)

~ ~ ~ ~ ~

Dear Readers, please send us your ideas on how you think the content of the newsletter could be developed to encourage people to participate in the future of the Sound Peace Chambers, the Beautiful Painted Arrow Dances, and the Mystic Sound Way that Grandfather Joseph has laid out to help us in the continuing expansion of our consciousness so that, once again, we humans come to resonate in harmony with each other, with the planet, and with the heavenly plains.

~ ~ ~ ~ ~

Parallel Realities ~ ~

from Sound, Native Teachings and Visionary Art, by Joseph Rael (p.63)

'We are walking on two planes at once.

When we are walking on a plane, there are two vibrations that are walking, one to the left of us and one to the right of us. The two vibrations are always only one, even if one vibration is in the ordinary reality and the other is in a parallel reality. Consciousness is actually a tricky dimension because of its many pathways going on all the time.

While in this dimension, millions or billions of years may go by; in other dimensions that I know of, those eons are like slices of light. We have the power to extend those slices of light into millions of years in perceptual reality, but we are also functioning in other realities that we don't perceive here because they fall between the slices of light.

We have the ability to live with total joy and appreciation because we've finally made it to this level. We are two-leggeds now, and each moment is a time of appreciation for life.

We don't exist because we are creating our realities as we are going along. Because we live in a collective consciousness, everyone is contributing to that creation of our shared reality.

Yet, we are dying because we are not drinking light. We have created self-imposed limitations. We created them because that would help us create knowledge that would help us achieve the things we wanted to achieve materially. We have done that already and so we are now at the next phase, but we are not going to go to the next phase until everybody gets on the train.'



Waterfall of Insights

Flowering of - new – insights

Sound Native Teachings and Visionary Art (p.104) (copyright © Joseph Rael)

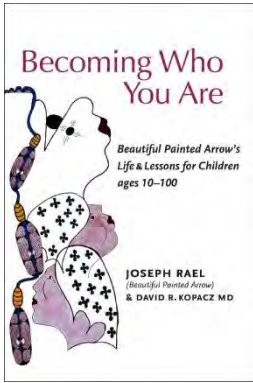
~ ~ ~ ~ ~

Becoming Who You Are:

Beautiful Painted Arrow's Life & Lessons for Children ages 10-100

Joseph Rael (Beautiful Painted Arrow) & David R. Kopacz MD

published: 2021-11-11



This is a splendidly readable and informative book. The two authors have separate voices which weave between them an outstanding example of the two-way relationship between an Elder and a Younger whose life paths have brought them together in a collaboration that is memorable and inspiring, and lucky for us! ~ ~ *Stella Longland*

David tells us (p.32):

Joseph tells me stories and things that he thinks that all human beings should know. My job is to share his life and teachings with you. He says we need to teach children and teenagers to remember that they are holy beings and that they can live everyday doing whatever work they need to do as a form of worship, feeling the holiness in their heart and in everything around them all day long. In traditional societies, the Elders would give initiation ceremonies to help people go through life transitions, but this doesn't happen much in our society. This book is an initiation to help you remember who you are and what is important as you go into the adult world. *“Let's not leave the next generations in so much mystery about the physical and spiritual worlds,”* Joseph told me. *“Let's educate them from the beginning about the way of the shaman.”*

~ ~ ~ ~ ~

There are many stories and many artworks in the book, as well as photographs of the authors and their relations. I have chosen a few of the story headings to give you a flavour (oops: flavor) of the contents:

How Do You Know Who You Are? Living on the Land of Picuris Pueblo. Becoming a Shaman. Santa Fe Indian Boarding School. Falling in Love with Learning. Medicine Wheel. Becoming Land. Building Bridges. We Are Made of Stars. Vision of My Mother Planting Universes.

~ ~ ~ ~ ~

David Kopacz



Joseph Rael



There, Angles Visit
The Altar of Awe

Altar offering

Altar offering

~ ~ ~ ~ ~

artworks from the book (copyright © Joseph Rael)

photographs courtesy of Karen Kopacz (copyright © 2021 Karen Kopacz)

In his closing words Joseph tells us (p.125):

One of the things we need to do is to work on the distinctions we have created between human beings. Whenever you create something, there is a downside. Creating identities of belonging to a city or a country worked for a while, so we could say, "I am from Europe," or "I am from Africa," or "I am from the United States of America." But we need to be able to say, "I am of the Human Race."

The End (is just the beginning!)

Now you are a holy being.

Aho!

~ ~ ~ ~ ~

Here are some details about ordering the new book:

paperback, size 6" x 9", pages 146, price in US \$20.

ISBN 978-1-7342800-2-9 (*Becoming Who You Are* printed book)

ISBN 978-1-7342800-4-3 (*Becoming Who You Are* ebook)

contact David: www.davidkopacz.com

visit David's Blog: www.beingfullyhuman.com

Order in the US from: [Itasca Books](#), [Barnes & Noble](#), and [Amazon](#), among others.

In Europe, Lukas has managed to find in stock copies from: <https://Blackwells.co.uk> .

~ ~ ~ ~ ~

International Dance Schedule 2022

compiled by Jane Innmon, Sun Moon Dance Chief, Tucson, Arizona

We are entering a new "Dance Season" and if you are interested in finding out where the dances are taking place, you can reach out to me at peoplegardener@gmail.com and I will put you on the email list. Also, the dance list will be listed on Geraldine Rael's website. <https://www.geraldinerael.com/>

If you are organizing a dance and would like it listed on the International Dance List, then please reach out to me with the details and I'm happy to add it.

These past two plus years have been tough ones for all of us and for our beloved dances as well but my feeling is we need them more than ever so let us keep doing the work in front of us - the work to keep the ceremonies alive and well.

I'm happy to email anyone with information on the dances it is my privilege and great pleasure to do so. In joy, Jane Innmon



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Remember to Remember the Newsletter Website!

<https://seedsofpeace.news>



Visit the site to subscribe to receive future issues, type your email into the box on the Welcome page and press 'subscribe'. As an email follower the issues will come to you, on publication date, in a post to your email.

On the site you can also access and download previous issues of the newsletter. On the *Connections to the Source* page you will find lists of Joseph's published works, audio recordings, published books, videos and dvds, and other documents.

Please share the website address with anyone who expresses an interest in knowing more about the Visions and Teachings of Beautiful Painted Arrow, Joseph Rael.

~ ~ ~ ~ ~

Elders Gathering at the Winter Solstice



Yellow Corn
 Mother Earth
 Elders Gathering at
 Ultar
 Blue Corn

 The 7th Day

 Sun Rise

Yellow Corn
 Father Sky
 the Winter Solstice

 Blue Corn

(copyright © Joseph Rael)

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

~ ~ ~ ~ ~

Feedback from the 2021 Winter Solstice Chanting

organised by the House of Mica Community, East Greenbush, New York

The theme for this year was:

Joyfully caring for our Mother Earth, we sing and dance and make peace with ourselves and all living beings.

~ ~ ~ ~ ~

These were the accompanying guidelines:

Here is a gentle suggestion for how you might flow with your chanting. Begin the ceremony by chanting “Dah-Vee”.

In *Being and Vibration: Entering the New World* (p.9) Joseph writes:

‘ “Dah” – means to take an active movement toward becoming universal intelligence that is descending from all of the heavens to the eternal now, which in this case is you, when you are chanting *Dah-vee*. “Vee” is awareness awakening within you - an initiation. Chanting this becomes a circle that sings *Da-vee*.

This is your chant then: *Dah-vee Dah-vee Dah-vee Dah-vee*.

Continue this chant - you are sharing Da-vee's movement around the circle to the ancient ones, the Elders who guide us. Whenever you walk, whatever you do thereafter, after you sing that, you will have initiated yourself into the universal intelligence within you, now residing within the neuromuscular areas of the body - your physical body.

Da-vee will go back to the ancient ones and will plant the being of peace at the roots of the tree of life.

~ ~ ~ ~ ~

Spend a few minutes chanting each of the Vowel Sounds. Here is a description of the specific sounds to chant and the central metaphor behind the sound:

- A pronounced "ah" as in ma = purification or to cleanse
- E pronounced as "eh" as in pet = placement and relationship
- I pronounced "ee" as in tree = awareness
- O pronounced "o" as in grow = innocence or teachability
- U pronounced as "u" as in true = carrying or being carried

~ ~ ~ ~ ~

Sing or chant songs about the earth, love and appreciation for the earth, taking care of Mother Earth.

~ ~ ~ ~ ~

If you feel inclined, here are a couple of phrases that Joseph mentions in *Being and Vibration: Entering the New World* (p.141) that you might want to chant:

“Key-ya-tah”: May there be peace.

Bring the sound into your skin, nerves, brain and higher mind. Visualize it entering the Vast Self and let it go without seeking results.

“Waa-chee-puu-chi”: May healing come to thee.

~ ~ ~ ~ ~

End the ceremony by chanting “Pah–Nu”, and if possible, chant this sound as people go through the door to exit the space. “Pah–Nu” – the number 5; the infinite self and the vast self.

In *Being and Vibration: Entering the New World* (p.117), Joseph writes:

‘Through work and through this way of understanding energy and being in vibration we move into the next moment into the new world. *Pah-Nu* cannot happen before you sing at the door. When you sing *Pah-Nu* at the entrance you bring the future and the past into the eternal now. The doorway opens when you sing to it from that being in vibration. You can now step over and cross into the new world.’

~ ~ ~ ~ ~

May we have happy and peace-filled holidays for every tradition, all over the world, for children, adults, and elders.

Many blessings to all, *Key-ya-tah*, Rick and Elisa
visit the Chamber website <http://www.houseofmica.org/>

~ ~ ~ ~ ~

Feedback from Sandra Menella, Cabot, Vermont:

“How good to have this opportunity to share. I had been in a hospital setting recovering from an accident at home for some weeks. Aware of the date and my hour to chant I needed to have a quiet time and place - hard to come by in this place. Sharing with the nurse she was enthused by the experience and set me in a large adjoining space used as a passageway with a large window showing the darkness beyond; adding signs on each door asking for silence. It was very still and remained so as I began feeling the words and meaning - beautiful and deep. The chant continued in this manner for an endless time until the door opened loud. A woman's voice suddenly called 'I didn't know you were here. Are you alright?' Eyes closed I nodded my head and continued to chant. Soon after one at a time a person would come through silently. Then the nurse came in saying 'It is after nine now. You may come back to your room now.' As I lay in the darkness, I knew that the long period of silence was my time with the Creator, all of you, and the universe. Then it continued by embracing first one other person and others, all, and flowing on.”

~ ~ ~ ~ ~

Feedback from Leigh Sager, chanting in the Northern Highlands of Scotland:

"I was blessed to be able to perform this year's chanting in solitude, away from the noise of cars, computers, and other life distractions. Sitting out of doors, the cold winds of the Highlands were a refreshing reminder of my aliveness and the aliveness of the whole world, even in the darkness of this time of year. As the minutes passed and I surrendered to the chant, I was visited by the frog in my mind's eye. A little tree frog, quietly and simply hopping from one place to another. It was a joyful and gentle celebration of life, tying back into the theme for this year. I felt in the frog's dance from one lily pad to the next, one leaf to another leaf, one stone to another stone, a dance in itself. There was a playfulness and a rhythm, a time to pause and a time to hop, and, perhaps most importantly, an innocence that filled my heart. It was not complex nor difficult to love and appreciate the joy of this beautifully painted frog - it was simple, just as love for our Mother is, and all of her creatures. It was a reminder to me not to overcomplicate, but to invite small, simple, and easy ways to give and accept love, and to heal the world through playfulness and joy."

~ ~ ~ ~ ~

Feedback from Sue Green, Midlothian, Scotland

"As a total novice to chanting I wanted to write a short paragraph about my experience of chanting at the Solstice. Covid cold December. Down into the darkness; moving towards the light. Feeling unwell, unable to join friends in Solstice celebration. Alone, looking out onto a winter garden, I begin to chant – aah eh iii ooh uuu – creating my own song of gratitude with the sounds. My thanks to mother earth, the year that's passing, to loved ones, to all that is nature and natural. Feeling invigorated I chant my way back into connectedness."

~ ~ ~ ~ ~

Feedback from Lisamarie Coyote Windwalker, Nederland, Colorado

"I do not have a Solstice reflection other than the Chanting is always very powerful, especially since we are all chanting around the Earth Mother. My partner, Jason and I dwell within the Heart of the Back of the Sleeping Dragon, and I am connected to many of the Sound/Peace Chamber around the Globe. I documented with words and photos some of the adventures of this Sacred Drifting here:

<https://www.mysticpulseearth.com/the-sacred-drift>

However, there have been some powerful arisings since the powerful Fire Ceremony on Friday, January 7th. I placed a sacred piece of pine sap in the middle of the pyre and the fire powerfully spoke through sound, sight, smell and spirit dancing. Animal medicines and guidance have been arising en masse since the ceremony.

On Sunday I offered our sacred Fire Ceremony water to the waters of Barker dam in Nederland. A Gold Mine has been reactivated after 49 years of being inactive. The waters are becoming contaminated with heavy metals. After I offered the Ceremonial water, we were blessed by Bald Eagle, who flew the prayers and intentions up to Great Mystery towards the Western Waters, so they may rain down to bless us all.

Jason and I saw a spectacular being Monday morning; un chat sauvage, a Bobcat! I took lots of photos and share two here. Bobcat symbolism and meanings include self-reliance, perception, moxie, stealth, friskiness, beauty, and affection. We wild ONEs embody this, eh!"



photos from Lisamarie

~ ~ ~ ~ ~



***Stories of Thundersong Chamber,
Gold Hill, Colorado***

related by storyteller Jeff Combelic

part 1: How I came to meet Joseph

I was caretaking an old cabin and 140 acres in Gold Hill, CO, hand pump, outhouse, knob & tube electrical, and wood heat.

I was doing construction with my all-Buddhist crew, “bevel Bob”, Vajrayana, and Doug Anderson, ex Rajneeshi, who lived in a homebuilt shack out on forest land. Our client Deepika was also an ex Rajneeshi and friends with Sufis.

I was 37 and it was 1987. I was downscaling from addiction problems, had stopped dealing after a friend stood me up in front of a mirror and said I was killing myself, still dancing at clubs on weekends and chasing girls. I had read a book by Evelyn Eaton “*I Send a Voice*” about the sweat lodge which I liked.

Doug comes to work one day and says he picked up a Native guy who had a sweat lodge. I went and met Eagle Elk and started doing sweats. He had found a wonderful site by a stream up a jeep road. One would show up early morning, he’d hand you a bow saw and by the time ceremony and potluck would be done, it would be dark. I liked the ceremony immensely and found I could sing. The term ‘Wakan Tanka’, great mysterious power resonated with me as did praying for gratitude, healing for others, and personal transformation.

In the sweats I started having visions of people doing ceremony in an underground ceremonial chamber, so strong was this that, when Eagle Elk was visiting with a friend, I got them to go out in 20 degree** weather, one winter day, and start digging. The ground was frozen, and they thought I was crazy.

A month or so later, Deepika comes into the unfinished sunroom we are building for her and says to me: “I hear you are doing sweats and interested in Native ways. You might like to meet Joseph who is coming to do a workshop.” Sign me up I say.

Two weeks later I’m at the workshop and Joseph is sharing stories of his Picuris culture. I like him. He has a sparkle in his eyes.

At morning break I am listening to two guys talking: “You know his vision after the Southern Ute Sundance was to build Sound Chambers?” the other replies; “Yeah, and I think if someone doesn’t build one, he’ll stop coming around”. I inquire: “Is that like a Kiva?”*** “Oh yeah” one replies, “That’s his tradition”. A light bulb goes off in my head: there’s 20 or so people here who want to see a Sound Chamber built and I’ve been having these visions....

I go see Joseph and we talk. The group returns from break, and he announces that I am going to build a Peace Chamber. Being who I am and the sweat lodge visions, I am committed.

To be continued.....

****Footnote:** 20 degree Fahrenheit, that’s -6.66 degrees Celsius.

*****note from the editor:** ‘Kiva’ as it is used in the context of this article is the name for the sacred buildings that are part of the cultural heritage of the Puebloan peoples. In the early years of the building of the Sound Peace Chambers, as given to Joseph in visions, it was used to describe them, but out of respect for the culture to which they belong, we do not use it any more except when referencing those Puebloan structures.

opening photo: the interior of the cribbed log roof structure of the chamber, from Jeff Combelic





A Rainbow in a Stone

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On the Necessary Unexpected

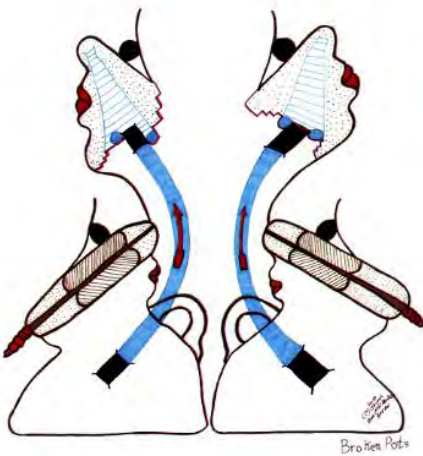
from *Ceremonies of the Living Spirit* by Joseph Rael (p.140)

'The unexpected is when we have a basic idea of how things are going to go for us that day, but on the way to the car, the unexpected happens, and we fall down.

Let's really study this momentarily. We slip and fall, and we weren't expecting to fall. At the moment when we begin to fall - and we wish we could do something about it, but we can't - that's the only point where we are truly in a place of total and complete detachment.

Maybe the cosmos was created because God was walking down the steps and he slipped and fell. When he slipped, this reality was created between the time he started to fall and when he hit the ground. We were made from an accident. We kind of slipped between the cracks.

When the unexpected happens, that's when something new can come in. That is what brings about evolution - the necessary unexpected. I believe this very deeply. In fact, I live my life always praying for the unexpected, because the unexpected always brings wonderful gifts that I never thought were possible or could happen. I guess I get set in my ways, about how I think things should be. The unexpected re-charges my energy as it gives me a **whole new idea about the way things really are.'**



Broken Pots (copyright © Joseph Rael)
from *Being and Vibration: Entering the New World*

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Unexpected Visitors to the Birdsong Chamber

recounted by Tom Bissinger

A friend of ours who had been living in the Country of Georgia** brought a group of some ten or so men from that country to Birdsong Chamber to chant and experience 'the vibes.' They were Eastern Orthodox Christians. When they heard we burnt incense in the chamber, they refused to step inside. Fortunately, they displayed their abilities to chant, and gloriously so, outside, on the grass. Never received an explanation.



photo from Tom and Kristen Bissinger

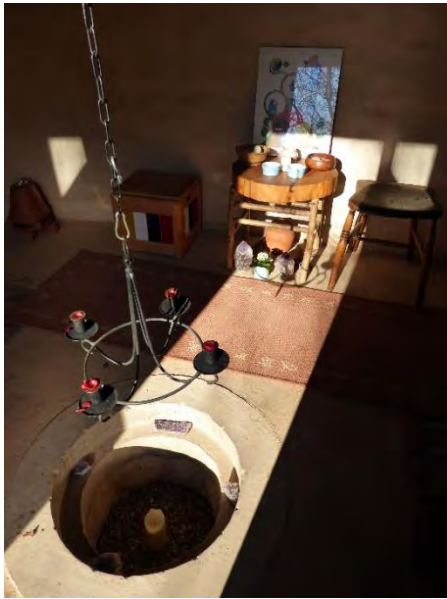
**footnote: Georgia is located at the intersection of Eastern Europe and Western Asia.

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Winter Solstice Chanting in the Cave of Clay

from the group of 3, put together by Stella Longland

The plan was to chant for 1 hour but when I emailed the House of Mica the impulse to chant 3 times was strong.



a flood of light (March 2018)

10 am was the 1st hour and as the session began the rising Sun crested the hill and burst into view, shining directly through the glass panel in the door of the chamber filling the space with light and so the chanting began spontaneously with the Sunrise Song just as if it was the beginning of a dancing day, and the joyous feeling was: *As long as the Sun shines there is hope for our World*. This 1st session had been planned to be *A Thanking of the Past* and, after the song, the 4 Directions were honoured in turn by lighting a candle and chanting the corresponding vowel sound at each window. Our movement was clockwise round the chamber and a story of the Ancestors unfolded. When the shrine blessings were complete, someone exclaimed: "How can I lay any blame on the Ancestors when they came from the colour Green!" The hour ended with chanting of the '-uu' sound accompanied by the quiet, steady beat of a hand drum.

2 pm, the 2nd hour, was to be *A Dwelling in the Present*. We honoured the 4 Directions as before, lingering at each window in silence after we had sounded the vowel, waiting for a word that contained that vowel to emerge and then we would chant that. For example, at the South window the word that came was 'Exploring'. We would chant the word and sometimes the chanting would morph into a song, whether that happened or not, new levels of metaphor would enter the word and change our relationship with it, deepening our understanding, tuning our vibration.



South Shrine (August 2018)

4 pm, the 3rd hour, was *Welcoming the Future*. We were fully spaced out by now and, being at latitude 57.47 North, it was already dusk. We blessed the Directions with candlelight and sound but this time we walked the Red Road, from South to North, and the Path of the Sun, from East to West, creating the ceremony in this way: on the Red Road, we lit the candle of the South with a taper while chanting a pure '-eh', then, still chanting, we carried the lighted taper across the chamber gradually, as we walked, changing the sound from '-eh' to '-oh'. When we reached the North, we lit the candle and chanted pure '-oh'. After the two paths were open, we chanted the vowel sounds from their window shrines to the centre of the chamber, the hole in the floor that is the navel of Mother Earth, and built them there into a column spiralling up and down, uniting Below and Above which we feel is part of our job as chamber people, finally transforming the sounds of the 4 Directions to the sound of the Centre '-uu'. To close the hour, we chanted the name of the Spirit of the Chambers: *Dah-Vee*, and this message came from him to one of us: *Look for me where the fresh water meets the sea*. That is a plum job for us at the Cave of Clay because not far away along the north-facing coast of the Moray Firth there are 4 rivers that merge with the sea, 2 to the East and 2 to the West. We are looking forward to exploring the places where the fresh water meets the sea.

Although the content of this article comes from our Winter Solstice Chant it is very much about the way that a strand of chanting has developed in the Cave of Clay, and it seemed more appropriate to place it as a separate item. Ever since the Cave of Clay was initiated, and maybe for many years before that, the 24-hour Winter Solstice Chant has been a highlight of our chanting year and we say a heartfelt thank you to the House of Mica community for their commitment in holding it.

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Invite to the 10th Gathering of Peace Chambers in California – April 29th to May 1st

from the Rainbow's End Community



photo from Lukas Budimir

Beloved Community!

Our Dance Sister, Martha Boose just sent me a note, sharing that in studying Grandfather Joseph's work she read that the 1st Gathering of Peace Chambers was held October 31st thru November 2nd, 1997
....25 years ago!

The Gathering of Peace Chambers here at Rainbow's End was postponed twice because of world-wide conditions, restrictions and more the past two years.

We are now moving forward with this Gathering and our little community of Rainbow's End is eager to welcome ALL in 2022!

We will gather April 29, 30 and May 1, 2022, here on this beautiful High Desert in Southern California.

We have already heard from Lukas Budimir with some wonderful ideas and suggestions for our time together. We would like to hear from others as well so please contact me directly with your personal 'inspirations'.

We are preparing an information sheet with airport, hotel/motel, AirBnB, places of interest and more. You may contact me directly for this information.

The 'rules'/protocol for gathering here at Rainbow's End remain the same as they have always been since we came to this Land in 2000. If you are ill, please stay home! We believe "Your Word is Your Honor". In keeping with this belief when you step onto this Land you are telling everyone present that you are healthy & well.

We ask that there be **no postings/sharings on Social Media** regarding this Gathering. I made personal commitments and promises to two of my OLD Teachers years ago that sharing of Prayer Dances, Ceremonies and Gatherings would be by personal notes and the 'work' would grow by word-of-mouth. Future sharings relating to the Gathering in the *Seeds of Peace* newsletter are okay as long as they are more in the spirit of reporting our time spent together rather than promoting.

There is no fee, cost or charge for participating in this Gathering. We will set out a GiveAway Basket and ask that you Give from your Heart!

With Love to All....Valerie Eagle Heart, (US code+) 909-224-1750, eaglehearttrex@earthlink.net



magical San Pedro blooms photo from Valerie

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Some Nuggets from Previous Gatherings

A brief history of the previous Gatherings was outlined in an article in **Issue 16** entitled ***About the Previous 9 Gatherings***. The article contains a list of dates and places where Gatherings have taken place and contains some links to, where it is available to us, more information about them individually. The article also mentions some good reasons why it is so inspiring to attend a Gathering.

Issue 16 is available to view or to download, with other previous issues, on <https://seedsofpeace.news/>

~ ~ ~ ~ ~

Joseph was not present at every one of these Gatherings and this first story comes from the 2nd Gathering, in 1999 in Australia which took place the weekend after the first Sun Moon Dance in that continent at the end of October that year. First Chief Joseph led that Dance and attended the opening ceremony of the Gathering. Then, invited by Maori Elders to visit with them, he left to fly to New Zealand.

The second story comes from the 4th Gathering, in September 2003 in North Carolina, USA. Joseph was present there and the story is an extract from notes made afterwards by a participant.

If you attended any Gatherings, Mystery Schools and Dances over the years and would like to share your memories in the newsletter, please send them to any of the six editorial committee members listed on the last page of each newsletter. Please also contact any of us if you would like to discuss what you might contribute to the ongoing store of knowledge about the Visions and Teachings of Joseph Rael, Beautiful Painted Arrow.

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Australia Gathering 1999, Healing with Sound, and the Fire Ceremony

memories written a month or so later by Stella Longland

One evening during the Conference, Brenda Sue Whitmire taught us Sound Healing. Before he left Joseph had talked to us about the Sound Chambers and he had made it clear that Brenda Sue was his appointed deputy in the organisational field. He told us that everyone had four qualities and that he could go round us all and tell each of us what our four qualities are, but would this be a good use of time? Then he told us what Brenda Sue's good qualities are, and that it was because of these qualities that he chose her for this work.

There were about forty of us in the Sound Chamber. Brenda Sue chose four experienced people and directed each one to take their place at one of the Four Directions as gatekeeper. People were then invited to volunteer to receive healing. There were four volunteers and when it was their turn they moved to the centre and sat on the chair placed there while the rest of us sat on the built-in benches that ran round the periphery of the oval area of the Chamber or, because there were so many of us, on the floor close by. When the volunteer was seated and the Chamber had become quiet, Brenda Sue asked them these three questions:

Do you accept that all healing comes from Spirit?

Do you accept that you are responsible for your life?

Are you prepared to accept the consequences of being healed in this way?

On receiving the answer: Yes, she asked them what name they would like to be known by. When they gave this name, she reduced it to its vowel sounds and spoke the sounds out loud so that those of us who were going to chant understood which vowel sounds they were. Next, she asked what colour they would like the chanters to visualize as they sang; she explained that this was to give the chanters something to fill their minds with and thus to keep their individual thoughts out of the process.

Then the chanting began; visualizing the chosen colour we sang the vowel sounds of the chosen name in a spontaneous chorus of harmony. After the healing song ended of its own accord, the person was helped from the chair and returned to sitting with everyone else. Four people received healing, both men and women, they all, without exception, lay down and fell into deep sleep despite the tremendous volume of the next sound chorus echoing around them.

I was deeply impressed by this form of healing. No questions about what required healing were asked and so no judgements were made. There were just the three initial questions, and the rest was being and vibration.

Another ceremony that we were introduced to during the Conference was the Fire Ceremony, it was the 7th of the month, the day on which the ceremony has been held every month since April 1984. Although the Fire Ceremony was originally held inside the first Chamber at Bernalillo, New Mexico, at this Gathering it was held outside and led by John Pehrson.

Moving clockwise, he drew a circle on the ground with cornmeal, honouring the four directions by crossing the circle with cornmeal trails to each of them, and asking the Grandmothers to bless the ceremony. Then he made a Tobacco circle in an anti-clockwise direction crossed again at the compass points and honouring the directions invoking the Grandfathers. As I understood it, Cornmeal was for Inspiration, and Tobacco for Protection. Then he built a square pile of sticks, four to each layer, seven layers high, twenty-eight sticks in all, with paper and other lighting material tucked into the hollow inside. The stack was lit, and we were instructed to watch the sticks burn while making prayers to Oceanus for the health and wellbeing of the Oceans. I enjoyed this ceremony very much and I saw some things. I felt that I could do this when I get home, I could hold the ceremony in my gazebo, I could make my garden shelter into a little temple.

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Joseph Talks at the World Peace Chamber Congress, North Carolina 2003

extracts from notes written by Tom Bissinger

Day 1: Falling in Love with Life.

'Insights are light. We are the farmer, we are the harvest, we are the seeds. The seed of spring which is finding itself in the summer. All the moments can irrigate newly planted seeds. We are totally new, right now, in this season. Here and now is our song which is vibration which is energy which is Light. We are the overlays of overlays. Explore that moment, that wisdom, that light.

We know ourselves by the names we have. We come as worshippers and worship through effort. Whatever you are doing is some form of blessing, and ceremony. We are the unfolding seed.'

Day 2: Contracting and Expanding.

'We are gathered here at what I call an International Congress of Peace Chambers. Our job is one of Inspiration, to start new dances or chambers so that we can achieve our highest potential possibilities.

We live in an Age of Reason, where proof is needed to be shown to 'legitimize' reality. The *Tiwa*, Native American model of reality is a Vibration model, accessing energy through dances, chanting, getting in touch with Earth and Sky, Light and Spontaneity. We have to become Earth.

Tiwa is a verb language. Verb language keeps things moving, i.e. Wa-Ma-Chi. The verb energy frees you to get in touch with your Higher Self. Western society is noun & pronoun people; we name things to own them. The verbing model is in the moment action of doing. When you chant, chant your names for twenty minutes, adding an 'ing' to your name, such as Joseph-ing. See what a difference that makes in your chanting and the vibratory level.

It is important to note that this Gathering is an International Congress of Peace Chambers. We need to take charge of communicating with chambers outside the United States. (It was agreed that each U.S. peace chamber would take on a sister chamber elsewhere in the world).

Communities are either exploding or contracting. We have to keep the chambers growing. How can you do this? By adding activities and setting goals. Articulate your vision. People 'out there' are searching for Inspiration. But decadence and complacency among chamber holders and participants sets in. You need to ask the question: What am I doing? Are we doing what this particular design is supposed to do? Which is to manifest the divinely inspiring. There are always excuses. We like higher consciousness but when we get there, we get lazy. When laziness begins to impinge on a group, we need to be aware so we can regenerate the energy. Be aware. Set goals and objectives. Institute activity to stay in place to receive insights when get stuck.

Expand to bring others (including foreign to U.S.) people in. It is critical to have peace chambers in Russia, China, and Africa. What is a Chamber? It breaks everything that has crystallized and opens it up. It allows the Earth to breathe.

The Van Allen belt is a shield that goes around the Earth. It protects the Earth from harmful radiation. Where we see energy is in the Northern Lights. When energy is released, a kind of epiphany occurs. That energy travels around the Earth. We generate that kind of energy when we dance.

The energy from the North and South Poles shifts every so many years. Likewise, the Sun's poles shift, electromagnetically, every eleven years. When the solar shift takes place, those ready for it receive inspiration. Be ready for it by training here in these ceremonial ways.

I love coming here because I see hope for the Earth. We need to be ready. We can achieve the inner gift of insight. You were gifted with it when you were born. We have harvested those who have come before us. Now is our chance to be who we say we are. Awaken to your potentiality. The power is within you. You are wanting a direction to your Highest Source.

Because everything is continually expanding and contracting, we need to continually reignite ourselves with divine light. Everything is cyclically connected. We never stay in balance but continually shift from one side to another. We must find ways to activate ourselves, to stay alive to breath, matter, and movement. When we do this, what comes out is loving kindness and compassion. Sweat Lodges, Chanting, and Dances are the vehicles. They are our curriculum. Lots of people are crying for God out there. The Earth lives off our energy. We are the earth and sky.

Recently I revisited Oceanus. I was again taken down by Mermen. I had to travel down spiral stairs and was continually falling down. The Mermen wondered why I was falling. I was given glue shoes so I could walk on ceiling and walls. I came to a narrow bridge which I crossed and there were angelic beings and lots of tickertape.

Oceanus was sitting on his jewel studded throne. He was wearing a crown and had a cape that was blue like the ocean. He said: If you ever want to be in touch with me, wear your baseball cap as the cap is like a dome. Put it on and I'll be here with you. It's good you are doing these ceremonies on the 7th of the month. It makes a difference.'

And so it is that Joseph makes a difference in our lives. May we awaken to the teachings! A ho!

Joseph's words transcribed as best he heard by Tom Bissinger



The First Peace Chamber in Bernalillo, New Mexico, USA

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Number 7 in The Way of Inspiration

from Sound, Native Teachings and Visionary Art by Joseph Rael

‘The process of inspiration begins when the Higher Mind shoots an impulse of light and strikes a single nerve cell in the human brain.’

At stage seven, or *cho-oh*, all the constituent parts of the brain disappear into a devoted state of teachability and into that place between two slices of light.’ (p.182)

‘**Cho** means everywhere. *Oh* is when everything is at the stage of innocence, in a state of teachability. *Cho-oh* gives everything teachability everywhere, on all levels: mental teachability, emotional teachability, physical teachability, spiritual teachability.’ (p.188)

‘I am thinking of inspiration as a light that enters into our psyches. And we are teachable, because light is teachable. It carries that power, the power to learn.’ (p.213)

‘One of the teachings of number seven is that there are many worlds. There are many parallel realities, and they all are inside of you.’ (p.247)



ordinary and Not ordinary Realities

Candle of World #2

(copyright © Joseph Rael)

Artwork from *Becoming Medicine, Pathways of Initiation into a Living Spirituality*, David Kopacz and Joseph Rael (p.249)

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Remember Fire Ceremony on the 7th day of each month at 7 o'clock



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A Fire Ceremony that can be done anywhere, images from Lukas Budimir



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A visionary artwork from the new book,

Becoming Who You Are: Beautiful Painted Arrow's Life & Lessons for Children ages 10-100

by Joseph Rael (Beautiful Painted Arrow) & David R. Kopacz MD



medicine powers for Writers

(copyright © Joseph Rael)

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Inspired?

If you would like to write, give it a go, write for our newsletter!

Guidelines for Writing Articles: A word.docx is the best format for an article to be submitted in. The length of the article can be from a few sentences to a maximum of around 1700 words. 1600 words is a good guide for an in-depth article. Photos and drawings are very welcome and, for better quality reproduction, should ideally be sent as separate .jpg files. They can also be included in the submitted document or some words inserted to indicate their position in the text.

We will transfer your article to the page format of the newsletter, check it for errors and clarity of meaning and possibly make some suggestions. If we do make changes, we will send a draft back to you for approval or for your further revisions. This back-and-forth process can take some time, which is why we ask, if possible, to receive the proposed article a month before publication day.

We like to give the readers some idea of who you are, so please send a few words about yourself and your location to go in the author line at the head of the article.

On the Subject Matter: The subject matter can be wide ranging but should have a strong connection to Joseph's Teachings. We like to include articles on the present and future development of the visions; on how we and our communities work with and interpret the Teachings to keep them in tune with the current times. This forward-looking focus seems particularly important now that we, globally, need to make changes fast and the body of Joseph's work offers so many helpful insights.

We would love to hear from You.

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Whatever the *Beautiful Painted Arrow* subject that inspires you, all contributions are welcome.

NEXT ISSUE *Seeds of Peace Issue 25*

publication target date: May 5th 2022

please email submissions before April 5th

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

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

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

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

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related websites: Millichap Books: www.millichapbooks.com and their Joseph Rael pages: www.josephrael.org.

Joseph's co-author, David Kopacz on <https://beingfullyhuman.com>.

More about the manifestations of Sound Peace Chambers on: www.peacechamber.co.uk.

More about the 3 *Beautiful Painted Arrow Vision Dances* on the website of our Vision Dance Guardian, Eldest Daughter Geraldine Rael, at: <https://www.geraldinerael.com>. Geraldine is the person to approach for clarity on matters concerning them and she can be contacted via the website and by email: geraldinerael382@gmail.com.

To sign up to receive the newsletter visit our website <https://seedsofpeace.news/>. On the site you will also find previous issues and other documents available for download.

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December 30th the last apple of 2021

