



***Seeking the
Visions of
Beautiful
Painted
Arrow,
Joseph
Rael***

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***quarterly
newsletter***

Issue 20: February 2021

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Have you visited geraldinerael.com yet?

some news on the website from the administrator Coco Bastien

Please go there often and support Beautiful Painted Arrow's wishes by sharing his eldest daughter Geraldine's effort and commitment to move the legacy she took on forward into the world. Geraldine is inspired to open up the dance field to people from all races and all social groups, especially the youths. She has witnessed so much suffering and despair among these populations and knows how her father's work can be a major tool to guide, illuminate and transform one's life. As well, Geraldine is passionate to share the [Water Ceremony](#) her father guided her with. She included it with her [Sun-Moon dance](#), and it became a focus as a new climate change lessening ceremony for the people. Her concern with the well being of the planet is immediate and urgent. We are now conceiving an additional page dedicated to formalizing the water ceremony in such a way that anyone can plug in, anywhere and at any time in the world. Tune in to the site soon to add the water ceremony to your life, family, friends and community.

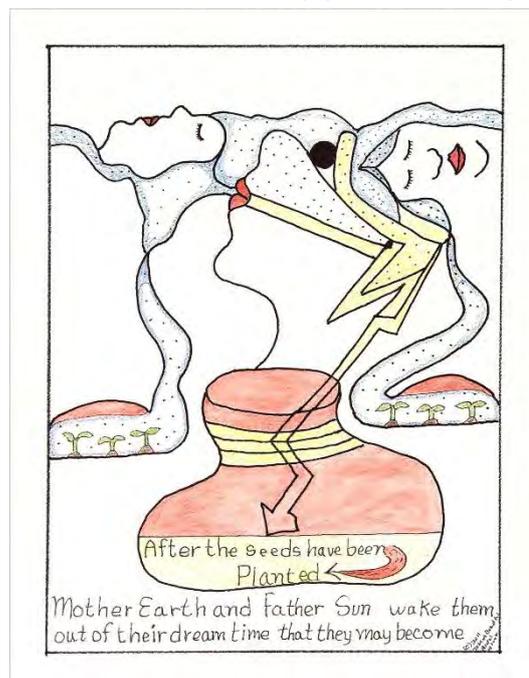
Last but not least as the song says: 'If a picture paints a thousand words the words will never show the you I've come to know!' And so it is that moving forward with Grandfather's permission, we can now share photos of ceremonial grounds and people. We are inspired to show [the work of Love](#) that permeates among us and I am inviting you to send clear pictures (.jpeg only) that you feel are meaningful to Joseph's vision. As well, we welcome short heartfelt testimonies (blurb 30 to 60 words max), to help the world know about the beauty, power and magnitude of Joseph's work! Please sign your testimonial with your first name, location and profession, to show that this is truly for everyone, independent of race or social status. Send your ready to post material to cocosolofficial@gmail.com. We are humbly asking you to share geraldinerael.com on your media and your mailing lists.

[Finally, in regard to this year's ceremonial dances](#): Because of the instability around the Covid-19 restrictions and guidelines worldwide, we advise that you connect with the chief of your preferred location for information on their status regarding the dance schedule. You can find the chiefs' details on the website in the International Dance List available on this page: [Contact – Geraldine Rael](#).

From the bottom of my heart and in honor of the legacy we represent, *merci!*

CocoSol (Spread out the light and let it marvel your way back home!)

The art piece reads:
"After the seeds have been
Planted



Mother Earth and Father Sun
wake them out of their dream time
that they may become."

picture courtesy of Geraldine Rael (copyright © Joseph Rael)





This is the serious FUN section

May Jesus be your Neighbor and May Peace always be with you

A true story from Lukas and Marina Budimir in Germany

On Christmas Eve we went for a walk with the dog and on the way we met Jesus. We almost didn't recognize him, with his mask on, but he took it off halfway and of course we could see who was coming towards us. Our dog also ran up to him and greeted him wagging her tail merrily. We talked a little about how 2020 was so different to previous years and how it would be nice to be together with our families. Lukas said that unfortunately, his grandchildren and children live far away, and Jesus said: "Yes, my family lives in Spain and I cannot visit them either."

We live in an apartment building on the 3rd floor. Jesus is the first name of our neighbor to the right of us. The surname of our neighbor to the left of us is "Friede" which is the German word for Peace.



Our surname is Croatian, and "Budi" means "to awaken" or "to be" and "Mir" is "peace", so we can say that when we walk, we walk with and in Peace, especially since we live in Friedlingen (the followers of peace). Peace is all around us.

Press our bell button if you are passing by any time.



News of Our Peace Chamber Activation

from the Community of Caretakers in Northern Germany

Dear Ones of the international Peace Chamber Community, we, caretakers of the Peace Chamber "Fii-aa-ooH", Little Flames of Life, Theodoro Klarama, Michael and Brigitte, would like to share that our Peace Chamber has moved to a new place. The old place was sold, and it then was possible to give "Fii-aa-ooH" a new place on Michael's land, which also is in the North of Germany and not far away from the old place.

"Fii-aa-ooH" got a beautiful new wooden shape and on Sunday, the 3rd of January 2021 at 10 am our time, we did a ceremonial blessing for our Peace chamber.

On Sunday, the 14th of February at 11 am, we are planning to invite other people for a ceremony so that they may give their blessings to "Fii-aa-ooH". Be welcome to be with us by Spirit.

May Peace prevail on Earth.

May all beings in the world be happy and free.

With love and blessings to you all and many thanks to Beautiful Painted Arrow for the gift of being connected in this worldwide net of Peace chambers,

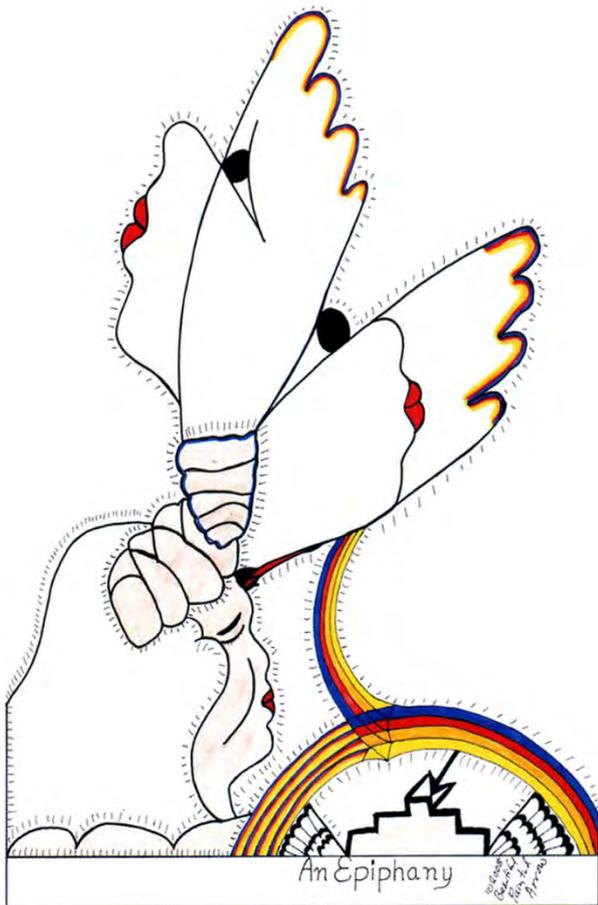
Theodoro Klarama (formerly Theodoro Werth), Michael Gieske and Brigitte Becker.

Contact the group through brigibecker@gmx.de



Embraced by a Rainbow, Kissed by the Rain

composed by Sue Green while working on *The Sound of Water Chamber* near Edinburgh, Scotland



Out in the hills
On a dank windy day,
the horses slipping and sliding
in mud and autumn decay.
Pulling up coat collars
to keep out the wet,
we talked of the darkness
these times have felt.
In the dull distance
a rainbow appeared
growing majestic
its colours displayed.
Red orange yellow and green
blue indigo violet supreme.
How many colours can you see? you cried.
Nine, I shouted as they multiplied.
Again and again across the blue
as the air shone
with a heaven of hues.
And on and on the arc came
driven by that same grey rain
until only feet away
it stood beside us in grand array.
Your horse spun
her back to the drizzle,
you lifted your face into the mizzle.
Kissed by the rain
your smile glowed
as the rainbow embraced
the landscape gold.

Artwork: *An Epiphany* (copyright © Joseph Rael)
from *Sound, Native Teachings and Visionary Art* (p.iv)

Note from caretaker Jacqui Munday: This poem was written by
a friend who has been helping me to build the sound chamber.



Reflections on Solstice Chanting 2020:

December 20th at 1 pm GMT to December 21 at noon GMT

Engaging in any spiritual practice one time will bring some benefit to you, your family and the world. Doing that same practice for a cycle of four years, like we do with the Sun-Moon Dance, will allow the gifts to mature and grow and bring even greater wisdom and benefit. When we do a practice on a regular basis throughout our lives, it is no longer a practice – it is simply who we are.

This year marked at least 23 years of solstice chanting for peace as a global community. We can now say that chanting for global peace is no longer something that we “do”. Rather, as a result of our very nature, chanting for peace happens. We are a mature global community with pure intent and presence. This is who we are. This is how we stand.

Highest regards, Rick Cotroneo

Here are reflections on the chanting from several members of our beloved global community.

From her Southern Ute home in Colorado - Geraldine Rael

I am extremely honored to have chanted and prayed along with Deborah Hamilton of Oklahoma, it was nice to “share” that time, with her. I was very happy to participate with the Solstice Peace Chant with Elisa and Rick Cotroneo. I thank them for their heartfelt work to help heal all that is.

For myself, I let go of what no longer serves me during this remarkable December 21st Solstice. I completely embraced the theme of “Listening to the cosmic heart. The vibration of love rises from all of the directions and all of the eternities.” As the chanting was coming to a close, I could actually feel a lovely “lightness” inside of me. I’d been feeling somewhat heavy with some kind of junk, for lack of a better word, for several weeks. After, the chanting & prayers, I felt so much positiveness and the energy that was heavy, dissipated.

It also allowed me a clearer sense of, “We have to do, collectively.” It is not any more different that what we have been doing, it is however, to continue with even more chanting and more praying and MORE ceremonies.

From Germany - Marina Budimir

When chanting I always end the session by chanting all the vowels in succession - I inhale and then chant one vowel after another in one exhale. I do so several times and for me it represents completion to my honouring and prayers. During the Solstice chanting, this practice brought me an image - a sparkling belt of light around Mother Earth vibrating with all our voices, moving anti-clockwise. Love and light.

From Port Townsend, Washington State - Nico Kladis

It felt so good to raise my voice and vibration to join the Solstice chanting to honor 2020 and to prayerfully dream into this next cycle. I began with chanting the vowel sounds with the Ee sound having a particular aliveness for me. Then I began to chant a series of affirmations, that a dear Sufi friend of mine James O’Dea received, that felt resonant:

*Soul Awakening, *Heart Opening, *Light Shining, *Love Flowing, *Wounds Dissolving, *Peace Radiating.

During the chanting of this (Soul Awakening Prayer) I visualized all my loved ones, and all of humanity in a circle, standing, all our voices and hearts in connection and devotion to raise our consciousness and our capacity to love and be loved. This carried on in my mind and eventually the visual began to zoom way out to include the whole planet and the cosmos. I felt lifted and carried into a sweetness and a moment of oneness. I’m so grateful for this opportunity and yearly ritual. Blessings all ways.

From Camden, Maine - Melissa Salmon

Martha and I chanted together. Lovely with company as the ceremony unfolded in the presence of the togetherness in our voices. If the cosmic heart is the arising of breadth and depth within moment-by-moment chanting, then the smiles and tears and jubilant satisfaction chanting was our expression of the cosmic heart’s personality proclaiming its presence. Opening our hour with thanks and welcoming the chanting from the previous hour into our

time and passing our voices on into the next hour generated soft warmth and quiet calm within ourselves and throughout Martha's home. Martha played the piano in the closing minutes of our hour. Perfect.

Solstice Chanting in the UK - Leigh Sager

At the time of my solstice chant, I had been experiencing a deep and profound sense of isolation: isolation physically from others, but also a sense of self-isolation, a deep level of disconnectedness from self, spirit, and the land. Going about my day, moving through lockdown and the holidays, navigating work requirements – I entered the solstice as a ghost-self, a half-self, a shell-self.

I started my solstice chant by smudging my space, and in stillness, a few small candles burning on my altar, began to sing. I was inside, sitting on the floor, wrapped in blankets with eyes closed. But after about 20 minutes, I began to rock, after 10 minutes more, I began to stand and sway, and about halfway through, I felt the need to go outside. Barefooted, I went out into my back garden, feeling my feet on the cold ground, sinking into the dirt. Circling my small patch of land, I became aware of a feeling of less-aloneness. I was embraced, in my song and dance, by the arms of the mother, of all the dancers, of Spirit.

I feel that my small contribution to the peace and healing of the land was met with joyfulness, love, and connection. I experienced moments of integration, peace, and purpose. The sound of my voice raised up into the trees, was caught by their leaves, absorbed into their roots, traveling through the grass, and returning up through my feet to my heart: a never-ending circle of connection.



Song of Singing Bowl

Artwork (copyright © Joseph Rael)

from the booklet that is part of the *Beautiful Painted Arrow Visionary Art Cards: The Path of the Red Road* (p.72)

'CEREMONY OF SINGING

Joseph teaches us that when we sing the word *Pah-nu*, the doorway opens and we are able to enter into the new world. Singing *Pah-nu* is a ceremony for entering into dialogue with two energies; the ordinary and the non-ordinary. Being able to walk in ordinary reality, guided spiritually by non-ordinary reality, is part of being in the Fifth World. In the new world we can live in a state of grace, following the path of impeccability that we chose for ourselves in the time before time.'

The Path of the Red Road booklet (p.73)



Keep on Chanting in 2021 to Help the People

put together by the Cave of Clay Chamber caretaker, Stella Longland

Joseph tells us that: ' "The people" means all life on Mother Earth.'

Sound (p.35)

Joseph Rael, Beautiful Painted Arrow, received the vision of the Chambers at least three times.

First as a child, at Picuris Pueblo, who dreamed of a Grandmother crying with joy at hearing the singing and the chanting coming from tiny oval-shaped music houses. *read more in House of Shattering Light* (p.40)

Second in 1983 during a Sun Dance on the Southern Ute reservation, in a vision of a man who looked at him then disappeared and an oval chamber appeared in the space where he had been. *read more as above* (p.129)

Third, during the fall of the same year, in the Mother-Father ceremony of a sweat lodge, he was taken to a higher plane and asked, "Why haven't you built the peace chamber?" *read more as above* (p.131)

In 1984 the first Chamber was completed, and a child of light was given to Joseph: unfolding slowly like a lifetime, the vision had manifested in our reality.

*photo of the original chamber from
'Sun-Moon Dancing for our Time' by Rick Cotroneo (p.11)*



Over a decade later, when the time was right, Joseph placed the teenage Spirit Child within a speckled red and white 8-shaped stone and, wrapping the stone in a medicine bundle, sent him through the mail on a journey to visit the Chambers that had, by then, been built around the world. In May 1999, the stone came to the Skye Chamber in Scotland and with it came a journal from the Chambers visited so far, after the Skye chamber group had added their experiences it was posted on to the next Chamber. Someone may have that journal still and it would be a wonderful document for us all to access.

By January 2000, the Spirit-of-the-Chamber-Stone had returned to Beautiful Painted Arrow. A ceremony followed in which the Stone was unwrapped and placed in the La Plata river, in Colorado. The vibration of the Chambers, of chanting and of peace, would travel down the river to the sea and be carried by the ocean to encircle the planet, from the vast ocean it would rise into the atmosphere to create clouds and fall as rain to bless the Earth with liquid light. This ceremony marked the beginning of the journey of "Dah-Vee", who still travels the planet carrying and planting the vibration of the 5th World.

'Da-Vee has grown into the form of a man, a shape-shifter, both ordinary and divine, a vibration both infinite and small. In Da-Vee's perception we are only one song away from the harmony we seek. We are attached to the songs we know, and just want to sing those songs over and over. The true listener learns to open his or her ears to different sounds, and to build a house from a new song.' *Being and Vibration: Entering the New World* (p.9)



'The Sound Chambers were created to bless All the People so even if someone has never been inside a Sound Chamber this vision is still for them too. After all, each of us with our breath and our voice is a Sound Chamber.' *as above* (p.45)

The following sections describe some chanting practices that Chamber groups and individual Chanters might like to try. If you have a chanting practice that you would like to share in the newsletter, please send it in so that we can make Chanting a regular feature.

Ordinary and Non-Ordinary Reality Offering Bowl (copyright © Joseph Rael)
from *Becoming Medicine, Pathways of Initiation into a Living Spirituality* by David R. Kopacz and Joseph Rael (p.258).



Why Chanting Works

Beautiful Painted Arrow's Teaching For the 2005 International Gathering of Peace Chambers

Sound is picked up by the skin.

The sound for the skin is "Haah-ii".

In the Tiwa (Picuris Pueblo) Language the "Haah-ii" sound means:

- to absorb
- to grasp
- to pick up

The sound that the skin hears is transported via the central nervous system to the mind (brain) for action.

What the mind (brain) hears is the sound transmitted by the skin and that sound is referred to as:

"Taa-Laa-Piaah-Hu".

Translated to English this means:

Taa-Laa: asking God or higher power to make a decision to act on the sound just received.

Piaah-Hu: God now decides on the type of action to take.

The mind now has a choice to respond to it or not.

In the word "Listen" are the sounds "ii" and "eh" which is awareness that is present. So to listen, awareness must be present.

When we chant in the sound chamber, we chant the sound vibration that we want to transmit to God so God can make what we are singing come to pass.



Listen to the Sounds chanted by Joseph Rael, Beautiful Painted Arrow

and more gathered from various sources by the editors

On the website www.josephrael.org under the auspices of Millichap Books: www.millichapbooks.com, many recordings of Joseph's voice, singing, chanting and talking, can be found, as in this message sent in 2017:

'Please enjoy [this short video of Joseph Rael](#) as he chants "Pah-Nu" for the New Year,

"When we chant the word Pah-nu, the doorway opens and we enter into the Fifth World where vast potential exists." *Joseph Rael, Beautiful Painted Arrow, Native American visionary, teacher and artist.*'

And on this link to a page of MP3 files: https://www.josephrael.org/?page_id=243 where you can hear Joseph chanting the sound of each of the 5 Primal Vowels, speaking the numbers 1-10 in *Tiwa*, and other treasures.



During the 1980s Joseph recorded many cassette tapes for his students. Rick Cotroneo, with Joseph's blessing, remastered these tapes and in 2006 the complete set, called *Sacred Sounds*, was first made available from the House of Mica as a set of 13 cds.

Sacred Sounds can still be accessed as downloads from [Products \(houseofmica.org\)](http://Products.houseofmica.org). You will find more details on the products page. The full set is a cornucopia of songs, chanting and teachings.

It is difficult to over-emphasise how important the *Sacred Sound* recordings are (along with other recordings of Joseph's voice either speaking or singing about the Visions that were given to him to give to us) in developing a chanting practice based on his teachings.

Among his published books these in particular contain teachings and exercises on the mystical dynamics of chanting: '*Sound; Native Teachings and Visionary Art*'; '*Being and Vibration: Entering the New World*'; '*Beautiful Painted Arrow Visionary Art Cards*' and, co-authored with Lindsay Sutton, '*Tracks of Dancing Light*'.





In 2015, the year of Joseph's 80th birthday, at the launch of *Being and Vibration: Entering the New World* held in Durango, Colorado, the opportunity was given for people to ask a question. One of the questions asked was: "How to move with the times and still remain true to the source of what you have gifted to us?" Joseph answered: "There is a sound that I suggest you use. That word that I choose is "Tah-hu". Repeat that mantra and you will get the answer."

Joseph Rael at his 80th birthday Gathering, photo from Jane Inmon.

To stay true to the source, chant: "**Tah-hu**". To enter the 5th World, chant: "**Pah-nu**". To participate in the unfolding vision of the Sound Peace Chambers, chant the name of the Chamber Spirit: "**Dah-vee**".



Two Chants Given by Beautiful Painted Arrow in 1997

found among the papers of Ocean Graham from the Isle of Skye Chamber, Scotland

Ascending into the Light

(Must be done in harmony)

one note held for 8 beats

Heh Heh Heh → A

Heh Heh Heh → A

The eh resolves to a long A within these notes. This is one note held for 7 beats.

Heh → eh → eh → eh → eh

(no break between the sounds in these 2 measures)

Heh → Heh → eh → eh → eh (no break)

The title for the chant above, being in English, primes the chanter for new insights into a concept with which they are familiar.

The title for the chant below, without an English signpost, encourages the chanter to journey, carried by sound and free of meaning, into the Mystery.

Poh Naa Neh

Poh = P as in put (+) o as in open Naa = N as in Nancy (+) & as in act

Neh = N as in Nancy (+) eh as in every

The key is D flat. D, E, G, A, & B are flat. It is written in bass clef.

The 3 notes together are called triplets and are all played on one beat.

© Beautiful Painted Arrow 1997

Here are some of the descriptions of the 3 words of the title from Joseph's books:

"Poh" 'The essence of the darkness is "to call into existence from non-existence that which we are searching for." That is the metaphor of the nighttime. The breath and blackness are the same thing because Spirit is in the breath of nighttimeness.'
Being and Vibration: Entering the New World (p.72)

"Naa"** 'Tiwa speaking peoples believe that the physical anatomy of the human being is composed of "nah", the Infinite Self. When I say Infinite Self, I am referring to the greater Self beyond the individual or personal self. The Infinite Self is never ending, and each individual person is an aspect of the Infinite Self.'

Being and Vibration: Entering the New World (p.81)

"Neh" ' "Neh" means "the Vast Self and personal self as it places itself in a statement of awareness." '

Sound, Native Teachings and Visionary Art (p.35)

**Footnote: the concept of "Nah" is extensively explored by Kurt Wilt in *The Visionary, Entering the Mystic Universe of Joseph Rael* available from: [The Visionary – Millichap Books](#).



A Chanting Exercise for Harmony

developed and taught by Alexander Heybroek

This diagram places the primary vowel sounds in a column and behind them 5 colours of the rainbow in the order that they appear on the outer bow of a double rainbow.

ii

eh

ah

uu

oh

Alexander would teach, not with a diagram, but by touching the place on the body which corresponded with the vowel we were to chant. For the sound “ii” he would touch the centre of the forehead; for the sound “eh” the throat at the voice box; for the sound “ah” the heart centre; for “uu” the solar plexus and for “oh” the area below the navel.

Under his direction, we would focus on each energy centre in our bodies and chant the vowel sound associated with it for several minutes. Initially, we chanted to hear in our voices how in balance that energy centre was, and then we would continue to chant to enable the sound vibrations to infuse the centre with harmonious energy. After the exercise was complete and all 5 sounds had been chanted, we could if we wished, share our experiences with the group.

In a large seminar setting, the format was to sing from the forehead down the body, from above to below. Later, as a small group that worked together regularly, there were many variations but the placement of each vowel in its particular energy centre always remained the same. As a solitary practice or in a group, it is a marvellous exercise for feeling vibration, for personal healing, for imaging, receiving insights and creating metaphors.

Alexander was an expert overtone singer and he told us that he had positioned the vowel sounds in the column of the body based on their overtones. Overtones are not extras; they are always present in the voicing of sounds and amplifying them so that they can be heard as separate sounds is at the heart of overtone singing.

‘Most singers are not aware of the fact that they always sing whole chords of harmonics.’
quote from: [Harmonic Series - structure, application and background \(oberton.org\)](http://Harmonic Series - structure, application and background (oberton.org))

a helpful site to visit if you are interested in the fine details.

When the vocal cords create a sound, the lowest note is always dominant, and the overtones can be brought to prominence by changes in the shape of the throat, tongue, and lips. These changes of shape are also the essential formers of the sounds of the vowels, all of which are created by an outward flow of air, carrying the sound, which is shaped by movements of the throat, tongue and lips but is not stopped nor impeded by them.

‘Each note is like a rainbow of sound. When you shoot a light beam through a prism, you get a rainbow. You think of a rainbow of sounds when you sing one note. If you can use your throat as a prism, you can expose the rainbow – through positioning the throat in a certain physical way, which will reveal the harmonic series note by note.’
The Secret Life of the Universe: The Quest for the Soul of Science, Amy Corzine

When we chanted with Alexander it was not to separate the overtones and bring them to prominence but with awakened awareness of the many levels of vibration in each note and we learnt how to allow those levels to harmonize our Being.

Chanting offers many, many opportunities for deep diving into the mysteries of sound and vibration.
article written by Alexander’s student, Stella Longland.



A Note About the Postponed 10th Gathering

from Rainbows End in California

Hopes are strong that the Chamber Gathering will be held on the last weekend in September 2021.



You can contact Valerie via email eaglehearttrex@earthlink.net or by phone 909-224-1750. Please note that she does not text.

Also please note this request from Valerie: “I’ve been asked about using social media for promoting the Chamber Gathering. Because of the Teachings I’ve been given, I am asking that there be no using social media or promoting the Chamber Gathering, I am asking that there be no social postings. We have never used Facebook, Instagram, Web Sites, etc. to promote or announce what is offered here at Rainbow’s End. Everything we have done here on this Land has grown by word of mouth, so it feels right that people would personally share by person to person invitation, email notes, etc.”



Beautiful Painted Arrow's time in Germany

related by Theodoro Klamara and Maria Drath and compiled by Annapadma Marquarsden

In 1987 Joseph Rael, Beautiful Painted Arrow, came to Germany for the first time.

Lisa Malin, from Vienna in Austria, had agreed to organize lectures, dances and other healing work for Beautiful Painted Arrow in Austria and Germany. Lisa asked Dorothea Werth (now named Theodoro Klarmara) if she would take charge of the organization for Germany. Later Theodoro Klarama had help from Maria Drath, "*Paah Weeh Paah*", to organize Beautiful Painted Arrow events in Germany.

On his first visit to Germany, in 1987, he gave a lecture at the University of Marburg and he brought a frog. He said the frog represented a new beginning in his tradition and the people attending received personal blessings.

Beautiful Painted Arrow returned every year from 1987-1996, and in 1988 or '89 he gave a second lecture at the University of Marburg. A healing ceremony was held at the Elizabeth's spring nearby, and he led the first German Long Dance. After the dance he initiated Theodoro Klarama to chief the Long Dance in the future. He also initiated people to lead sweat lodges. In Austria, the Vienna Sound Chamber was inaugurated, and the first Austrian Drum Dance was held.



Theodoro & Maria, Sun Moon Dance 1995

In 1991, the Drum Dance took place at Wasserkoog, in Germany, on Sophia Peters' land. Beautiful Painted Arrow also chiefted the Corn Dance and initiated people to lead it. During this time, at Shania and Alexander Racky's place at Grossropperhausen, sweat lodges took place and in 1994 a Sound Chamber was completed.

Beginning in 1993, Beautiful Painted Arrow invited everyone to the United States to attend the Sun Moon Dance. At different times, Maria Drath, Lukas Weber (now Lukas Budimir), Hilde Kopejsko, Georg Dippel and Hans Basselli all travelled from Germany to experience the organization and the entire implementation of the dance and then started to organize the Sun Moon Dance in Germany. The first Sun Moon Dance in Germany was celebrated in 1995 on a piece of land that Hilde and Georg had provided at Sachsenhausen.



Sun Moon Dance feast 1995

Between the years 1987-1996, Beautiful Painted Arrow brought the Long Dance, the Drum Dance, the Sun Moon Dance and the Corn Dance to Germany. He gifted us the Fire Ceremony on the seventh of every month and the vision of the Sound Chambers and he also taught chanting. During his visits to Germany, he stayed with Maria Drath and Theodoro Klarama and they accompanied him to many of the dances.

Beautiful Painted Arrow taught in everyday life and through the ceremonies. He taught a lot while eating together. At these times, he also gave the organizers feedback on their being and supported them in going into the spiritual plain. He taught us to understand the rituals, to prepare them and to carry them out mindful of the sacred and all

beings. He was very patient when doing so. It was very important to him to emphasize that he had received the ceremonies in visions and that they are not traditional Native American ceremonies.

He taught us that everything has a meaning and explained what he meant by that. When he was leading a Drum Dance at Wasserkoog, a mouse died at his feet. He said: "Now shortsightedness has died."

Once, while preparing for a Long Dance, the women in particular became angry because a man did not participate in the preparations. Beautiful Painted Arrow explained that he was glad that this man hadn't done anything, otherwise something might have happened. That is how he taught us.

Another example was when people had consultations, which took place at Maria's house. Her children were noisy. Beautiful Painted Arrow said that for him they had made exactly the needed sounds for the people's healing.

Beautiful Painted Arrow has helped people to transcend the personal level and offered guidance on their journey through life. He helped to transform the energy of extreme racism in Germany. He paid attention to the reunification of East and West Germany which was formally concluded in 1990 after the Berlin Wall was knocked down by the people in 1989.

Beautiful Painted Arrow is a warm, humorous teacher – and sometimes he is strict.



First Chief Joseph Rael, Sun Moon Dance 1995

We have deep gratitude, Grandfather Joseph, that we could be your students and for all that you have taught us. May everything that you need always be available to you. May your teachings and visions accompany all those who want to participate in them and receive your blessings, for the benefit and healing of all beings on planet Earth. For all our relations.



carrying the Tree into the Arbour

(the 4 photos above courtesy of Lukas Budimir)

Note from the editors: The above article was kindly put together by Theodoro Klamara, Maria Drath and Annapadma Marquarsden in response to a request, in *Helpers on the Path to Pah-nu* on page 3 of Issue 18, where we asked people to write in with any history on Joseph's travels in Europe.

The editors would like to thank them for sending in their memories, and to let our readers know that a timeline of Joseph's travels in Europe being compiled. There are still some gaps and we would love, for example, to hear about his travels in Italy, Norway, Holland and France as there are a few tantalising photos and invites to events, but no accessible history.

We would also like to extend the request to anyone, in any continent, to send in their memories of attending Beautiful Arrow events during the early years from the 1980s to 1999; those years before the internet expanded our ability to be in touch globally. If you would like to contribute, feel free to write to any of the 6 members of the editorial committee listed on the final page of every issue.



* **A Reprint of 'Sound, Native Teachings and Visionary Art', by Joseph Rael** *

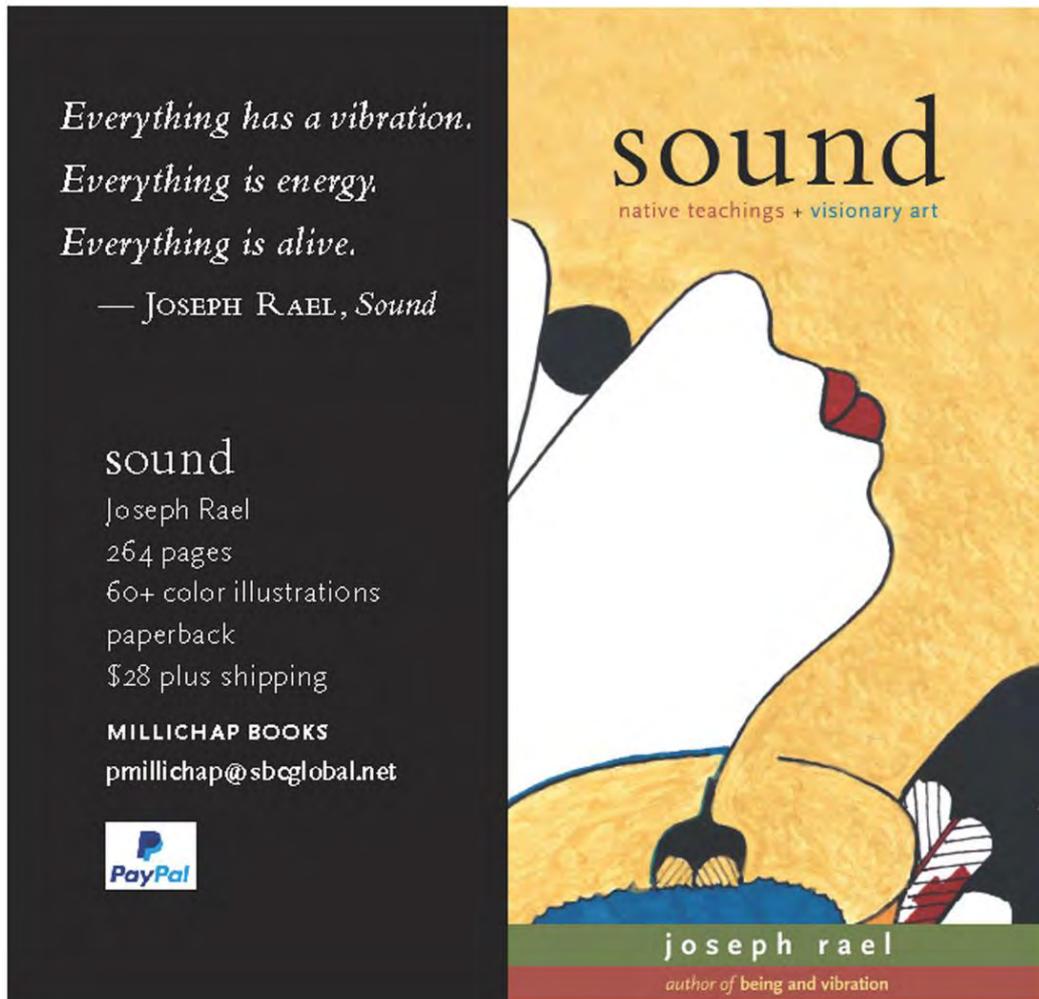
is now available from Millichap Books

"The book (*Sound*) is beautiful with so many glorious images of Joseph's art works. It is packed with wisdom and profound teachings. It is really hard to describe the impact upon first reading it." *Jane Innmon, Sweet Beautiful Waters Sound Chamber.*

* * * * *

"To approach Joseph Rael's *Sound* is to enter the cosmos: multi-dimensional, ever-expanding, mind-blowing. Through it all, a river of peace and holy vibration connects the reader to Joseph's metaphorical, experiential universe. There is a longing on his part for all of us to become conscious, loving human beings, open to the presence of the Divine." *Tom Bissinger, Birdsong Sound Chamber.*

* * * * *



Having been out of print for some time, a softcover edition of this important book is now in stock. This printing will not be available through Amazon or other commercial vendors but can be purchased through the Joseph Rael/Millichap Books website: Millichap Books.

The price is \$28 plus shipping (shipping: \$7 US and \$27 International).



A Teaching to Ponder

from *House of Shattering Light* by Joseph Rael (p.185-186)

'Even though I sent the War Gods back to the underworld in 1987 and prospects for peace immediately got better wars have still been breaking out because the earth and plants still carried the War Gods' vibrations, and people, living on the earth and eating the plants, are imbued with those war energies. I removed them from the earth and the plants in the same way I might remove a disease from a person's body, using my eagle feather and my breath.

'Now the environment has been purified of those ancient vibrations, and we can expect to see changes in human affairs over the next generation. While we have built war into our psyche over many centuries of warlike behavior, we will eventually not want to have war. We will seek to bring peace to our lives and to the world because the War Gods have gone home, the earth has been purified of their energies and there will be no reason for wars. We will lose our interest in them.

In fact, my visions have shown me that real world peace is to come by the year 2021.'



Jupiter below and Saturn above
in the photo of *The Great Conjunction*
21-12-2020 from the Cave of Clay.

Song of the Night Sky

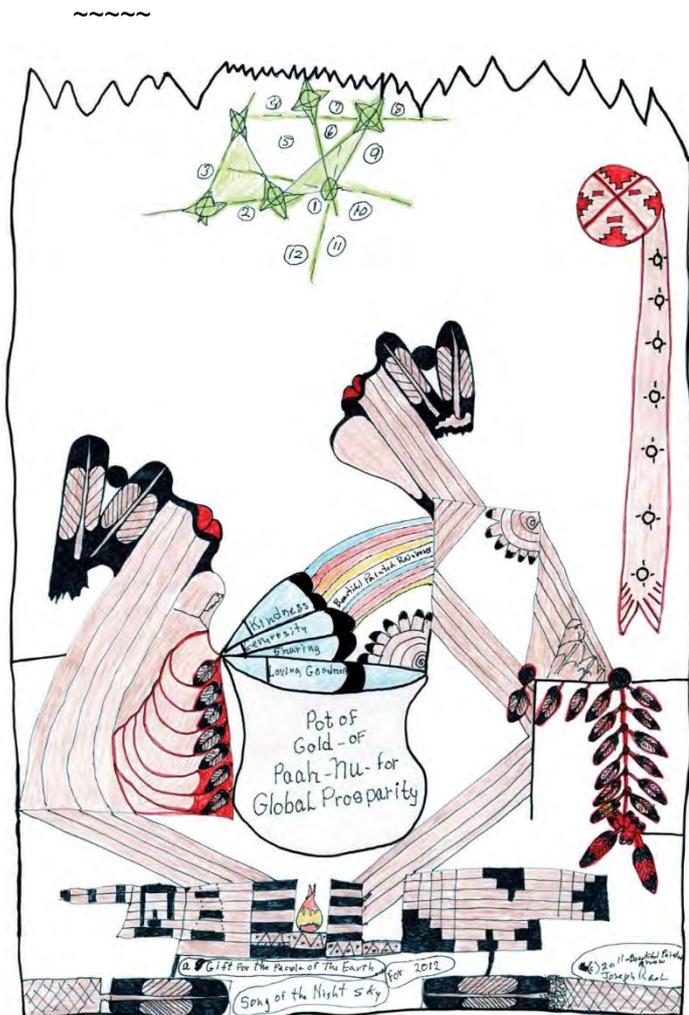
among the stars: the numbers 1 to 12

between the double rainbow:
Beautiful Painted Rainbows

on the 4 feathers:
Kindness
Generosity
Sharing
Loving Goodness

on the clay pot:
Pot of
Gold – of
Paah-Nu - for
Global Prosperity

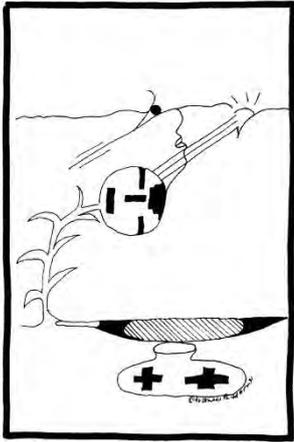
below the altar:
a Gift for the People of the Earth
For 2012
Song of the Night Sky



(copyright 2011 © Joseph Rael)

This Beautiful Painted Arrow artwork was first given in a message to the Peace Group in January 2012 and now it is February 2021, a good time to look again.

A New Year Message from Geraldine Rael, Eldest Daughter



We have entered the year 2021,

$2+0+2+1=5$,

in *Tiwa* Five is “*Paah-nu*”.

Taken from Dad’s book, *The Way of Inspiration, the Teachings of Joseph Rael*, these are the final words from chapter 5 “*Paah-nu*”,

“Inspiration is the key to life. It opens up the door for manifestation.”

Let us manifest “*Paah-Nu*” for this new year! Inspiration will lead us to manifest, we can manifest BIG positive changes in the World!!

text alongside the picture: ‘A stalk appears, moving toward the sun. The enlightenment of the self gradually emerges and merges with the sky of the sun.’

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### NEXT ISSUE *Seeds of Peace Issue 21*

publication target date: May 5<sup>th</sup> 2021

please email submissions before April 5<sup>th</sup>

to [stellalongland@btinternet.com](mailto:stellalongland@btinternet.com) or [marinabudimir@gmail.com](mailto:marinabudimir@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: *email as above*; Marina Budimir: *email as above*;

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Tom Bissinger: [tomasbiss@gmail.com](mailto:tomasbiss@gmail.com); Kristen Bissinger: [krisbiss601@gmail.com](mailto:krisbiss601@gmail.com).

**editorial policy:** *Seeds of Peace* seeks to connect people who love and follow the Teachings of Joseph Rael, Beautiful Painted Arrow, creating a space where ideas and experiences generated by his Gifts can be shared, 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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For permission requests and queries contact: [stellalongland@btinternet.com](mailto:stellalongland@btinternet.com)

**website addresses:** Millichap Books: [www.millichapbooks.com](http://www.millichapbooks.com) and their Joseph Rael pages: [www.josephrael.org](http://www.josephrael.org).

More about the manifestations of Beautiful Painted Arrow’s Sound Peace Chambers on: [www.peacechamber.co.uk](http://www.peacechamber.co.uk)

and the three Vision Dances at: <https://www.geraldinerael.com>

### To entice readers and writers to contribute to the newsletter,

here is a list of ongoing topics which people can contribute at any time they feel inspired!

Some feature in this issue, such as,

Chanting practices, Chamber updates, the comedy spot, the history of Joseph’s travels in the US or abroad, requests, news of events, and original works inspired by Beautiful Painted Arrow.

And others which are always of interest, such as,

Memories of and Teachings given in seminars, lectures, mystery schools and other events. The seeding of Sound Peace Chambers and all aspects of chamber keeping. The paths of the 3 Vision Dance ceremonies and all aspects of their continuing manifestations. Maybe someone can recall the Corn Dance, which Joseph also led in many places, but which is not danced today.

A date, a few sentences, or a full-blown article, all contributions are welcome.

