

**'The traditional sweat lodge is
a purification ceremony.'**

Beautiful Painted Arrow

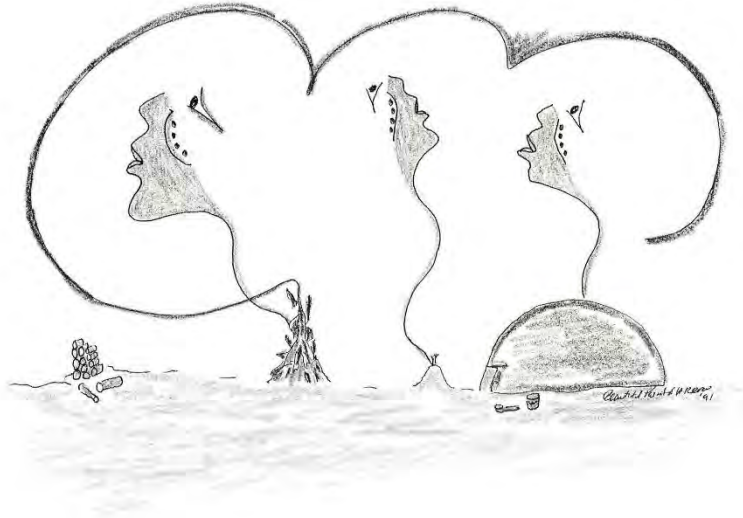


Seeds of Peace

quarterly newsletter

Issue 36: February 2025

'The traditional sweat lodge is a purification ceremony.'



Echoes (copyright 1991 © Joseph Rael)

'Purification ceremonies help us humans to deal with our fears, both imagined and real.'

quotes from *Sound, Native Teachings and Visionary Art* (p.107)

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H - O - P - E

from the January Fire Ceremony at the House of Mica sent to us by Rick Cotroneo p.17

A Snowy Scene in Scotland cover photo by Stella Longland

Metaphors and Metamorphoses in the Sweat Lodge

from the writings of Joseph Rael, Beautiful Painted Arrow

'What is going on in the sweat lodge? The heat is a metaphor for ancientness. When we feel the intensity of the heat, it affects our bodies, heating our skin. As soon as the heat hits our skin, we get lifted. This response is in the genetic code. Our bodies know we can go to a higher vibration; we can transcend everyday reality and reach the parallel reality. So we overheat the body. At some point, the heat will have to come down. The body will try to cool itself. At that break point, at the space between heating and cooling, illumination enters. There is a burst of energy, like a drop of water in a hot frying pan, and in that instant the light comes.

'The salt we have in our bodies affects this process. Sweating a little, maybe for five minutes - gets the salt and sugar out, so we can achieve that state.

'The top of the sweat lodge is a metaphor for the galaxies; that is where the sacraments come together. It is a focal point. The rocks symbolize the Earth and the first matter within the Earth, the lava. Water, which is a metaphor for light, becomes steam as it strikes the hot rocks, and the steam in that context is the power of the rock emerging. This is the power of the Earth Mother and the Sky Father coming together. Steam is releasing the energy of the stone.'

Sound, Native Teachings and Visionary Art (p.146)



'Hot is "oldness" that is filled with awareness, and purifies by burning the veil between the ancient wisdom and the here-and-now. In a sweat lodge, the intense heat heats up our bodies. This brings a shift in consciousness. Heat puts us in touch with ancient wisdom. When the heat of ancient wisdom encounters cold awareness, there is movement, merging, and this creates a premonition that is to be acted upon. We now have the ability to see all the eternities that create potential possibility.'

Sound, Native Teachings and Visionary Art (p.148)

similar text to the above quotes can also be accessed in *Ceremonies of the Living Spirit (p.104)*



In *House of Shattering Light (p.199)*, Joseph writes about his personal journey,

'In the experiences of my life, through loss and transformation, ceremony and story, I learned how to emerge continually from the individual self that is Joseph Earl Head Rael into the Vast Self again. In the kiva, in the sweat lodge, in the sun dances and long dances, I have learned to die to myself in order to know the Self, dying from this House of Shattering Light into states of ecstasy, and then returning again, that the Vast Self might drink continually the light that it is creating.'

** footnote in respect: our Sound Peace Chambers are not 'Kivas',
our Sun Moon Dances are not 'Sun Dances'.



Finally, in *Becoming Medicine: Pathways of Initiation into a Living Spirituality (p.255)* by David Kopacz and Joseph Rael, David writes:

'Joseph reminds me again to put in the book that he uses lava rocks for the sweat lodge and that these are "from the core of the Earth, the Mother of all of us. We reach through the center of her to her heart to heal." The Earth's heart, Mother Nature's heart, our heart, are all the same. In connecting to Mother Nature's heart, we can reconnect back to our own heart and heal. Joseph then said of veterans that the "Divine Mother loves them, and can wipe away their pain . . . all that is needed is a second or one or two seconds, or even no seconds, and just instantly we are forgiven." Joseph reminisces that when he was growing up, he would meet people from many different tribes, but the Native American people were always the "most nature-oriented people." He says that we must "Understand that we all belong to Mother Nature. We look like a beautiful man, or a beautiful woman, or a beautiful child, but still we are all Mother Nature's children." '



There is never a final final.....

Just by chance I happened upon the following information in *The Visionary, Entering the Mystic Universe of Joseph Rael Beautiful Painted Arrow* (p.90) by Kurt Wilt, and I think it is important to know about the ancestry of the Sweat Lodge ceremony that we have received through our Teacher, Joseph Rael, Beautiful Painted Arrow.

Kurt tells us that after Joseph's mother died, Joseph became the foster child of a Picuris couple, Lucia and Agapito Martinez. He writes: 'Lucia was Jicarilla Apache, of the Sandoval family of Duke, New Mexico. Agapito was Picuris, so they were a mixed-breed couple just like his own parents.' 'Joseph has remarked that Lucia, whose name means "light," "the brightest star," gave him the capacity to become enlightened.

Also, her Apache relatives took Joseph into the sweat lodge purification, not native to the Pueblo peoples.'



Comments from the compiler, Stella Longland

A purification lodge forms part of the preparations for all three of the Vision Dances from Joseph Rael, Beautiful Painted Arrow. But sometimes it happens that a lodge cannot be held. Sometimes there is a fire ban or other difficulties. During the pandemic, for example, when there was not a lockdown in force and ceremonies, if they followed certain social contact restrictions, could take place, it was not clear whether possible infection could happen in the sweat lodge.

I have been at several Sun Moon Dances where the purification lodge could not be held. Sometimes the activation of the Arbour ceremony was the moment of purification at the beginning of the Dance, and sometimes a new purification ceremony would be created by the Chief.

I believe that the sweat lodge is a perfectly crafted ceremony and it is impossible to replace it but, while putting together the quotes for this newsletter, I have understood from Joseph's words that in their dancing Sun Moon dancers create a similar dynamic process, in this way: their 'crossing between worlds' depends on their personal effort to reach 'that break point', that Joseph writes about above. Heating up as they give their energy in dancing and, reaching the 'break point', falling and cooling down.

The 'illumination' at the 'break point' comes from Spirit, we just need to be there. Sweat lodge and dancing can take us there.

There is another important aspect of the purification lodge that I have experienced; it brings all the people at the ceremony together as a community on a level that is without words.

Humans were born to Drink Light.

Offering



Notice Stone Pile for Sweat Lodge for, the People

the Grandfathers

(copyright © Joseph Rael)

Lava Rock – Life is connected to time

Being and Vibration: Entering the New World (p.10) by Joseph Rael



Corn Pollen Ceremony for the People

received from Spirit by Chief Geraldine Rael, Eldest daughter of Joseph Rael, Beautiful Painted Arrow

I requested a medicine pouch from my father in the mid 90's. He made it himself. In the bag was corn pollen among other items, tobacco, cornmeal, sage, a pebble, cedar, a small pine cone, and his time, patience, protection but most of all his love & support. In my life this was my only interaction regarding corn pollen.

Fast forward to a few months before our SunMoon in Pagosa.

It came to me, a thought out of left field, "corn pollen is needed for your SunMoon Dance".

I didn't know where that came from because we do not regularly use it. We were taught you DO what Spirit tells you & the rest will follow. I looked everywhere for corn pollen up until the week before. I finally resigned myself to accepting that I had done my utmost to locate corn pollen, only I still felt I let Spirit & the Ceremony down.

The night before the SunMoon Dance was to end, I was laying out what I needed for the closing of ceremony the next morning, when lo & behold, two pouches of corn pollen! I must've placed them in my tote & forgot.

Now I had what I was looking for, but I was unsure how to use corn pollen. My father's words came to me, "Spirit will NEVER fail you when it is true, besides my blood runs in your veins." I understood that to mean, what you are to do, will come to you.

The corn pollen Ceremony must be important to the world because I found it while going through my inherited items during the SunMoon Dance ceremony. Corn pollen comes from pollination by our Bees. During the water Ceremony I gave a pinch to each Dancer on their palm & later to EVERYone present.

I now see them as pollinators of love and Peace.

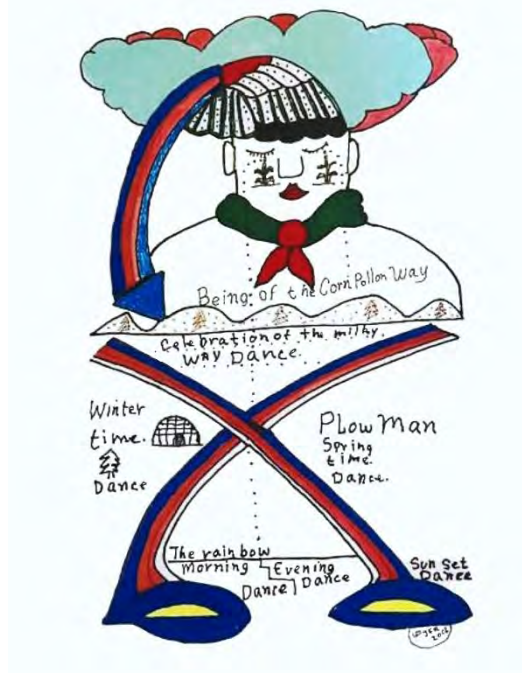
I would like to say some things here about the use of ceremonies:

1. If someone wishes to use a ceremony, the respectful & proper thing to do is to request from the person who first received it permission to take on the ceremony.
2. The reason why is so that the person making the request can be taught what it means to initiate the ceremony.
3. You must BEELIEVE in what you are bringing forth.
4. Too many times my people have been disrespected by others taking from them, without permission. When you ask to sit down with a medicine person to talk & counsel with, you gift tobacco.
5. It does not receive favor from Spirit to do ceremonies received by others without asking first.

RESPECT holds true in EVERY culture - it's a "no brainer" but some people truly don't know that there is a correct way of doing things, and so I say this here.

Chief Geraldine Rael also wrote about the Corn Pollen ceremony in Issues 31 and 34

She can be contacted via geraldinerael382@gmail.com



(copyright © Joseph Rael)
Being of the Corn Pollen Way



Mother Earth

Fii-a — a prayer for more Spiritual Light

(copyright 2009 © Joseph Rael)

from *Becoming Who You Are*, Joseph Rael & David Kopacz

Feedback from the Chanting for Peace on the December Solstice 2024

personal experiences from some of the participants

This was the theme for the chanting,

For this year's solstice chanting, let's remind ourselves that everything we see, hear, smell, taste and touch is sacred. All of this is God/Divine/Love, and this is who I am. By chanting the Tiwa sounds for eyes, ears, nose and mouth, may we stand firmly in the awareness that everything is indeed sacred.

Eyes - 'Cheh', Ears - 'Ah Tlischu', Nose - 'Pwfu-ii', and Mouth - 'Tlscha Moh Ne'.

The chanting schedule listed 28 locations around the Globe. Some of the hours had chanting from more than one location, and some of the locations held more than one chanting hour: 24 hours of continuous chanting, 28 locations, 31 chanting hours by location.



from Fia Flu Me Eh / God Wanders as Light Peace Chamber, Angerbach, Germany

all our love, Uwe and Monika Pietz-Graf

Every year we meditate with you all at the Winter Solstice - this year with the chants for the eyes, ears, nose and mouth. A quiet, dark winter evening. It was very touching to feel so connected to the sound chambers of this world. Thanks from the bottom of our hearts to Rick and Elisa for the organization and the wonderful energy they gifted us all.



from Leigh Sager, *Solstice at Pwllgwaelod Beach, Wales*

a poem, as a reflection of the solstice, the season, and the land



Offering my chant through voice, flute, silence, and cold-water immersion

“Mae popeth yn sanctaidd”

When I was the ocean, I was crashing. I foamed at the mouth and raged my salty war against the banks. My belly was overflowing, birthing an eternity of all manner of creature. My veins ran cold with ice. My mouth was wide and shallow, deep and rolling. I sang my song in lapping, booming waves.

When I was the sand, I was moveable. I lost and found myself a thousand times, and all my hard edges became smooth. My being was limitless; my depths, unknown. I spread myself to a thousand corners of the globe, adventured on sea and on shore, and softened under the weight of the world. I heard my song through pebbled ears made of fog horns and seaweed.

When I was the cliff, I stood tall, touching the unknown. I was jagged and steep, proud and fierce. My shores withstood the coming and going of a thousand moons. My edges grew and shrank and held the hoofs of sheep and cattle. I nurtured the rough heather through cracks to my center. I saw my song with eyes open towards the sky.

When I was the cloud, I covered the earth in a woolen blanket of grey and charcoal. I was a thousand shades of blue and white. My nose reached down to the pasture to give butterfly kisses, and my arms reached down to the human to remind them of their timidity. I sensed my song in mist and smoke and steam, a rolling haze from faraway.

“Everything is sacred” is the translation of the title
from the Celtic language of the Welsh people.

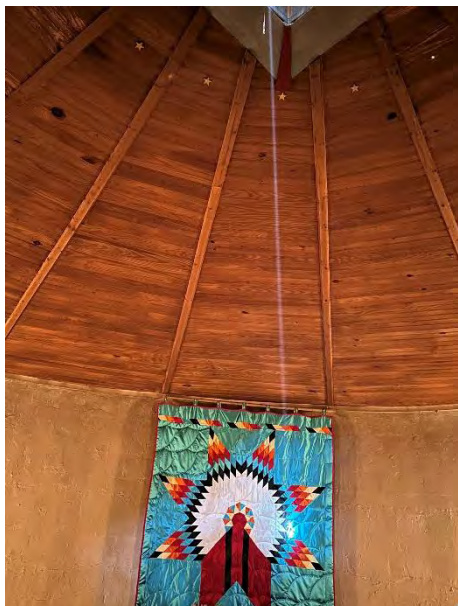


The Solstice Ceremony at Watersong Chamber

from Watersong / Beaver Clan Medicine Lodge, Saxapahaw, N Carolina, USA

We begin by thanking Grandfather Joseph for sharing his teachings and vision of the chambers. We also thank Rick Cotroneo for putting our solstice chanting ceremony together for yet another year. We're so grateful that he continues this important tradition.

As with any event at the chamber, we always "feel into the theme" and ask what is being called for at Watersong. Acknowledging the Solstice theme of Creating the Sacred, it felt important to clear our hollow bone; thus, our focus became to heal and nurture the sacred within ourselves.



Our Solstice ceremony consisted of an intimate group of Light Workers inside the chamber, and others joined us from their various locations. After chanting to create our sacred container, we listened to a meditation, *Luminous Darkness*, created by a dear friend, Sarah Haggerty. The gently guided instructions helped us become aware of the beauty of the Luminous Darkness and what helpful information resides within. As the longest night began, we were called to look at our shadows and release those that no longer serve our best interests. We were reminded that we are closest to the Other World and to our Spirit Ancestors at this time in the year. Most importantly, we were reminded that we have Helpers in the Other World and thus, we always have everything we need.

At the end of the meditation, we sat in a few moments of silence and directed our healing energy to the planet, and deep into the consciousness of all of Creation.

photo: chamber interior from Dawi

Those who felt called shared their experiences, some of which we have included portions of below. As is customary here, we ended our ceremony by sharing our gratitude; then releasing the spirits whom we had called and lastly sharing food. Everyone participated in creating a special plate of food for the Spirits, many of whom we believe are traveling back to the Stars at this time of year. As we placed our offering of food on the altar, we expressed our gratitude to the spirits for their presence and wished them well on their journey home.

Among the comments were these following:

"There was a slender beam of bright light pouring in from the South ceiling, illuminating the sacred Chief quilt in the North. That felt like a communication blessing from the Spirits of the Sky/Heavens."



"Solstice Ceremony was a much needed pause to renew the soul, mind, and spirit. It offered the perfect setting to hold a sense of introspection, yet feeling connected with the elements and community."



"I had a meaningful personal experience during the ceremony. The winter solstice is a great time to seek balance and communicate with your ancestors; Meditation is a wonderful way to do that."



"I was aware of the light filtering into the chamber as we prepared to chant directional sounds, my being expanded joining all present. It was surprising and when we sat to meditate I felt this light expand in my heart as energy moved from earth more noticeable in my left foot. Past pains of relationships emerged and also gratitudes mixed together. Question of experiences brought awareness of lessons learned and learning unconditional love to join and ultimately replace conditional love of self and other. After this insight a quiet peace rested on me for duration of meditation. A pleasant break from mind's restless judging."



“The light/darkness dynamic is affirmed with "both/and" instead of "either/or" focus as we sit encircling shared expectation. Quantum geeks didn't invent superposition. The shortest day pushes beyond the longest night and is serendipitously underscored as a participant exclaims the coincidence that a narrow shaft of light makes from an upper cupola door diagonally down onto a north wall Star quilt. A bright capsule of light gradually moves from West to East. We reverently migrate together as well, physically seated yet spiritually aloft.”



“I have known Cheryl and David for several years. I have participated numerous times at gatherings at the Watersong Peace Chamber. My most recent experience was for the Winter Solstice. Whomever I meet at the chamber always emulate kindness, acceptance, positivity, unconditional love and are of like minds. The chamber has always been a safe space for sharing life challenges, hopes, dreams and gratitude. I realize that its existence and experience creates in me a feeling of "Feeding my soul". When we do that for ourselves we then in turn can be a beacon for others. The land, the chamber, the people and the overseers have a very special place in my heart.”



photo: chamber exterior from Dawi

We are always happy to share our experiences here and open to questions or comments. If anyone would like to reach out, please email us at: Periwinkleton@bellsouth.net.

Our website is: <http://watersongpeacechamber.com/>

We invite others to enjoy The Luminous Darkness meditation (link below) and would appreciate any comments anyone would like to share with us regarding their meditation experience.

[Luminous Darkness - A Poetic Meditation with Sarah Haggerty - YouTube](#)

With Loving Blessings for a prosperous new year, Cheryl & Dawi (David)



A Solstice Peace Chant Experience

from Liliana DeGiorgio, member of the House of Mica Peace Chamber

We gathered in the beautiful House of Mica Peace Chamber for the Annual Global Solstice 24-Hour Peace Chant.

Rick and Elisa lovingly led the group into chanting. The sound and vibration in the chamber moved ever so deeply into a profound devotional prayer.



As we chanted, the sound vibration expanded beyond the chamber's walls. I entered into a deep presence of love and prayer. In that Sacred Presence, I had a vision. I saw lots of children running down the path that leads to the west side of the chamber. They were the souls of the children in Gaza who had died from wounds, starvation, or both. Their bodies carried the imprints of war, violence, starvation, and fear. They wanted me (us) to see the effects of war on their bodies and psyche. In my inner self, I knew they had come for healing for themselves, and to ask for help for the children who are still alive and suffering in Gaza. In response to their presence, I instinctively stood up, went to the west side of the chamber and placed my hands and forehead against the inside wall of the peace chamber to best respond to their presence.

One child stood out more clearly than the others. She was wearing a light blue dress with thin streaks of white. In my mind I thought it resembled a summer blue, peaceful sky with streaks of white clouds. Her brown hair was matted, as if it had not been brushed in a long time. Her eyes, a deep brown, did not show fear. Rather, they had an intense pleading quality. Her eyes also showed trust in her pleading. She leaned on the chamber's outside wall with her open hands. The finger nails of her soiled hands were filled with dirt.

Through the wall, the girl looked into my eyes pleadingly for healing. I had the sense that, as a child of eight or nine, she did not quite know what she was pleading for. She had a yearning for the absence of war. I know, without a doubt her ageless soul was pleading for herself and the other children, for healing from the seeds of hatred and revenge that had been planted in each of their psyches. She wanted their souls to be able to reincarnate as peace makers.

The children stayed by the chamber as the chanting continued. I don't know how long the vision lasted. I sat back down and chanted until it was over. Rick mentioned we had chanted for well over an hour.

I was touched by the vision at the very core of my being. As I write, two things are crystal clear in my mind and soul: (1) The souls of the deceased children heard our prayers for peace and let us know this by coming to the chamber and receiving our prayers. (2) These souls were pleading with us on behalf of the children who still live in areas devastated by war, especially Gaza.

The peace chamber is a portal of peace and hope in a suffering world. This experience leaves absolutely NO doubt to me of the power of the vibration that is generated by the peace chamber and our global chanting. This work has the capacity to heal beyond time and space. The work of the peace chambers is a life-line of healing, in so many aspects. It is a vehicle of Divine Light traveling across Earth and the Universe.

In addition to working at the spiritual level, I hope that what I am sharing will inspire members of the peace chamber community to make donations or provide other types of support to organizations that provide food, shelter or health care to victims of war, particularly children in the Middle East.

In peace, Liliana





Steve Citty: Sun-Moon Dance Chief, Center for Peace, Seymour TN

an appreciation from Nan Citty and many others who know and love him

It is said that the measure of a man is in the impression he makes on others. Steve Citty is to be honored this month for his work in leading Joseph Rael, Beautiful Painted Arrow's Sun Moon Dance in Seymour, Tennessee for the past 27 years.



He was not expecting to be asked to lead the Sun Moon Dance. He was in New Mexico only to dance. However, from the moment of being given such a task, he accepted it as the honor it is. Always the Mystic, he had searched and studied for years in efforts to find a path that seemed true to him. When Joseph Rael, Beautiful Painted Arrow, was bringing his Dances to the world, he brought them to *The Center for Peace* in Seymour, Tennessee, and he placed the Sun Moon Dance in Steve's hands. I do not need to be creative to write this tribute, but need only to give you the words from others:



"At the close of the Sun Moon dance one year, Steve gathered all the dancers in a circle. Doing this closing session, he said one of the duties of a Chief is to help the dancers protect themselves and stay warm during the dark and cold times. He then gave each of us a thick, beautiful, colorful, woven blanket. I have always felt that his gift and his words were metaphorical in helping each of us protect ourselves spiritually, psychologically, and emotionally."
M Weseman; Council member, Dancer

"He taught that someday we all will be Elders and to always remember that others are watching you and learning from you. So be aware of what you are passing on."
L Sinnott; Dancer, student, Council member, Lodge Leader

"I learned so much more from what Steve did than from anything he said."
L Bruns; Dancer, student, Moon Mother

"Being asked to stand up with Steve and Nan when they got married at the Center for Peace."
C Barbee; Dancer, Chief

"My favorite teaching of Steve's is the one about the geese taking turns leading the group. He has always been willing to do whatever was needed to keep the Chamber, the Center, and the Dances flourishing. I am ever grateful for him and his dedication to the work for Peace in all aspects."
BS Whitmire: teacher, Elder, Dance Chief

"Steve Citty is the kind of person that every organization dreams of having among its members. The person you can count on to be there and to do what needs to be done, doesn't complain and goes the extra mile."
J Robinson; Co-Founder of The Center for Peace

"He helped me relax and laugh, take off my mask, and become a real person. I owe him a deep debt of gratitude for that."
J Pehrson; Co-Chief, friend

"He brought spirituality into a normal, everyday place."
S Palmer; Council member

"It is absolutely awesome that Steve is being recognized. He has been involved in this community as Chief for many, many years. That speaks of absolute commitment making the world a better place. I am so honored to have him as a Chief in our community. He has been very supportive of my role in this community and for that I will always be grateful."
G Rael, Eldest daughter, Joseph Rael Beautiful Painted Arrow



My own memories of Steve center around our coming together around this path. We were married by Grandfather Joseph in the Sound Peace Chamber at the first Gathering in 1997. The CFP's children's program, Native Nurturing, which came as a vision, never had a ceremony that Steve wasn't present. Ask any child (now grown) about Rainbow Crow. My favorite memory is of Steve putting on his beautiful white beaded and fringed coat and telling the story before the children went to sleep in the Sound Peace Chamber. This went on for years with me asking if maybe he might have another story. This was not going to happen as it was begged for each and every time.

As we read these memories, it is clear what the measure of this man is. If I had asked our national and international community of their memories, I would have to write a book.

Thank you, Steve for all you are, *Nan Citty*



below is a power point page from the 1st Gathering of Chambers held at The Center for Peace in 1997 showing the preparations for Steve and Nan's wedding ceremony



Spread out on the red cloth, are the ceremonial items for a Wedding Ceremony. A bowl of Water, a Two Necked Water Jug, a Wedding Band Cloth and Joseph's Eagle Wing.

compiled by Junitta Vallak from Australia, from photos taken during her 1997 Walkabout in the US. The text is also hers. Junitta is now with the Ancestors, she left us an amazing legacy in her photos and writings from the early years of the Sound Peace Chambers and the 3 Vision Dances.



Beautiful Painted Arrow Dance Dates for 2025 from February to the end of May

listed, with permission from the Chiefs

* In 2018 Joseph appointed his Eldest Daughter, Geraldine Rael, to be the Vision Dance Guardian. *
She is the person to approach for clarity on matters concerning these Dances.
Geraldine's contact email is: geraldinerael382@gmail.com

2025 February - end of May: Beautiful Painted Arrow Long Dances, Drum Dances and Sun-Moon Dances

- * **March 14 – 16 DRUM DANCE, Brazil**
Chief Madha Gatto - madhagatto@gmail.com
- * **March 20 - 21 LONG DANCE, Bolivia.**
Chief Miguel Kavlin - migueltkavlin@gmail.com
- * **April 10 - 13 SUN-MOON DANCE, Arizona, USA.**
Chief Jane Innmon - peoplegardener@gmail.com
- * **April 12 – 13 LONG DANCE, KawaZulu-Natal, South Africa.**
Chief Ole Bjørn Michel
Co-ord **Zodumo Sishi-Michel** - zodumoc1@gmail.com
- * **April 18 – 21 SUN-MOON DANCE, Sao Paulo, Brazil.**
Chief Felicity Macdonald - fggmacd@gmail.com
Co-Chief Alexia Pescuma - contato@mooncircle.com.br
- * **April 18 – 21 SUN-MOON DANCE, Victoria, Australia.**
Chief Jennie Coles - sevencirclesoz@gmail.com
- * **May 3 – 4 LONG DANCE, Croatia.**
Chief Luka Hodak – lukahodak30@gmail.com
- * **May 23 SOUTHERN UTE BEAR DANCE Ignacio, Colorado.**
participants in the **Pagosa Sun-Moon Dance** may attend the first day
- * **May 24 - 27 SUN-MOON DANCE, Pagosa Springs, Colorado, USA.**
Chief Geraldine Rael - geraldinerael382@gmail.com
- * **May 24 – 25 LONG DANCE, Italy**
Chief Laura Cuttica Talice - lauracutticalice@gmail.com

A Note from the Editors:

Those of us who put the newsletter together hope that the Chiefs and the people attending the Dances will send us writings about their Dance experiences so that the wider community can come to know more about the 3 Beautiful Painted Arrow Dance Ceremonies and can work with our Vision Dance Guardian, Eldest Daughter Geraldine Rael, to keep the ceremonies strongly connected to the original visions.

At any time of year, the editors of the newsletter welcome articles on any of the many aspects of these Dances. We welcome writings from Chiefs, team leaders, dancers and crew members. The editors are also here to help.

Not only will these contributions be appreciated now, they will also help to expand the legacy that will be available to people who will support the Dances in the future. In this respect, the editors would particularly welcome stories, articles and photographs from people who organised and attended the Dances in the early years, this is knowledge that is not widely available at the present moment.

There will be Beautiful Painted Arrow Vision Dance ceremonies taking place that are not listed in the available schedules. They may rely on word of mouth, social media or be entirely private. They are also a valued part of the Beautiful Painted Arrow Dance Community.

If you would like to access the International Dance Schedule for 2025,
please contact Jane Innmon peoplegardener@gmail.com



Invitation to the Long Dance in South Africa in April

from Chief Ole Bjørn Michel and Co-ordinator Zodumo Sishi-Michel

Since its creation by Grandfather Joseph Rael, the Beautiful Painted Arrow Long Dance will be taken to KwaZulu-Natal, in South Africa, for the first time this year.

It is a dance among three dances that were brought into being by Joseph himself.

Myself and my wife have felt a strong need to respond positively to this calling, and the responses from people across the globe have been overwhelmingly positive.

We are three months before the dance takes place and, already, close to 20 dancers have committed.

This is a dance which takes place throughout the night, from just after sunset to just before sunrise, with all participants dancing. By dancing into the nighttime and around the fire, we are getting in touch with source, that which is still in the dark, the potential of our life. We will dance all the way through the night to sunrise and by doing so we seek to materialize that which was in the dark.

We believe that to dance, one dances not only for oneself but for all who, due to varying reasons, are not able to show up, we dance for all our relations where we are and across the globe.

According to Joseph Rael:

**“In the Long Dance of Life, every step awakens three opportunities for the human;
One: placement in eternity;
Two: purification of past forms;
Three: new opportunities for adventure, for in the instances of eternal time,
the new always refreshes and cleanses.”**



The dance will be held at the Busisiwe Peace Center in the beautiful province of KwaZulu-Natal in South Africa.

We will be dancing close to the Cradle of Humankind,

We will be dancing and honoring the very first two legged ancestors who walked and danced this Mother Earth and all those who came after.

We will be dancing for all our relations.



If you feel the calling, you are welcome to join us.

Date for the Dance: 12th April 2025 to 13th April 2025

For more information please contact us on:

zodumoc1@gmail.com

Thokoza, Aho



Advice to Dancers Given by Chief Benito Rael

memories from long long ago and thoughts for the future from Stella Longland

In 1999 the first Sun Moon dance in the UK took place in England near Manchester. First Chief Joseph Rael named his younger brother, Benito Rael, to come to Chief this Dance. A group called Lodgeland enabled and organised this first Sun Moon. Two of the group's members, brothers, Paul and John Wilson, had danced the Sun Moon Dance with Chief Joseph Rael in America and they were inspired to bring the Dance to the UK.

below: Benito, our Chief, photo by Stella



When the days of dancing this first Sun Moon Dance were over and the Water Blessing had brought the dancers some of the way back to the daily world, we, the dancers, sat in the medicine tent with Chief Benito and he gave us some advice.

First, he told us not to share any visions we might have had for at least six months. He used the analogy of the fragile nature of dreams, which can pop and deflate like balloons when you tell them to someone else. As this had been my frequent experience when I was younger and would share my dreams and often feel their power disappear as they entered the energetic field of the other person, I took his advice seriously.

He advised us not to have sex for at least two weeks. This advice was given to protect our process but also to protect our partners and our relationship because the power of the ceremony needs to stay contained within the dancer for a while until its vibration has entered every cell. Through dancing in ceremony, dancers are prepared for this process, people around them are not.

He also advised us not to negotiate or sign any new contracts for three months. We all laughed when he told us this but, actually, being new-born makes us innocent and vulnerable.

All his advice was relevant because the Sun Moon Dance is more than a few days escape from the modern world and then straight back to 'normality'.



In *Sound, Native Teachings and Visionary Art* (p.55-58) Joseph explains the Dance process in depth. I chose the following quotes from these pages to add here:

'We dance in order to expand the potential for something to happen.' (p.55)



'.....When we dance we expand the light over and over through time. When people leave the dance, they may think they are still in same place, but actually, they've grown from where they were when they started out because of the effort they've made over time.' (p.57)



'Dancing and hitting the sundance pole so exhausts your regular energy patterns that the mind, which is holding the pattern of the ego self, just finally lets go. Then, you can see beyond the self to the larger pattern. You see that you don't exist, that you are a part of a bigger pattern, the pattern of all life. Life is movement in cycles, like our galaxy, which is a spiral in motion. With each cycle, we climb higher and higher toward heavenly spaces.

After sundancing, I had a vision in which I saw in a circle of light going out and coming back in to the center in an instant. As it came back in, it brought me knowledge of all that was and was to come. I saw a map, and I saw Indians as islands being swallowed up by European-American culture. They were still holding the American Indian vibration, but they were being swallowed by the technological European-American culture.' (p.58)

Note: When Joseph writes 'sundance' he is referencing to his experiences as a tribal member and dancer in the Southern Ute Sun Dance.



Sometime in the late 1980s Beautiful Painted Arrow, Joseph Rael received the vision of the Sun Moon Dance, a ceremony that would be open to all people.

'The Sun Moon dance was a dance given to me in vision. It is a dance given to bring peace to Mother Earth and the people.'

Being and Vibration: Entering the New World by Joseph Rael (p 103)

It is truly up to us to ensure that the cultures of our present times do not swallow up the potential of this ceremony that has been beautifully and bountifully given to us. It is the job of everyone who loves the Sun Moon Dance to know and protect the metaphors that live in the ceremony and to allow the time and space around the ceremony for the expanding of potential to manifest fully.

Given the advice, which was current in the early years from our early Chiefs, not to share our experiences too quickly and remembering that the healing process which is initiated by the ceremony does not end with the feast but continues for many months, nevertheless, it is still up to individuals if they want and choose to share what happened yesterday! But remember that other people were also present 'yesterday' and to always take that into consideration.

For many reasons I am very keen on recording the history of these dances. Nothing is more important than staying connected to the source. Nothing stays the same, but there is a power, a stream of power that carries the original vision to its completion and we are on that journey now. Lose the knowledge, lose the history, lose the respect, and the vision too is lost.



Celebrating the Life of Sandra Mennella, a Beloved Elder to Our Community

from Rick Cotroneo at the House of Mica Community, New York

Dear Friends:



Let us celebrate the very full life of Sandra Mennella. On September 27, 2024, at the blessed age of 90, Sandra passed into the loving hands of divine consciousness. Sandra was a true inspiration to many of us in the international peace chamber and dance community. She danced the Long Dance, Drum Dance and Sun-Moon Dance in various places including Pennsylvania, Brazil, and at the House of Mica. She had an interesting career, raised a family and had a rich spiritual life. We will remember Sandra's very light steps, her bright smile and the loving joy that she radiated to all. Sandra would not want us to be sad but rather would want us to honor the very full life that she lived. Since her last Sun-Moon Dance in 2017, several folks from the House of Mica visited her at her home in Cabot, Vermont. This picture is from a visit on her 90th birthday, June 12, 2024.

photo from Rick Cotroneo

Blessings to you Grandmother, mother, sister, auntie and friend. May you fly with the angels.

A Tribute from Lukas Budimir

The first and only time I met Sandra was 2014 in Brazil at Felicity's house and SunMoonDance. She told me that it was her 15th Dance and that she hoped to finish her dance cycle next year when she was going to be 80 years old. She travelled together with Cocosol Bastien, and we had some time at the beach after the dance ceremony with Cindy and Nick Hurn from England and our hosts Felicity and Andrew Macdonald.



Sandra getting ready for her 15th SunMoonDance

photo by Lukas Budimir



H - O - P - E

a message from the January Fire Ceremony at the House of Mica sent to us by Rick Cotroneo

During our Monthly Fire Ceremony this January 7th, an important message was conveyed to those present. When we pray for peace within ourselves and peace in the world, it happens that sometimes one has to be open to experiencing, in perhaps a small way, the suffering of those who live in violence and war. As humans, we have the capacity to close ourselves off to the suffering of others and we have the capacity for empathy and compassion. A healthy human being has to find a balance with this – to always be open to the suffering of the world is paralyzing and unhealthy. And, to close ourselves off completely, leaves us out of touch, shallow and compassionless.

The message that came through when opening up to the suffering of those caught in war was this:

Please keep hope alive in the world.

Using Joseph Rael's teachings about sound, we find the following insights:

H - stepladder to the heavenly planes, beyond the beyond

O - innocence, childlike innocence, circle of light, medicine wheel

P - heart, center, sunset

E - reflection, relationship, placement, mirror, echo

We all go to a dark, or sad or unpeaceful-like place sometimes. Having hope present at these times is like having a ladder on which to climb to a higher level of awareness. Hope opens us to our innocence, to our hearts. When we climb the ladder that hope presents to us, we can find the medicine and healing that we need. When we keep hope alive for ourselves and others, we become a "mirror" and "echo" that reminds the world that hope holds out the truth that suffering will eventually end. It is important for us to "place" and "root" hope in the landscape so that our food is grown in the soil of hope. Then when we eat that food, we will receive the vibration of hope.

Let's be honest and acknowledge that it is easy to lose hope, even when we are in a safe home with plenty to eat and people who care for us. Hope is a spiritual discipline. It requires practice. It's a muscle that can wither when ignored or taken for granted.

So, perhaps the question is, how do we stay connected to hope? How do we nurture and grow hope and keep it present in our lives? I am sure there are many people who have insights about this. It is likely a very personal thing.

Here are a few strategies that can be helpful:

Observe how nature continually renews itself

Sing

Remind yourself of the good things that have been provided to you

Acknowledge a higher power and pray

Smudge yourself with sage

Stay in touch with friends

As I write, wars rage on in the Middle East and Ukraine. In the Los Angeles area, fires are destroying property, killing wildlife and human beings. Hope is not some wishful fantasy - it is an essential ingredient to life that we each have a responsibility to hold and keep for each other.

Some say they can endure all kinds of suffering as long as there is hope. May our community breathe, sing and dance HOPE in 2025 and beyond.



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please email your articles for inclusion to us before April 15th
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.

Editors:

Stella Longland: stellalongland@btinternet.com based in the U.K.

Marina Budimir: marinabudimir@gmail.com based in Croatia.

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Related websites:

<https://www.geraldinerael.com> : the website of our Vision Dance Guardian, Eldest Daughter Geraldine Rael.

Geraldine can be contacted via the website and by email: geraldinerael382@gmail.com.

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

Joseph Rael — MILLICHAP BOOKS : publisher of *Being and Vibration: Entering the New World* and other books by Joseph Rael, plus many videos to view of Joseph Teaching.

www.peacechamber.co.uk : a website covering the Chamber Vision and the manifestations of Sound Peace Chambers worldwide (a little out-of-date but nevertheless plenty of info).

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Bee with full pollen pouch
photo by Stella Longland