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**newsletter**

**Caring for  
the  
Visions  
of  
Beautiful  
Painted  
Arrow,  
Joseph  
Rael**

**Issue 17:  
May 2020**

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*evergreen light*

Dear Readers,

The numbers of people visiting our website <https://seedsofpeace.news/> is growing and many who visit are taking the opportunity to sign up to the subscription list to receive the newsletter on publication day sent via a post from the site.

**By entering your email address in the subscription box on the Home page and clicking the subscribe button below it, you will be added to the site mailing list.**

**Amusingly, the majority of the sign-ups are from people who are not currently on our emailing list!**

From the editors' point of view, sending the website post is quick and efficient, we press one button and the newsletter goes out to every subscriber individually and instantly. So we do encourage you to subscribe there.

You can unsubscribe at any time by clicking the 'unsubscribe' button at the end of any post you have received.

## ***Our Mother Needs Our Loving Attention***

from *Being and Vibration: Entering the New World* by Joseph Rael (p.136-138)

### **The Two-Heart Meditation**

This is a meditation of visualizing Mother Earth in an attitude of blessing and can be done at any time.

In a space before you, or in the center of the room, see in your mind 's eye our Mother, the earth, hanging in space, 'evolving and revolving' (changing and turning). Be with her a while, becoming aware of all of her beauty and loving her. Notice the different colors of the land masses; the blue of the oceans and rivers; the puffy white Cloud People; the North and South Polar ice caps. You are saying a prayer for all the creatures living on and in her, in the oceans, forests, trees, and rivers. Remember that our Mother loves and cares for and provides for us all without judging us, no matter who we are.

From your highest power point on the top of your head send out a powerful beam of gold light, toward Mother Earth. Then, from your heart center and physical heart, send her a beautiful beam of vivid blue light. Where the two beams come together and touch, see a clear emerald or grass-green beam of light. The green means the principle idea of TRUST, what the planet needs most.

Now see our Mother bathed in this beautiful, clear light of green. Watch her, turning in the blackness of space, being washed and purified by your loving and the green light. See first one continent, then another, and another, and all the cloud masses in between, being soaked in the light, absorbing the light and turning green. See the oceans amid the ice caps turning green. See the whole earth absorbing this sacred green light. Feel your love for your Mother while you are doing this. You are caring for all the beings on the planet with this light, including yourself, your family, and neighborhood.

If there are places in the world which are currently experiencing painful disharmony, about which you are particularly concerned, think of them specifically when the green light falls on that part of the planet. This also includes countries and cities which have had natural disasters as well as political ones.

This meditation may be done daily if you wish, and for as long as you like.

The important thing is to do it! Our Mother needs our loving attention.



### ***Do Little***

#### **A Reflection in the Present Moment by Lukas Budimir**

Recently I drove by a huge billboard for a movie. The advertised film, based on the famous children's stories from the 20<sup>th</sup> century, is called *Dr. Dolittle*.

It made me think, "That is exactly what we need to do in this situation with Corona Virus and also with climate change." The virus forces us to stay at home, forces us to exercise awareness in what we do and what we touch, forces us to do little and so find out what is really important for us and the whole world and then as we come to accept the situation we can change it.

Why can we change it by accepting it? At a Long Dance in Germany in the late 1980s, Joseph Rael, Beautiful Painted Arrow, taught us that we can access the past and the future only by being in the eternal now. During the Dance that was what we obviously had done: In dancing clockwise, we had healed the past and counterclockwise

it felt like dancing into the future. Even though it hadn't yet happened, you could change it and even though it had already happened, you could heal it. To accept it as it is, is the only way to be in the moment and go from there.

Why is being in the moment important? We have to look at the development that led to the situation we find ourselves in, and we have to consider the consequences of our decisions on the next 7 generations, because that's the span of time for their impact on the world.



Think of the invention of machines that are based on fire and explosions: the steam engine was invented and led to the industrial revolution, cars make a spark in the engine and use explosions to move us. Our economic model is based on continuous growth, even though we know that we have limited resources on our planet. Everything is based on taking without giving and then we wonder why things are not in balance. All these energies that we have used for more than 200 years are outgoing (when they should be going out!). They push. We want to take by conquering. We want more things and we want other people to do the work for us. We want to go faster and get further. Even our education is based on pushing and selecting. We are driven to achieve something all the time.

We statistically own 10,000 things each, as an average. Our worth is based on what we have, and we want to have more and more. We want our own car, even though they are made for 4 people...and so on and so forth. There are so many people who have so much that, in their whole life, they can never use it all.

On the other side there are so many that don't have enough and can barely survive. Why is that so, in such a rich world? Well it's two aspects of the same behavior. Even though nature is based on abundance, if some take too much there is too little for the others. A tree produces thousands of seeds, even though it would only need one once in a while to keep its own species alive. We destroy abundance by taking too much. Oh, but we might need it sometime... Well, then take it sometime!

You can only sing if you are listening and your listening ears can only hear vibration, happily, vibration is a thing that everything has because everything is in movement. "Mother Earth is calling" so let's start listening to her, let's start to worship her beauty, let's start to work together. Joseph Rael has given us his insights, his teachings, and shared his visions so we can come together as one, as we are, in diversity. We can develop together, instead of getting stuck by ourselves. We have to learn that it is not possible while in duality to only do one side. That's why it is so valuable to live here. We need to change our inner climate, because it causes the outer disaster. The beauty is, that we can do it. It starts here and now and then continues every moment.

Give something, so you can receive. Breathe out, so you can breathe in. Take in, accept and let go. Yes, there is a moment between taking in and letting go, like a little break between activity and passivity. Normally we don't think about this moment. We just do it. It is in balance. We have our rhythm. We can also speed things up, we can run, we can find a faster rhythm while running and keep going for a long time, even like an Ironman. But eventually we have to slow down, we have to calm down, relax, regenerate, sleep and receive new energy.

There is time for that now, there is time to DO LITTLE.

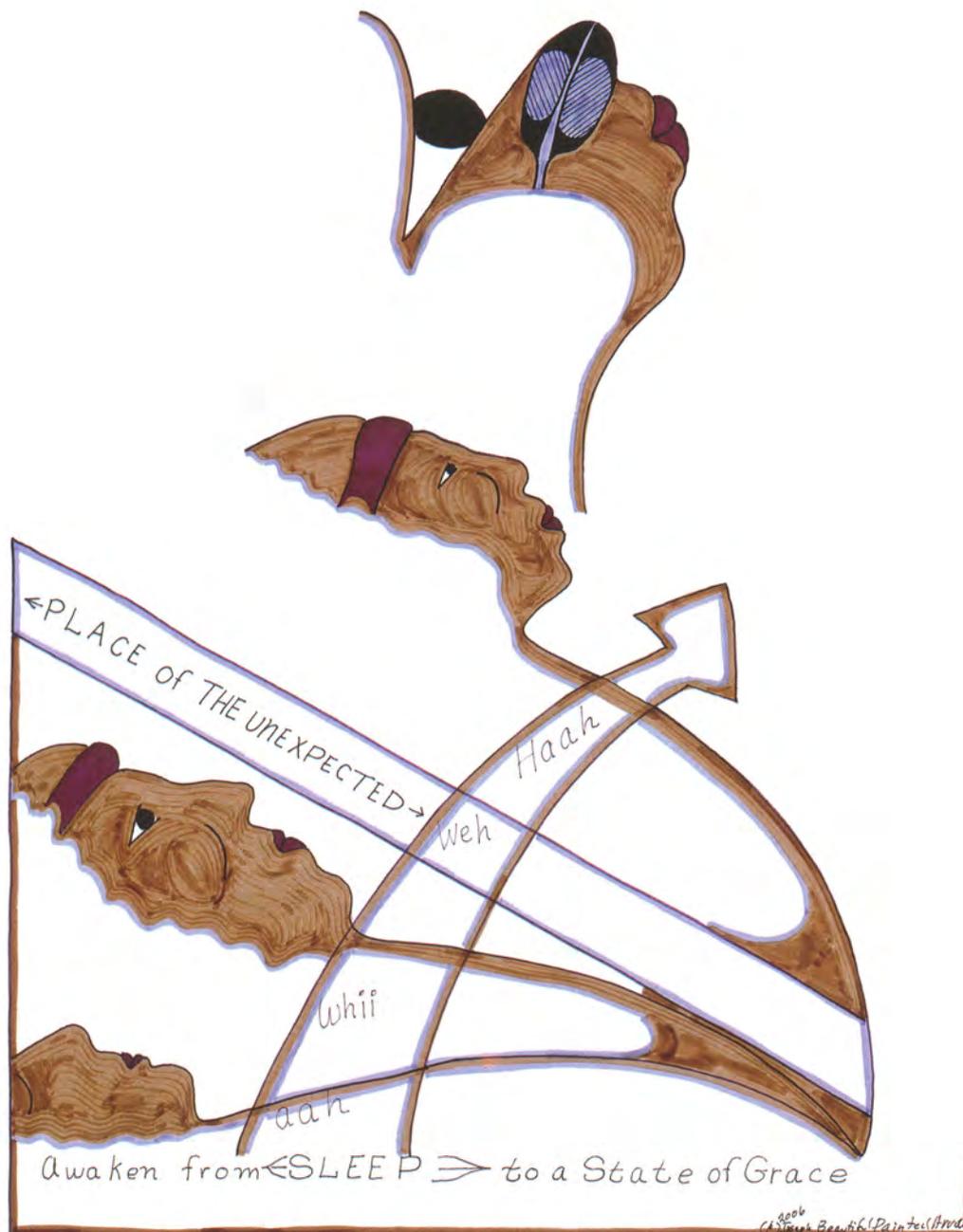
Find inspiration for things to come, look back and see what was good for you and our fellow beings. Find ways that are good for everybody, ways that are in balance mentally, emotionally, physically and spiritually. Walk the medicine wheel to find these 4 directions. Find the parts that went missing. We can make us whole again.

Wherever we go on our planet, we have the 4 directions. Wherever we go, we can find balance. In the Sun Moon Dance, we develop a rhythm of activity and passivity, of giving and receiving so that we might fall in love with life with all its difficulties and beauties. Then we integrate our experiences in our daily life and come back next year. The inner climate change takes place slowly and needs time to develop. But we have to start doing it. Giving and receiving in balance. Going to the centre, turning, and returning to our place; it is all in the Dance. We can experience it. We can celebrate it separate and together, in the same moment, the Dance of Life.

Breath, Matter and Movement come together as One. Everything that is, is breath matter and movement.

We work and get things done and then we DO LITTLE so we can live in balance. Do little because energy can never do nothing, but it can be very fast and totally relaxed at the same time. Try it out and let us all know how you experience it, then we can learn from one another and fall in love with life.

**Footnote:** on the author of the Dr. Dolittle books, Hugh Lofting. He served in the trenches in World War 1 and, not wishing to write to his children about the brutality of the war, he wrote imaginative letters to them which later became the foundation of the books. The first story was published in 1920, 100 years ago.



Artwork (copyright © Joseph Rael)

from *Walking the Medicine Wheel: Healing Trauma & PTSD*, David Kopacz and Joseph Rael (p.142)

## ***Postponed Easter Sun Moon Dance 2020 in Extrema, Brazil (9th-12th April)***

**from Dance Chief Felicity Macdonald**

As the Easter date for our Sun Moon Dance got closer and the Coronavirus lockdown became real, I phoned Dance Guardian Geraldine Rael and asked her advice about postponing our Dance.

I really was resisting the moment to make this call, because I love this dance and it would have been our 17th year of dancing it in Brazil.

A reasonable number of Dancers had already made their giveaway. Right back from the time I was working with Sally Perry, I could hear her now, saying: "If one Dancer has put their name down and paid their giveaway, you have an obligation to lead that Dance."

Even so, Geraldine agreed it would be correct to postpone under the circumstances.

With all this in mind, and a heavy heart, I made the decision to postpone the Sun Moon to a date somewhere in the future. From then on, we started thinking of what we could do over those days to honour the Spirit of the Dance, and so keep the flame burning brightly until such time as we could dance in person.

As Andrew and I were in lockdown here in Sao Paulo city, and not allowed to drive or even go out of our property, we were unable to travel to the land where we hold the Dances, so we came up with an idea: As the start of our Dance, we would send photos to those who would have attended, one with a view of our arbor from the outside and another beautiful one, that Lukas Budimir took just after one of our Dances had ended, when the arbor looked like a huge wheel showing the Dancers' paths to the centre tree.



*photo from Felicity & Andrew Macdonald*



*photo by Lukas Budimir*

We asked that each person make an altar indoors somewhere in their house or apartment, or choose a sacred space in their garden, to use over the 4 days of the ceremony. They could print and enlarge these photos, and place them on their altars, and thereby make it easier to visualize the arbor and recreate, to some extent, the feeling and vibration of the ceremony.

We asked them all to choose part of the time, or the whole time, between 12.00 midday and 14.00 pm on every day of the postponed Easter dance, to make their own version of 'living' their dance.

It would be their individual choice of what to do during that time, but we made a few suggestions like: drumming and chanting, singing the drum songs, meditating, sitting in silence and listening or observing, offering sage, cornmeal and tobacco, prayer ties and prayers and any other gifts they felt drawn to offer.



Wanda Czarlinski, used her garden as her sacred path with flowers, cats and dragonflies, with a fork leading to two large trees allowing her to choose between the two paths each time she danced there...

*photo from Wanda Czarlinski*

On Easter Saturday evening at 7.30 pm we called a Zoom meeting, as we had combined to sing the Bear song at exactly that time with Michael and Jennie in Australia. We have traditionally done this for many, many years now, but this time we wanted also to chant Michael's name to support him with his present health problem and wish them a successful dance.

On the Easter Sunday most people chose to end their 'virtual dance' with a water ceremony of their own.



*Felicity pouring a water blessing at her altar*

Six days later we combined another Zoom gathering and held an informal sharing and greeting together. We made a virtual circle and passed around a 'virtual talking stick' while each person said something about their experience. It was a very meaningful and beautiful meeting and we thanked Grandfather Joseph for the inspiration for such a wonderful Dance, so real that it was hardly virtual.

We decided to continue our Zoom meetings on Fire Ceremony days, on 7th May and even 7th June if we are still locked down. It is at least a way to 'see' each other and pray together, while we watch the fire burn on our patio (in range of our WiFi) and afterwards share insights. Perhaps even followed by a virtual sweat lodge with prayers in the four directions and chanting the vowel sounds together.

May the spirit of the sacred Dances live on and we pray that Nature, who is teaching us a very powerful lesson at this time about looking after life and our planet, will get through to a greater number of people, so that we can all make a difference.



## ***Each of Us is a Sound Peace Chamber***

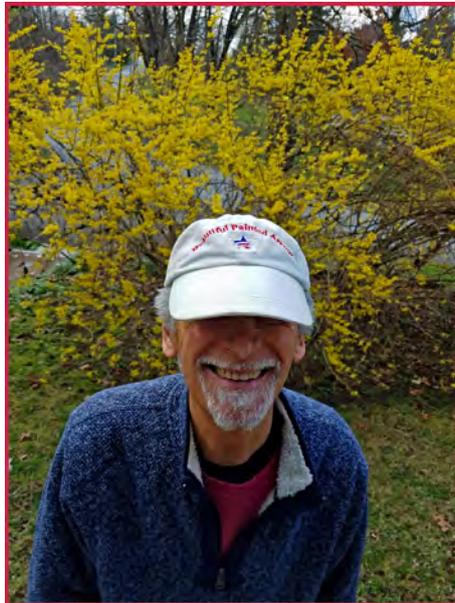
**recalled, with a little help from my friends, by Stella Longland, caretaker of the Cave of Clay**

Many years ago, a message came from Grandfather Joseph telling us that we are each a Sound Chamber. He wrote, the shape of your head proves it, and, as I recall it, he suggested we put on a baseball cap, as it would help us to become a Sound Chamber, and we would be walking Peace Chambers.

I am pretty sure that message came in an email, and I have re-read it once or twice over the years, but could I find it to write this note? No, I could not! So, I emailed Lukas and Marina Budimir to see if they remembered it. Later that week, we were on Skype, me in Scotland talking to them in Croatia where they were staying when the quarantine restrictions began. Lukas told me that Joseph had sent a box full of white baseball caps to the 7<sup>th</sup> Gathering in 2011 which took place at Birdsong Chamber in Pennsylvania hosted by Tom and Kristen Bissinger. Lukas was there and had received one. This could be my evidence of the Teaching! “Oh, have you still got it? Can you photograph it for me?” But he told me: “I do still have it, but it is in our flat in Germany!”

So, I emailed Tom. Did he remember the Teaching? He replied: ‘I do recall it but think you know the quote better than I. I should have a hat around somewhere. I’ll look’.

A couple of days later this photograph of a long-standing Peace Chamber, with its roof intact, arrived.



Thank you, Tom!

In the background of the photo, the bright yellow flowers of the Forsythia are blooming in Pennsylvania and, on the day that I received the photo, in my garden also. Forsythia is a member of the Olive family, which, back into time immemorial, has been a symbol of Peace. In the 19<sup>th</sup> century language of flowers, Forsythia stands for Anticipation, and, although the plant’s name is derived from the surname of a botanist, it is easy to morph it into, Foresight, two words which are great for chanting and I think will serve us well just now.

At this moment in time, we cannot meet in our Peace Chambers to make sacred sounds together, but we can still chant and dream and receive insights, we can still keep working on the Vision of World Peace. We may be separated from our human companions but the Spirit of the Peace Chambers, Dah-Vii, and many other participating spirits are close by.

Perhaps there is someone in the community who has that original communique from Joseph and maybe we could put it into the next newsletter.



## ***Singing to the Trees***

***initiated from the House of Mica and Continuing as a Globally Shared Practice until May 13, 2020***

Dear Singers and Chanters for Peace,

The House of Mica Peace Chamber, in concert with Birdsong Peace Chamber, Center for Peace, Oca De Paz Peace Chamber, Beautiful Sweet Water Peace Chamber, Taa Laa Peace Chamber, and with the support of Geraldine Rael, eldest daughter of Beautiful Painted Arrow, has put out this global call to SING TO THE TREES from April 14 – May 13, 2020.

As we honor the trees, we bring healing to the human lungs and our capacity to breathe. We recognize our interconnectedness with the natural world and all beings. This practice helps us step into the awareness of the One-ness of all creation and embrace what is in front of us without grasping or aversion, as we affirm: “My nature is loving awareness.”

**WHY:** It is time to honor the trees. It is time to go within and discover our true nature as pure loving awareness. The lungs of humanity and the lungs of the planet need healing and support. This practice is, in part, in response to the global COVID-19 pandemic.

**WHAT:** We are asking people around the globe to join together in this practice to create a global song to the trees. People may begin the practice when they hear of it. You may do the practice once or join us for the remaining days of the global practice through May 13. Some people may choose to do the practice whenever they can, while others may choose to do it regularly at sunrise, sunset, noon or midnight.

**HOW DO I PARTICIPATE:** The “Singing to the Trees” practice can be found in ENGLISH on the next page. It can also be found in SEVEN or more different languages at <http://www.houseofmica.org/singing-to-the-trees.html> or as a **five minute Youtube video**. If possible, we encourage folks to make this a daily practice until May 13. Depending on public health guidance for your location, you may do this practice inside as you look out at a tree or you may do it outside. You may do the practice alone, with family members or in groups. If you would like to, you can share your plan for participating by emailing us at [homica@nycap.rr.com](mailto:homica@nycap.rr.com).

**FACEBOOK PAGE:** You are welcome to post how you are participating on the project’s Facebook page: **Global Tree Meditation and Loving Awareness Practice**. You can connect with others doing the practice, upload pictures or videos, share your experience and feel like part of a global community.

**GLOBAL VIRTUAL GATHERING: Wednesday, May 13:** We will conclude the month of doing this practice with a Global Virtual Meeting on Wednesday, May 13 at 4pm US East Coast time using the link below:

Join Zoom Meeting: <https://us02web.zoom.us/j/89993326962>

Meeting ID: 899 9332 6962

One tap mobile: +16465588656,,89993326962# US (New York);

Find your local number: <https://us02web.zoom.us/u/kcQmkz8eDn>

We are grateful for the power of community and the power of collective action. We offer prayers for all those who are suffering from COVID-19 and gratitude to the health care workers and caretakers who are acting so courageously and compassionately. We give thanks to our spiritual elders, especially Beautiful Painted Arrow, and all of the enlightened ones.

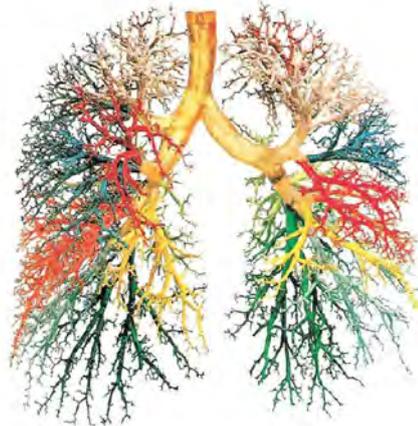
Blessings and Peace, Rick and Elisa Cotroneo

## ***A Practice for Singing to the Trees***

This five-step practice can be done anywhere and anytime. It may be adapted to best suit your needs and preferences. Thanks to Beautiful Painted Arrow for the vision that brings us together and sharing with us the Tiwa sound of the tree.

**Honoring:** Begin the practice by looking at an individual tree or group of trees. Give thanks to the tree for all that it provides that you can easily see – beauty, shade, fruit, nuts, home for the birds. Give thanks for all that trees and forests give you that you cannot see, especially oxygen, which is essential to supporting life. Bow to the tree as a divine manifestation of Spirit or God or whatever you understand as the Ultimate.

**Sing to the Tree/ Sing the Tree's Song:** Open your heart and begin singing to the tree. Include in your singing the Tiwa sound for tree - Pee Wheh Neh. Initially, be aware of the apparent separateness between you, the sound of your voice and the tree. Open your heart more and more and allow the tree to sing through you, to feed oxygen to you, to support your well-being. The tree is a metaphor for greatness and the heart. Honor the greatness of the tree and the greatness of the heart - Pee Wheh Neh.



Bronchial Tree

**Acknowledge One-ness:** Allow the practice to deepen and shift. Know that the tree is within you. As you breathe, experience the inverted tree where your mouth is the bottom of the trunk of the tree. Each breath awakens a very lovely tree whose trunk is your throat and whose branches extend to your lungs and chest. Experience the light of the tree opening and healing all of the breathing passages of your lungs. Experience its vibrancy and the light of well-being spreading through your chest area and across your whole body, just as the branches and leaves of a tree spread into the clear blue sky. When you are filled with healing light and peace, focus on the beautiful clear blue sky.

**Let the Mind Disappear into Silence:** As you focus on the clear blue sky, let the mind disappear and enter the silent experience of being ONE with all creation. Know that you do not exist as the mind thinks you exist. See yourself in all beings and all beings in yourself. Experience yourself as the unified field of consciousness that is indivisible, always and everywhere. Know that there is only loving awareness. Loving awareness without beginning. Loving awareness without end. Loving Awareness.

**Accept the perfection that is right in front of you:** After a time, come back to awareness of the body. Filled with light and a sense of peace, give thanks for this moment and all that is present. You are loving awareness and what is in front of you is a gift from Spirit/God. Embrace what is in front of you without grasping and without aversion. Know that you are exactly where you need to be. Your presence is a gift. You are connected with all beings. You are loved. You are loving. You are love itself.



## **James Perry Robinson in Memoriam, May 5, 1936 - February 27, 2020**

written by Steve City and Jeanne Robinson on behalf of the Center For Peace community



Born and raised in North Carolina, Perry attended Maryville College in Maryville, Tennessee. It was there that he met Jeanne McElroy. They married in 1957 and celebrated their 62<sup>nd</sup> anniversary in August of last year.

A graduate of Maryville College and Louisville Presbyterian Theological Seminary, Perry was an active Presbyterian minister for eleven years. He had charge of a church all three years while in seminary. Upon graduation he pastored two churches in Friendsville and Maryville, Tennessee. In 1966 the family moved to Tarpon Springs, Florida, where he was the pastor of the Presbyterian church. Around this time Perry experienced what is sometimes called a crisis of faith. It was really an awakening of faith in something greater than a church. Perry lived his life in service to others, and to the God he chose to call Creator, avoiding the baggage of dogma.

A move to southern California in the '70s found Jeanne and Perry running a foster home for up to 25 children, mainly teenagers, at a time. They later formed a foundation for the resettlement of Vietnamese and other nationalities of refugees. In 1979 they decided to move back East, settling in Atlanta.

After few years in Atlanta, the Robinsons finally ended up in the foothills of the Smokies, near Walland, Tennessee, where, in 1986, they founded the Center For Peace, "an international community focused on ancient wisdom traditions applied in the modern world". After beginning in the Walland area, the Center For Peace was gifted 17 acres of land, with house, in Seymour, Tennessee, where it is still located today.

In the early 1990's Perry and Jeanne met Joseph Rael, Beautiful Painted Arrow, and with his guidance built the Peace Sound Chamber, Tu Tah - the Center For Peace. In 1997 The Center hosted the first international gathering of Peace Sound Chambers Caretakers. People who either had built, were building or were planning to build a Peace Sound Chamber gathered from around the US and the world.

Several years later when Joseph retired from leading dances, Perry became chief/co-chief for the Drum Dance and the Long Dance. Along with these dances, Perry led sweat lodges at the Center for a few years.

A student and teacher of A Course in Miracles, Perry also wrote and spoke through inspiration of Spirit (sometimes called a conscious channel). He brought messages and practices aimed at restoring the richness and power of personal identity, unity of thought, self-sufficiency, spiritual experience and a healed life. Perry and Jeanne traveled around the US teaching workshops and channeling. Their travels also included Jamaica, Hawaii, Australia, Scotland and Israel.

Together, Perry and Jeanne have supported and encouraged others to "push the envelope of what we can think, believe, and do about who we are and can be, by looking at the possibilities inherent in the nature of being human."

Anyone who was ever around Perry shared the experience of being enveloped by a sense of calm, of peace, of love and warmth. His deep voice was always patient, and in conversation he would gently probe to learn more about what \*you\* thought, what \*you\* were going through. His good humor and ready - but always kind - wit were always there.

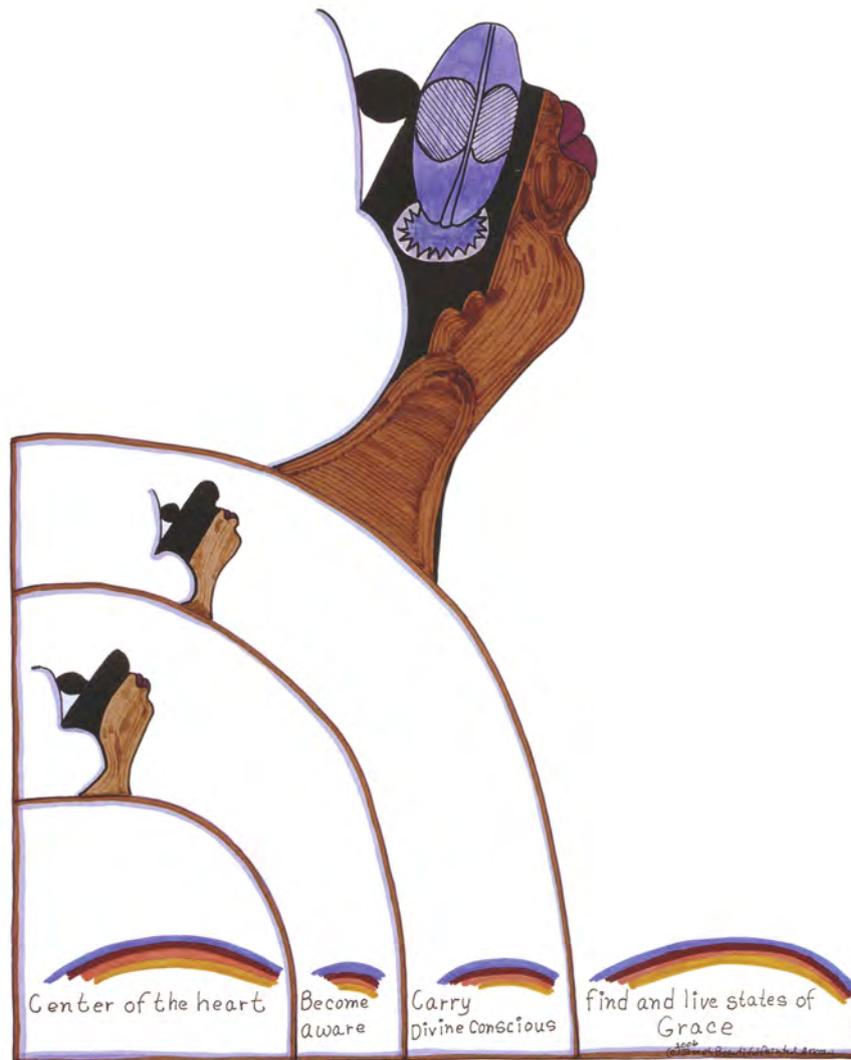
One of his friends noted that Perry "was truly the kindest person I have ever met." That he was. There could be no better role model for the simple teaching "Be Kind" than James Perry Robinson. He is now One with Creator, and through our memories his Spirit, and that of Creator, can live on in us.

We are in the process of compiling Perry's writings, or Perry's Ponderings, as they appeared in the Center For Peace Newsletter for a number of years. These writings will be available through the Center For Peace in the near future. Perry is survived by Jeanne, his sons Todd and Scott, daughter Heather, and grandsons Isaac, Benjamin and Christopher as well as members of the Center for Peace and many friends around the world.

You can contact Steve City at the Center For Peace on email: [steve.city@gmail.com](mailto:steve.city@gmail.com)



Center For Peace Chamber at the First Gathering in October 1997, photographer Junitta Vallak



Center of the heart – Become Aware – Carry Divine Consciousness – find and live states of Grace

Artwork (copyright © Joseph Rael)

from *Walking the Medicine Wheel: Healing Trauma & PTSD*, David Kopacz and Joseph Rael (p.163)



**Worlds came from nothing into a vision and it was God's vision**  
from *Being and Vibration: Entering the New World* by Joseph Rael (p.141-143)

**Chants for the New World**

*Key-ya-tah*

May there be Peace.

Bring this 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-chee*

May healing come to thee.

**Eye of God**

Now, we find ourselves here in this new world. We are always, and we will always be beginning new journeys. We will always be there for ending the journeys. Then we will start all over again because we are forever beings of eternity. We came out of eternity into the sunlight, and into the light beings of the vibration of divineness.

We will continue that way because that is our journey and so now we go to a new vibration, a new place. We will travel together for a while until such time as we then will end. Our journey's only to close our eyes for a moment and when we open our eyes again, we will be in a different universe, but we won't remember where we've been.

This is where we can know that we belong, all of us together, for we are the people.

Here is the beauty that we seek. That beauty, when we seek it, takes us to a higher realm. That beauty is fused with a light of radiance, a radiating light which places itself in a way that it carries not only the ordinary reality but the non-ordinary reality.

Since we are both of those vibrations, it will carry us beyond all of the celestial levels in which we merge with the spiritual as well as the physical light and we become one thought of goodness, kindness, and the essence; a sense of one with all of the eternities that we came from in the beginning and how we find ourselves now in this place of divine presence.

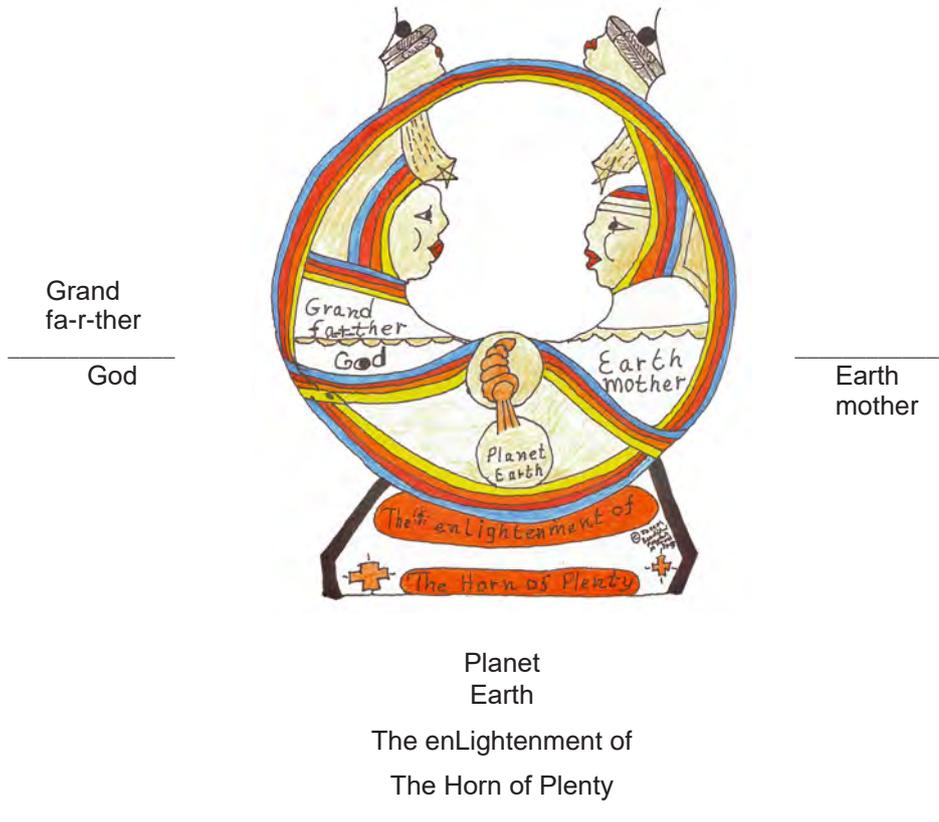
Everything eventually disappears into the dark light or dark matter where it came from. For that's who God was. Worlds came from nothing into a vision and it was God's vision.

We were all there in it. We were all in this vision and this eye. He allowed us to go out and become images; all kinds of images, millions and millions and millions of images. He created artistic abilities over the many centuries of many beings who are either poets, writers, or artists.

They got caught and mesmerized in this glow of light. So, now Creator, every time he creates a new calendar, he drinks all his creations, and they go back into his vision. That's why they go into the dark eye of *Ojo De Dios*, Eye of God. They go back into the Eye of God only to emerge in another moment.

They re-emerge into millions and millions of lights and beautiful images which really are the mysteries of the light. For the two-leggeds once again to see the beauty of divine presence in beauty, knowing that one day when that calendar ends, everything then must go back to Creator, and so it does.

We will continue as beings of light, for we became intoxicated with light and we are the light. So, therefore, we will continue always because we always were and we will always be for we have never really existed. We have only existed for a moment in which we appear. In a moment after thousands and thousands of years, which is a moment, we go back into the Eye of God where our journeys originate.



(copyright © Joseph Rael)

from *Walking the Medicine Wheel: Healing Trauma & PTSD*, David Kopacz and Joseph Rael (p.153)

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## ***Becoming Medicine: Pathways of Initiation into a Living Spirituality***

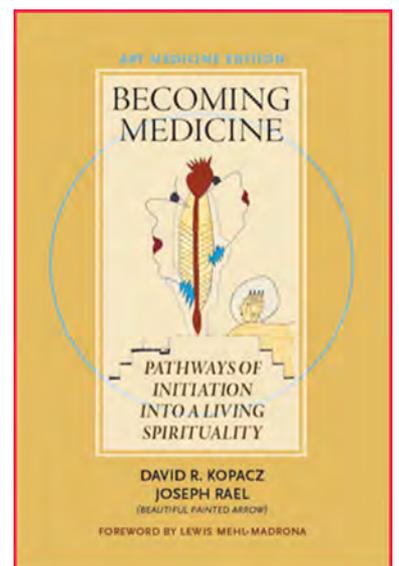
**the new book by David R. Kopacz, MD and Joseph Rael, Beautiful Painted Arrow**

The authors, David Kopacz and Joseph Rael, wish you Health, Happiness, and Wellness during these times. They are saddened that they will not be able to do the book signing in June, which was to have taken place at the time of the Pagosa Sun-Moon Dance, with the health concerns and travel restrictions around the Covid-19 Coronavirus.

They would be happy to send a page with art and some words from Joseph, along with some bookmarks for the book, to anyone who would like that. David will sign these, and Joseph has had a signature stamp made so his stamp will also be put on. If you would like to have these sent to you, please email David: [davidkopacz369@gmail.com](mailto:davidkopacz369@gmail.com) with your name and postal address and he will mail them out from Seattle.

For those interested in owning the book, there are two editions, a more expensive full color Art Medicine Edition and a less expensive black & white Standard Edition.

When you order, be sure that you are ordering the edition that you want. The cover illustrated (right) is for the color Art Medicine Edition and you can see that by the blue writing above the title, but the best way to be sure that it is the color edition is to check the ISBN: 9781734280036. The black & white Standard Edition has no blue writing on the cover, and it has a different ISBN: 9781734280012.



Both editions are available through Itasca Books, Amazon, and Barnes & Noble. This link takes you to some information about the book with links for ordering: <https://www.davidkopacz.com/becoming-medicine>.

### **In This Their Second Book:**

Holistic psychiatrist, David Kopacz, and Native American Visionary, Joseph Rael (Beautiful Painted Arrow), continue the journey started in *Walking the Medicine Wheel*, venturing deeper into initiation in the center of the medicine wheel. Drawing on their own secret journeys, as well as those of contemporary and ancient mystics, visionaries, and shamans, this book plots out a course of initiation into a living spirituality.



*photo courtesy of Karen Kopacz (copyright © Karen Kopacz)*

### **An Overview of *Becoming Medicine* from David Kopacz**

The spiritual path is the transformation of the personal into the universal. What you seek, you become, and then you have the responsibility to give the medicine you have become to others. The world is now in desperate need of many kinds of medicine. What *becoming medicine* teaches is that we all have within us a source of healing – healing for ourselves and healing for the world.

We will never grow if we do not let go of the past and embrace the disorientation that leads into the future. Disorientation is the first step in “transformational learning.” Joseph Rael often tells me that we are stuck because of our own “self-imposed limitations.” He says, “we do not exist.” We are meant to be in a state of becoming, like a verb, we are meant to always be growing and becoming. As we cross the liminal threshold on our path to becoming initiated into ancient wisdom, we quickly realize that we have left the modern world and have entered into a timeless place. The process of initiation changes our story about who we are and what our role and responsibility is, it is finding our guiding vision and our calling. We are a story that is writing itself at the same time that it is being written.

The seeker must embrace disorientation and embrace suffering, both individual and collective. Through the process of initiation, one becomes attuned to all beings. One becomes a steward of the Earth. Joseph is always quick to say, the healing power is not yours or his. Joseph says that in the Tiwa language the word for God means breath, matter, movement. When we are aligned with breath, matter, movement, we are aligned with the divine and the healing essence of the divine flows through us. Joseph describes coming home, to Picuris Pueblo, after 36 years away, he said, “I rediscovered myself!” We are made up of Mother Earth, our bodies, molecules and atoms come from the food that we eat. After passing through initiation, we realize we are the land and the land is us.

A living spirituality is a personal thing, it is something you find in your own heart. It is the ultimate transformation of suffering, to find the Garden of Paradise within ourselves – an ever-renewing source of revitalization. In taking this medicine, we are *becoming medicine*, for ourselves, for our human relationships, and for our communities, ecosystems, and for the planet. Rather than a materialistic view of ourselves as isolated organisms, we can imagine ourselves as reflective and interconnective beings. Spiritual democracy is an antidote for divisiveness and radical “othering”, embracing it can help us move beyond our physical and political boundaries to recognize our essential Oneness.

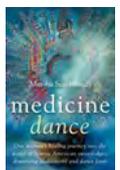
Originally I was conceptualizing the book as being about initiation, but as history has unfolded around us, I realized that we needed to speak of the silent land who is our Mother, we had to speak for a renewed sense of unity of all beings and all life, we had to speak of spiritual democracy as an antidote to divisiveness and “othering.” We had to remind people that if they go into the darkness, the darkness of these times and the darkness of their own hearts, they will see the light in the darkness and they can, carefully and full of care, bring back this light from the inner self into the current darkness in which we are all fumbling.



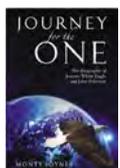
## Inspiring Books by People with connections to Joseph and his Teachings



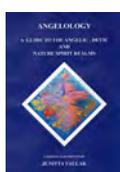
*Chronicles of a Healer: She Who Dances* by Sally Perry, Spirit Medicine, 2000.  
A story of early tragedy and how, through self healing, the author found that she was able to heal the hurt in others. ISBN: 097-10002-1-2.



*Medicine Dance* by Marsha Scarbrough, 2007.  
The story of her life and its interconnections with the dance ceremonies of Beautiful Painted Arrow, Joseph Rael. ISBN: 978-1-8469404-8-4.



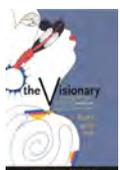
*Journey For the One* by Monty Joynes, 2008.  
The biography of Jeanne White Eagle and John Pehrson including a section on their travels to Sound Peace Chambers worldwide. ISBN: 978-0-6152091-1-1.



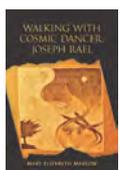
*Angelology: a guide to the Angelic, Devic, and Nature Spirit Realms* by Junitta Vallak, c. 2009.  
The author has compiled a wealth of information about Angels of many traditions, cultures, and faiths. The book covers how to contact Angels, how to see them, their origins and historical, geo-metrical and mystical connections. It also includes stories of her friendship with Joseph and the first Sun-Moon Dance in Australia. The book has no ISBN; privately printed, a copy will be hard to come by.



*A Story Waiting to Pierce You: Mongolia, Tibet and the Destiny of the Western World* by Peter Kingsley with an intro by Joseph Rael, 2010.  
A breath-taking account of our past and our future as human beings; with haunting simplicity this book traces the ancient threads that connect Mongolia, Tibet and Native Americans to the origins of western civilization showing how these sacred ties have shaped our lives today. ISBN: 978-1-8903502-1-5.



*The Visionary, entering the mystic universe of Joseph Rael Beautiful Painted Arrow* by Kurt Wilt, 2011.  
A guide to living consciously in the Vast Self, which tells the fascinating story of a life lived in tune with the Vast Self and inspires the reader to learn more and to implement the visionary's teachings through the meditations in the 'Following the Visions' section of the book. ISBN: 978-0-9823274-0-1.



*Walking with Cosmic Dancer Joseph Rael* by Mary Elizabeth Marlow, 2017.  
The author shares her decade long experience as student and co-teacher with Joseph Rael, Beautiful Painted Arrow. ISBN: 978-1-9374624-0-6.



*Sun-Moon Dancing for our Time* by Rick Cotroneo, 2019.  
Describing how sacred dance is medicine for healing the ills that have emerged in the wake of the Industrial Revolution; part 1, "Experience", recounts the magic of meeting Joseph Rael, Beautiful Painted Arrow; part 2, "Alongside Metaphor", is a sharing of principle ideas or metaphors from Joseph's teachings and the unfolding of the Sun-Moon Dance in upstate New York. ISBN: 978-1-6910138-8-3.



*Taken by the Eagle* by Stella Longland, 2020.  
Altered-state realities entwine with daily life in a colourful narrative about awakening awareness. Beautiful Painted Arrow Teachings permeate the story. ISBN: 978-1-9999024-4-5.

If you know of books that could be added to this list please send the details to [stella@peacechamber.co.uk](mailto:stella@peacechamber.co.uk)



**No Mads**  
**We have to become No-Mads!**  
**from the serious Fun Angel of Lukas Budimir**

*Everything has its place, there is a natural order in things,  
that's why we don't put our underwear on our heads -  
Joseph Rael, Beautiful Painted Arrow, used to say.*

Now a lung disease closes everything down, things are out of order,  
our whole world is "out of order", the situation is not working for us anymore.



We can stop being mad and start to be no mads by doing 3 things:  
Be a person that is constantly in inner **movement** so we can become what we really are.  
Start dancing life in a different way.

We all have to learn how to **breathe** again in balance,  
to receive and to give, to accept and to let go.

**Matter** is not something to possess, but something to learn awareness from.  
We are here to help one another. Let's start doing it, for ourselves and together with everybody,  
when we all 'get it', we can move on.

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**About Laughter and Other News**

**put together by editor Stella Longland**

Joseph writes in *Sound, native teachings and visionary art* (p.68):

'The universe is set up so you can't lose. The universe is open to you; you are not an accident.  
Think of this as a key moment in your life and try to get as much out of it as you can because  
you're never again going to be in this moment.  
I think God laughs a lot.'

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So Now for a Moment of Riddle-iculous-ness:

The question is: If you add two elves together what do you get?

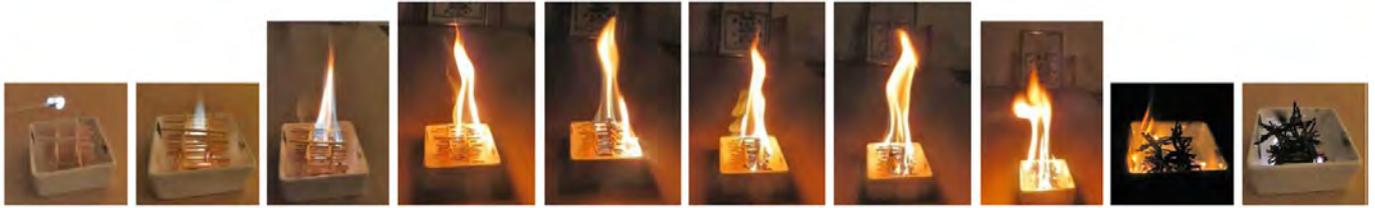
The answer is at the end of the end page of this newsletter.

*Other News:* To tempt readers to visit <http://seedsofpeace.news>, we have made a new page on the site where selected articles from Issues 1-9 will be available for reading and also download. To coincide with this Issue, the following three are available: *Water Blessing Tree Ceremony*, Kristen Bissinger; *Creating Peace Shrines for your Chamber*, Tom Bissinger; *How I met Joseph Rael and experienced a Long Dance*, Lukas Budimir.



# ***A Fire Ceremony that Anyone can do Anywhere***

in images from Lukas Budimir



Held at 7 p.m. on the 7<sup>th</sup> of each month, the next Fire Ceremony is May 7<sup>th</sup>

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## ***On the Relevance of the Fire Ceremony at this Time***

from Brenda Sue Whitmire

As you likely know, the Fire Ceremony is done every month on the seventh of the month at 7:00 PM local time. The first Fire Ceremony was held in April 1984 and so the annual April ceremony is often referred to as the “big” one. Most of us do this ceremony every month, as was asked in the original vision. It’s one of my favorites.

As Oceanus directed Grandfather and he taught us to do, I pray for the purification of the oceans and to bring down the walls that exist between us. I pray for all the oceans, mental, emotional, physical and spiritual. During this time, it would seem to me that this is another opportunity for us to combine our energies. As always, I watch the Fire for guidance and to gain information about where to direct energy based on where it lights first, where it falls first, or in the case of using a candle into which direction it leans, etc.

This time I am excited to see into what direction my attention is directed. Will answers to some of my concerns about the ocean of illness and death being created by Covid-19 lie in the north, south, east, or west, or perhaps I will be directed to the center? I look not just at global directions, but directions about where in my own bodies to look. I look for strengths and weakness. I look for guidance. I will be paying attention. One of the things of which I am always reminded during the Fire Ceremony is that our physical bodies are mostly water which, in my mind, makes us oceans too.

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## **A Picture of the living Sun Moon Dance Tree in the arbour at the Center For Peace, Tennessee, 2003**



photo from Stella Longland

**NEXT ISSUE** *Seeds of Peace Issue 18,*

publication target date: August 5<sup>th</sup> 2020

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

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

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

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

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

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

Please feel free to contact **Vision Dance Guardian Geraldine Rael** on: [gskyone2005@gmail.com](mailto:gskyone2005@gmail.com).

You can also apply to join her closed Facebook group, dedicated to the Beautiful Painted Arrow Dances and related work, via the same email address.



***The Moment of Riddle-iculous-ness***

The question was: If you add two elves together what do you get?

The answer is: Twelve.

If you would like to make a contribution to our light entertainment spot and have a homegrown light-hearted joke, cartoon, vignette, witticism, or other delight, to share please send it to: [stella@peacechamber.co.uk](mailto:stella@peacechamber.co.uk).  
There is a prize – you get to be anonymous! But your joke still has to wriggle and giggle its way past the editors....