

Seeds of Peace

newsletter

**Manifesting
the Teachings
of Joseph Rael,
Beautiful Painted Arrow**



**'Humans
were born
to
Drink Light'**

Issue 15: November 2019

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**A New Site: Download Past Issues and Subscribe to Receive Future Ones**

It is now possible to download past Issues of the newsletter from <https://seedsofpeace.news/>

On visiting the site, you will find published newsletters, from Issue 10 on, available to view and also download to your personal device.

**Notes on the Download Options:** there is a page for each Issue where clicking the download button will open that Issue on your device. You can read it there. The download button will NOT save the Issue on your device unless you right click anywhere on the opened .pdf and chose the 'save as' option. Similar pages for future newsletters will be added to this archive.

**Notes on the Subscribe Options:** by becoming a site 'follower' you can now choose to receive future newsletters sent directly from the site in a post. This is done by clicking the subscribe button on the site's Home page and submitting your email address.

If you are currently on our email mailing list, on receiving your subscription form we will take your name off that list and future issues will be sent to you from the site.

Do not subscribe if you prefer to continue to receive the .pdf of the newsletter via an email from Marina.

<< Blessings on Technology for making all this possible! >>

## ***A Message from Eldest Daughter Geraldine Rael, Vision Dance Guardian***

Greeting to all!

I want to say that so far, I've heard only positive feedback about the Climate Change Lessening Ceremony! I feel very positive about its inclusion. It is very much needed, the World over.

In July of this year we held a Sweat Ceremony at the Dance site on the mountain above Pagosa Springs. In a moment of inspiration, I included a Climate Change Ceremony with the Water that was used for the Sweat Rocks. The Water was poured over the heads of the participants three quarters of the way through the Lodge. It was over the top!



I want to let our Community know that I am considering on attending the California Gathering hosted by our dear Chief Valerie Eagle Heart, in the Fall of 2020. I am hoping to build a good rapport with everyone, to break bread, if you will.

I would like to ask members of our Community to send me any questions or suggestions that I can address. Please feel free to email me: [gskyone2005@gmail.com](mailto:gskyone2005@gmail.com). In turn, I may be able to input them into this newsletter so that everyone is in 'the know'. I have not yet had time to break down an email mailing list, it will be a big undertaking. Hopefully soon.

Most everyone knows, I am in the process of putting together a Women's Drum group. This is so that I can have easier access to further my work. My Father came to me with the idea of using his songs, in the interim. He said: "In this new World of technology it would cost to purchase headphones and I-Pods for each Dancer to use. But it is feasible, you have to learn to work with what you are presented with." I LOVE his idea. Dancing in Ceremony to his songs is a LOVELY possibility, that is exciting to think about!! My Father gave me his blessings in creating my own songs should I wish to do that. I can't tell you just yet, will I only create Tiwa based songs? I don't know yet. I may create songs of Vibration because, after all that IS our link to all that is. ALL Vibration is Sacred! The Tiwa songs created by my Rael family, will continue for as long as there are voices to sing them.

Dad is doing well, he keeps himself busy. He is a gardener and enjoys his greenhouses and he loves to water the Cottonwood trees he purchased for me to use for my future Dances. I have been asked if he is ill. He is NOT ill, he is doing very well, slower getting around but for a Man in his mid eighties, that is normal. How ever that rumor got out there, please be rest assured he is just DANDY! Still onery, sneaking a half cup of coffee when he comes to visit us! I pray all is well in your lives, all is well in your Ceremonies,

many BLESSINGS and love to all of you! Geraldine



### **Dates for your 2020 Diary**

The last weekend in September 2020 is the proposed time for the Gathering of Peace Chamber Keepers, Dance Chiefs and other supporters of the Visions of Beautiful Painted Arrow.

Valerie Eagle Heart Meyer and her community will be hosting the events at Rainbow's End, Yucca Valley, California USA  
contact Valerie: [eagleheartrex@earthlink.net](mailto:eagleheartrex@earthlink.net)



## **Invite to Join the Global Solstice Chanting for Peace**

**from Rick Cotroneo, the *House of Mica*, New York State**

Dear Peace Chamber care-takers, dance communities and all dancers and chanters for peace,

Because it is in our nature, we gather together in circles, small and large, and sometimes quietly on our own, to honor the gift of life and to chant for peace and the well-being of Mother Earth and all her creatures. So, again this year, the *House of Mica* Peace Chamber is putting out the call for 24 hours of Chanting for Peace to take place around the December 2019 solstice.

The chanting this year will commence on December 21<sup>st</sup>, 4 pm Universal Time. In the US East Coast time zone that will be December 21<sup>st</sup>, 11 am.

The theme of this year's chanting will be:

We honor the turning of the seasons with ceremony, and in this way,  
we establish balance and loving relations with the earth, sky and all of creation.

In the past, we have each chanted for one hour and together created 24 hours of unbroken chanting for peace. That is awesome. I would also like to put forward an idea: since this year's solstice falls fully on a weekend, perhaps some of us might gather in community to dedicate the full 24 hours to ceremony for peace, climate change lessening and spiritual upliftment of ourselves and all beings. At the *House of Mica*, a small group of us will commit the entire 24 hours to chanting, drumming and ceremony, breaking for meals. We will still have our larger community chant for one hour but a number of us will remain in ceremony in the chamber for the full 24 hours.

We are asking that each community/ chanter include in their chanting some time dedicated to chanting the *Sounds of the Seasons* that Joseph shared many years ago, and the *5 Vowel Sounds*. You can find resources for each of these on the *House of Mica* website at: <http://www.houseofmica.org/solstice-peace-chant.html>. The *Sounds of the Seasons* text is also reproduced below.

If you would like to join in, please send an email to us at [homica@nycap.rr.com](mailto:homica@nycap.rr.com) and indicate the time that you would like to chant (UT and your local time), the name of your chamber or group or person chanting, and the location where chanting will take place. We will compile the schedule and share the final draft a week or so before December 21<sup>st</sup>.

We look forward to working with everyone to send out the vibration of loving peace. Please share this call for solstice chanting to others in our community, and beyond, as you are inspired.

Blessings and Peace, Rick and Elisa



### **Ceremony, Seasons and Alfonso Ortiz**

**shared with gratitude by Rick Cotroneo**

Joseph is a great story-teller. Woven into his stories are often teachings and 'assignments'. One day Joseph said to a group of folks, "I went to school with this guy, Alfonso Ortiz. He grew up in San Juan Pueblo\*\*. He is an anthropologist. He wrote a book about the Tiwa people. He was a good friend of mine."

After Joseph shared this, I took it as an assignment to find and read the book! The book is titled: *The Tewa World: Space, Time and Becoming in a Pueblo Society*. While not an 'easy read', it explores many topics that Joseph talked about: the division of the people into winter people and summer people; Tiwa creation story; the role of 'Made' people; and the annual cycle of ceremonial works. Published in 1969, the book is still available.

In Chapter 5 of this book, Joseph's friend Alfonso writes:

'If we can imagine, just for convenience, that the various annual cycles of Tewa ritual, social and political activities can be peeled off, layer by layer – the one on which all of the other activities would depend – would be the annual cycle of "works" by the Made People. These nine works represent the

basic structure of activities in Tewa life: they consist of day-long retreats and prayer sessions of the Made People. The intent of each work is to harmonize man's relationships with the spirits to insure that the desired cyclical changes will continue to come about in nature.'

I underlined the last sentence for emphasis. Joseph said on more than one occasion, "We do different ceremonies throughout the course of the year to help the world continue to turn in balance."

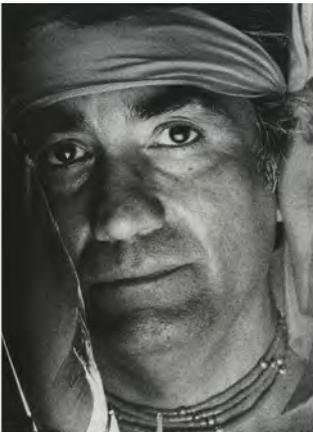
I wanted to share this to explain why, we at the *House of Mica*, are so grateful that we can work with others to create the 24 hours of chanting for peace at the time of the December solstice. For us, this is part of our annual cycle of "works". To make this connection to the annual cycle, for the last two years we asked people to chant the sounds of the seasons as given to us by Joseph. It is our hope that through chanting these sacred sounds we will honor the earth's annual cycle. It may sound presumptuous or egomaniacal to believe that our ceremonies held throughout the year will help to keep the earth turning in balance. In truth, when said with humility, this is one of the most vital ways we can carry out our responsibilities as earth stewards. Thank you all for your good works and thank you, Great Spirit, for the gift of the seasons.

**\*\*Footnote:** Wikipedia: 'The **Eight Northern Pueblos** of New Mexico are Taos, Picuris, Santa Clara, Ohkay Owingeh (formerly San Juan), San Ildefonso, Nambé, Pojoaque, and Tesuque. Taos and Picuris are Tiwa-speaking pueblos; the rest speak Tewa'. This explains why Joseph would often spell Tiwa with an 'i' and why you would also see Tewa spelled with an 'e'.



## **Chanting the Sounds of the Seasons**

**from the Teachings of Beautiful Painted Arrow, Joseph Rael**



Portrait of Beautiful Painted Arrow, cover of 'Being & Vibration' (1993) photographer: David Randle

**'The Mysteries of Chanting:** Chanting is how we enter into the eternal now. The energetic vibrations of our voices bond us to the spiritual light made of memory, and of now and the future, for we are the light of universal intelligence. As we chant, the Universe speaks to us in metaphoric images.'

**'Metaphor of the Chanter:** The chanter is the cosmic universe in miniature. The person chanting is the embodiment of the earth and sky. When chanting, I start by pretending the in-breath is the sky energy, and the out-breath is the earth energy. The voice center is the place in the human anatomy where the sky and earth in the human anatomy are connected. Sound vibration connects the mind, body, and spirit, and makes the physical body whole.'

both quotes are from *Being and Vibration: Entering the New World* (p.75)

**Chant for the Spring Time: "Naah-Pell Waah-Hu"**, planting, the sowing of the field.

**"Naah":** the self, both the personal self and the vast Self.

**N:** the personal and infinite self.

**aah:** to wash, to purify, to see Unity and Diversity simultaneously, something purifying is going on here.

**"Pell":** early (recurring) focus.

**P:** the Heart, the center, sunset.

**ell:** the reflectivity of ascending light.

**"Waah":** coming into existence, another word for spirit and breath.

**W:** two ways of descending light.

**aah:** washing, purifying.

**"Hu":** To carry goodness, to carry so that the self will find its focus ("**pell**") of "**waah**" (coming into existence), of "**Hu**" (caring on good works). "**Hu**" is another word for the 'Most Beautiful One' who carries us.

**Chant for the Summer Time: “Pell Tah”,** cultivating.

**“Pell”:** early (recurring) focus.

**P:** the Sound of the Heart

**E:** the power of placement

**ell:** the reflectivity of ascending light

**“Tah”:**

**T:** to crystallize

**A:** washing, purity, purification, purifying light

**H:** stepladder to the heavenly planes, beyond the beyond

**Chant for the Autumn Time: “Paah-Cho”,** the harvest.

**P:** the Sound of the Heart.

**aa:** to wash, to purify, to bring to the highest clarity.

**“Cho”:** everywhere.

**C:** Beauty.

**“ho”:** Heavenly lessons that are now ready to be understood so that the heart of pure clarity can be fused with the beauty of all the heavenly planes, so that childlike innocence can be achieved.

**Chant for the Winter Time: “ToeWay”,** gives us the power to crystallize in frozen context, the power to glean or grasp the power between the letters by the power of freezing/crystallizing what it isn't.

**“Toe”:** abundance (personal or cosmic) providing one is in existence between the slices of light (letters in a name).

**“Way”:** the power of femininity, descending into existence, to wash and purify the connection between the physical and spiritual planes.

**T:** to crystallize.

**O:** childlike innocence & teach-ability.

**E:** the power of placement.

**W:** the power of femininity to descend into existence-ness.

**A:** washing, purifying, clarity is going on here.

**Y:** the connection between the physical plane and the spiritual plane.

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Some more words on chanting from *Being and Vibration: Entering the New World* from *The Mysteries of Chanting*:

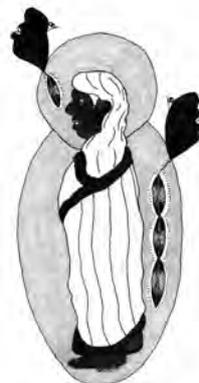
‘Chanting calls the past and the future into the eternal now. Mother Nature does not have a word for chanting, but it does have a word for now. The Spirit of Now, its resonance, is what is creating the meaning of now. The here and now is the only place on the continuum we can access the future or the past. In fact, we can heal the future even before it needs healing and we can heal the past even though we didn't get to heal it then. We can heal it through the Now by chanting. Chanting is a way of making our past wrongs right, whether these wrongs are imagined or real, personal or planetary. In fact, the act of chanting and the Now were created with the same resonance so that we “the people” could have the ability of analysis.

When chanting or singing, the physical body experiences the essence of each word through the vibration created by sound. The ancient mystics practiced chanting to stay focused on the here and now. They also used chanting to heal the physical body, and to wash and to heal the inner regions of Cosmic Thought. Hildegard of Bingen, a 17th-century mystic, once said that when we sing words, their true meaning is revealed directly to the soul through bodily vibration.’

(p.75)

from Chanting and the Breath:

‘When chanting, breathe with the inhalation through the nose and voice the sound as you exhale through the mouth. The inhalation is the metaphor of Father Sky and the exhalation represents Mother Earth. We seek to keep earth and sky and ourselves bonded together and enhance them through chanting. When we chant, we are giving energy to their connection. Historically speaking, separation has led to world unrest, wars, etc., and at a personal level, we feel disconnected because of the lack of connection between earth, sky, and ourselves. The theory is that as we chant our physical bodies into finer attunement, the people living on the earth and the living earth itself will find peace.’ (p.78)



Mother Earth, Father Sky

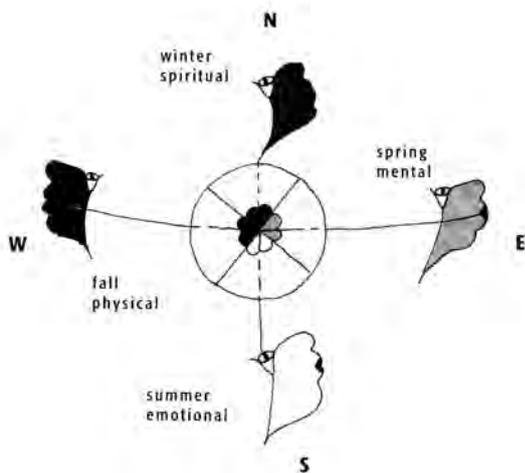
Notes on the chants text and the black & white image *Mother Earth, Father Sky* (copyright © Joseph Rael).

The *Chants for the Seasons* are not published in any of Joseph’s books. I first came across them in 2004 but I am sure they were given by Beautiful Painted Arrow to his students some time before that.

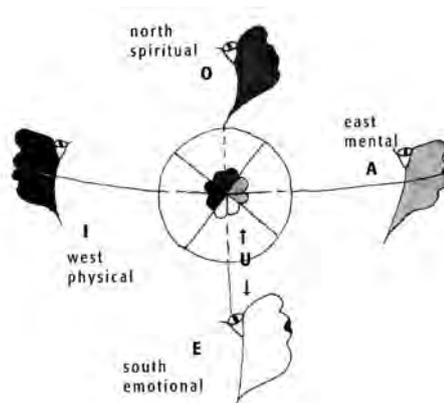
The black & white artwork comes from his book *Ceremonies of the Living Spirit* first published in 1998 before it was feasible to economically publish colour images in books. (ed. Stella)



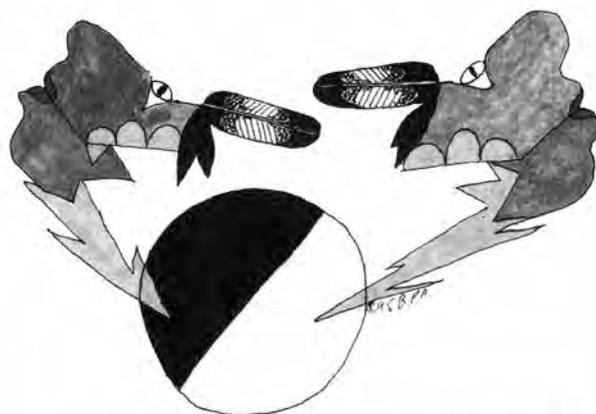
Further inspirational black & white images from *Ceremonies of the Living Spirit* by Joseph Rael:



medicine wheel with the seasons



medicine wheel with the primal sounds



the winter/summer people

‘Knowledge appears always from the no-formness of the dark space into the white daylight of knowing.’

Being and Vibration: Entering the New World by Joseph Rael (p.73)

All 3 images above (copyright © Joseph Rael)



Sweet Beautiful Waters Peace Chamber in her Seventh Year

from the chamber keeper Jane Innmon



From the initial Vision to manifesting into physical reality, building our Sweet Beautiful Waters Peace Chamber has been a magical experience. The initial Vision came in 2005 but we did not move from Malvern, Pennsylvania, to Tucson, Arizona, until 2010 and the Chamber was born in 2012. It was a long journey to get there but at each step of the way there was grace and ease along with lots of hard work.

Since then it's been awe inspiring to watch our community grow. The Chamber informs all we do here, she makes it clear the kinds of things she would like to see happen and we listen and follow instructions! As Joseph says, we say "yes". One of the initial messages was to have the War Veterans come and do ceremony and just recently that finally happened. *Flutes for Vets*** held a workshop and did a private sweat lodge after that. We also hosted a group from the Dr. Andrew Weil Integrative

Medicine fellowship for teachings and journey work and the Chamber was glowing with all the beautiful energy.

***Flutes for Vets* is based in Arizona and their mission statement is: 'to Improve the Lives of our fellow Veterans by empowering and inspiring them through the sharing of the Healing Power of the Native American Style Flute.'

There are many things we do here: 1st Saturday of the month there is Chanting/Movement with pot luck led by Martha Boose who has been a steadfast supporter and lover of the Chamber almost from the start; also the Fire Ceremony on the 7th monthly, Women's drumming, drum making, sweat lodges, Long Dance and Sun-Moon Dance, Equinox and Solstice Blessings, and last year we brought Women's song-carrier work to the Chamber so the women can lift their voices in song and come together in circle. All in all, it's busy and so very satisfying to see this all coming together.

What I've noticed is that the Chamber calls those who are looking for these ceremonies and if they are not a 'match' they just don't come back. We keep the Chamber open to all who want to come, to sit, to play the flute or the drum, to chant or to sing or just to sit quietly and meditate. More and more people are finding us and we are happy to welcome them into the circle. The beauty of it is, I now have a trusted circle that can cover when I travel or who just step into leadership as they are ready and that too makes me very happy.



Building a Chamber and shepherding a Chamber through all the phases of growth is a passion and a calling and one I'm so very happy I listened to!

Deb Shippione, who does song work with me and is a strong supporter of the Chamber and all we do, says:

"The Peace Chamber is my 'soft place to land' when I need to release and let go, my 'comforting hug' when I need to grieve, my classroom for knowledge, and my sustenance when I need strength. So grateful to have this gift and Jane in our city!"

Julie Martenson has been coming regularly to the Chamber these last few years. These are her words:

"I have been blessed to find Jane's 'Sweet Beautiful Waters' Sound Peace Chamber and community. I find it to be a place for retreat, quietude, and gratitude. Chanting sounds opens my heart and gives me a feeling of calm and presence. I am absolutely sure being there for ceremonies has granted me more peace and patience in my daily life."

photos of the Chamber from Jane Innmon



Soundwater Chamber Building Report

from the chamber keepers Jacqui and Martin

Hello Dear All,

before starting this report today on the progress of building the *Soundwater* Chamber near Edinburgh in Scotland, I asked myself 3 questions:

Why build a sound/peace chamber? Why here? Why now?

These questions will provide a structure for this report and maybe it will find the answer to: "Why me?!"

Why build a Sound/Peace chamber?

To begin, there is a distant memory I have, from a dream or the answer to a trauma, or a painting, of once living harmoniously with and alongside nature, in another life, another body, another time. Such closeness and intimacy to the canoe, the fire and the water, the air and the earth, gave me such a knowing of love and yet responsibility, that the goal had to be reconnected with. The goal needed actualising this lifetime.

So 21 years ago we brought our young family to Scotland and anchored our life into a biodynamic small holding on a steep hillside nestling in the Pentland Hills. The children grew up knowing the cows, the chickens, a veggie plot and running free. The aim to do workshops, to Listen to the Land, to honour her through festivals and song and meditations soon materialised. We worked with a fabulous group of volunteers with learning support needs from the local Camphill Community. We became the humble guardians of the land and felt blessed every day with the occupants who shared the life and worked alongside.

Within the curtilage of the land is a pool. A magical vibrant place where the water cascades down the rocks and the sound reverberates from the depths and echoes off the rocks above and out over the valley. It is a moon pool and reflects and appreciates attention. She has a guardian in the spirit world, whose name can be spoken. This place became my meditating and honouring of space. She became the inspiration for healing, initiations, answering questions, she became the cooling off space where children would dare to plunge in the summer. If you are still enough, you can hear her sing, and the song reaches out and on.

This spot vibrates energetically with other significant places in the landscape of Scotland, with the Findhorn Community in the north, with the Samye Ling (Buddhist temple in the south) with the new parliament in Holyrood and with Roslin Chapel (of Dan Brown's renown). It has provided the backdrop for shaping a marriage ceremony and ceremonies for forgiveness and abuse clearing across time, it had become a pool for baptism and cleansing, it had been jumped into and sung with and the echoes of love radiated out from her. She responds to being acknowledged.

One day I meditated on the next steps for us, and I imagined a building to honour this pool, a place where those who could not discover her by sliding down the bank, could still acknowledge her from within a sacred space nearby. A space to make fire and festivals, away from the rain. Thence began my research and discovery of Joseph Rael's vision for peace. I resonated immediately and set about exploring more.

My husband and I went on an inspirational pilgrimage to Ocean and Scotty Graham's Chamber on the west coast of Scotland, and shared biographies and journeying with Stella Longland at her chamber. Martin had studied acoustics and I had always sung; we researched the sacred geometry and surfaces suitable for echoes. We committed ourselves to the task and came up with a kind of design! Now the work could begin. It took us a year to decide on the right spot.

It started with a ceremony to bless the site:



One day a group of dedicated keepers came and blessed the ground with a beautiful rose quartz crystal gifted all the way from Germany. Their enthusiasm and blessings were to keep us going. We noticed that even if there were only a few poles in the ground and no roof the ambiance and energy was significantly amplified.



Why here?

This piece of land was the heart chakra of the landscape, it holds a wonderful memory. One day after a workshop with local children and the blacksmith Ton Akkermas from Holland making metal sounding bowls, we were singing and one lass playing the cello when the herd of my cows, came up the hill to join us. They chose to, what can only be described as, dance and rub their chests in the bracken whilst the music played. A heart space for the 4 leggeds too, you can see Taize on the spot in the photo below:



The project became an exercise of will between sustaining ourselves on the land, my work and clients, individual healing sessions with the tuning forks, then a spurt of action into the sound chamber. Here some willing girls on work experience. So enthusiastic!



The first pole in place



Drafting of the roof ring beam structure yet to come



Another hardworking colleague.
Thank you, Herman for all your hard work.

In between times we have had two more special visits: from Lisamarie McGrath, on her tour of Peace Chambers and also Felicity and Andrew McDonald as mentors of the project. Blessings and greetings to them. They witnessed the wall going up: This was 2018:



We are much further this year. Thursdays are the day of working on the Sound Chamber. The walls are completed in the circle at the back. The windows are made and ready to be installed, we will cover the wall with stone at the front. Then the roof and then?

On the 7th of each month we faithfully light a fire and chant for peace with the cleansing of the oceans. We meet you there in spirit. When I receive the monthly message** I again connect and resonate with the expressive and pertinent artworks. Each one a personal and archetypal vision.

Why now?

To live with practising the spiritual faith is to live with grace.



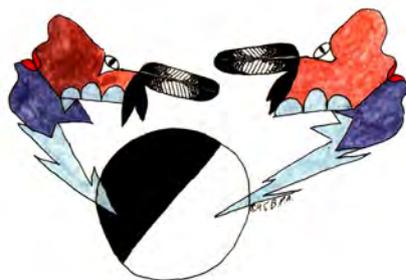
It is taking longer than I had anticipated, but the vision grows to incorporate an indoor workshop space. It is happening however slowly and in the most spirited and practical and resonant way we can muster. Thank you for listening.

Love to you all and your sound and peace chambers. It is lovely to feel the connectedness across the miles and oceans to an active global phenomenon. Thank you for sharing in our journey so far. You are welcome to visit anytime.

Contact me: Jacqui.soundwater@btinternet.com,

Love and blessings warmly, Jacqui and Martin

****Footnote:** the monthly message 'Remembering' is put together by Jennie Coles, Chamber Keeper and Dance Chief in Australia, and sent out via Mailchimp on the 1st of each month. Email this address to subscribe to receive it: sevencirclesoz@gmail.com



The Winter Summer People

from *Sound, Native Teachings and Visionary Art* by Joseph Rael, p.90 (copyright © Joseph Rael)



Watersong Peace Chamber, North Carolina, active since 1999

from caretaker Cheryl Braswell

Being caretakers of the Peace Chamber is a commitment of living an uncommon life serving the People. Being blessed with not only Grandfather Joseph as our teacher, but also our Lakota family, we have been instructed to pray with the People who come to us. We continue to witness and demonstrate what service to the People and All Our Relations means.

While we were helping build the Swannanoa Chamber, Earth's Ancestral Voices, in the early 90's, Grandfather Joseph told us, "Raise your family before you go about doing your spiritual work". The question, "What spiritual work?" remained with us for a long time. A few years after those words, during a pouring rain, a beaver appeared in our yard in the middle of the night! Upon sharing this news with Grandfather, he said, "It's time to build your chamber". We procrastinated as we were still raising our daughter and knew the work and issues involved around building a chamber. A few weeks later another beaver set up residence in our pond! Upon hearing this news, Grandfather sent us a drawing and named us 'the Beaver Clan Medicine Lodge'. Still we procrastinated saying also, "We don't have the money and we're still raising our family". The next call from Spirit around sunrise on a bright, sunny Sunday morning, was a ball of lightning appearing with a loud BOOM in our front yard. This got our attention and, to make a long story short, we said "YES, we'll build a chamber". In no time at all, friends donated money to fund the building of our chamber. Divinely guided, people showed up all along the way to help us with design and construction. On August 14, 1999, we opened our Chamber doors. Such a story of love and listening!



photo: the original Watersong Chamber

Thanks to the healing power of the Drum Dance and Sun Moon Dance, our lives were forever changed! In 1993 we were called to leave our suburban home and live closer to Nature. When we moved our intention was to make these 41 acres a sacred and safe place for wildlife and humans. Like the Beaver, we open our home and share what we have with those in need. A precious ongoing story is that our Lakota nephew, age 21, came to live with us in 2009 to fulfill his dream of graduating University. We celebrated his graduation in 2013 and he continues to live with us. Witnessing his accomplishments and happiness in life is such a blessing. And many others, who have shared our home also, are now leading happy lives. It has been jokingly said that "we take in strays: animals AND people!"

Grandfather also said that when you build a chamber, you will learn about Relationships, which we experience as a life-long process. We maintain some beautiful friendships around the world, experience magical moments in life, but we also experience hurt and disappointment from some people's words and actions. It is challenging when people accept others' truth for OUR truth and never question us to hear 'our side of the story'. But as Grandfather Joseph teaches, our job is to love those people and continue to pray for them. Our hearts have to stay in a positive space and love unconditionally as we move forward in life. Things always have a way of working themselves out.

Few understand what's involved in caretaking Land and a Chamber and making a safe space for everyone. It's not about accumulating numbers of people, rather it's about Becoming the Hollow Bone and listening to what the Land, Chamber and Spirit are calling for on a daily basis, 24/7. There are times that we have to make difficult decisions regarding people who are not in integrity with the spiritual values of the community, and often these people have personal agendas. At other times for example, I was awakened one morning, at 2:30 am, given several instructions and a list of people I needed to check up on. Often these people are grateful to know that someone cares about them.

There are times when people want to conduct workshops, etc. at the Chamber and it may not be a good fit for various reasons. We have to trust what our hearts are saying; and saying “No” sometimes disappoints people. But, if we don’t listen, WE are the ones who are hurt and we’ve learned that the hard way! ‘The Things We Do For Love’ is a saying we use often to keep our spirits positive and happy.

We have been blessed with beautiful sound events in the Chamber. Those who have led healing workshops here report the unique blessing of the Land, the Chamber and special healing from a unique Lakota star quilt (*photo right*) which hangs inside the Chamber. We don’t allow fishing in our pond, but we do encourage people to interact with the pond creatures. Swimming with the fish and turtles in our pond is a healing experience for many.



photo: a view of the Chamber across the pond

Our little Hobbit House (*photo left below*) that overlooks the pond is used along with the Land and Chamber as a healing space where one can escape the hectic energy of the mainstream world. The Hobbit House’s first guests were our daughter and her husband celebrating their wedding day on the Chamber grounds in 2015.



Planted in 2009, our Tree of Life, a Willow Oak which was gifted to us (*photo right*), provides a loving and peaceful place to pray and connect with Creator and Nature. We have married people at the Tree, and a musician sat at the Tree who reported that songs virtually flowed from his pen. Standing beneath the Tree surrounded by its loving branches feels like getting a hug along with unconditional love.



A unique place to visit is our Trading Post. Full of Joseph Rael and other books, along with artistic items from indigenous artists, sage and other herbs, the Trading Post is a wonderful place to find a special treasure. Several community members also donate items to sell. All monies from sales go to support our Elders and others in need.

We are grateful to the *Watersong* Community which has helped to support our work, in various ways, for over 20 years now. Although there are many supporters, we couldn’t do without the few dedicated people who physically show up to help make things happen and keep the grounds and chamber maintained.

What do we do at *Watersong*? When I asked Grandfather Joseph, “Should we be having events in the Chamber?” he explained that the Chamber is always doing its work. We have learned that having a few quality public healing events and offering monthly prayer times (Fire Ceremony, Chanting, and Sweat Lodge Ceremony) work well. We additionally sponsor a monthly self-growth and discovery class offsite, and annually hold a Vision Quest Ceremony on the land. Several people enjoy meditation and prayer time in the Chamber.

Most importantly we give thanks for each day and celebrate Life. We have conducted memorials, comforted those who’ve lost loved ones, supported and prayed with those dealing with emotional turmoil and those who have fallen on hard times. We live in harmony with the plants, pets and wildlife which surround our home. Truthfully, little of what we do is listed on our website news bulletins, as it’s personal work that cannot be shared.

To learn more about us, our past activities and to get on our email list, visit: www.watersongpeacechamber.com

The Watersong Peace Chamber and Its Stewards

from *Watersong* Fire Keeper, Ed Bronson

On my first visit to the *Watersong* Peace Chamber, I drove right by it and ended up on the private property of one of its stewards, David Stephenson. I later learned that he was the Chamber architect and skilled builder, but he was a guardian too and so asked me what I was looking for. As I awkwardly described wanting to attend a Fire Ceremony, I postponed confessing just how much wandering I’d already done in my life. I had looked up their address on Google Maps but the satellite image was hard to figure out. The extent of my inner confusions was further underscored by the fact I’d ignored several obvious clues to turn down a dirt road leading to the Chamber. Perhaps realizing that my curiosity was stronger than my sense of bearings, he stopped looking concerned and patiently redirected me.

If I was a steward of a uniquely sacred place, I imagine that I’d struggle to hide the fatigue that 20 years of seeing yet another new face could easily justify. Many impressed people visit *Watersong* but a relatively small group are consistently there. Most folks, like my initial self, are innocently oblivious about the time, effort and finances necessary to keep it all going. Cheryl Braswell (David’s soulmate), however, showed no signs of weariness with me wishing to join their dedicated circle; another newbie beaming good intentions and basking in the shared awesome sound vibrations of melodic hums, chants, and heart-felt prayers. In this spacious Beaver Clan Medicine Lodge, prayers are unscripted and participation is always embraced as fortuitous. Each ceremonial Fire is alive and restorative; the eventual ember afterglow a rare opportunity to describe personal glimpses of the intimately numinous. There are vision gifts in the Fire for those that believe it’s much more than the mere aftermath of a match.

Watersong is a nature Sanctuary along with being a Chamber of healing Peace. Fish in the adjacent pond are not subject to fishermen nor do deer need to flee in terror from hunter gunsights. Swimmers invited to cool off in summer often comment that the fish display a peculiar tameness and deer with a special hue seem to linger longer than many comparatively noisy passerbys deserve. Homophones are words that sound alike but have different spellings and meanings, but I wonder if ‘pray’ and ‘prey’ are that far apart here? Prey are animals with eyes at the sides of their head instead of fiercely focused front. They see and sense and nibble on things at the fringes; an imaginary beaver could slap its tail in warning and a peace corps of field mice, rabbits, butterflies, and hummingbirds would instantly be aware. Donkey Paxton and Horse Spooky, residents at *Watersong*, would tilt their ears upward in confirmation. Thus ‘prey-ers’ and ‘prayers’ help to sanctify this farm in Saxapahaw; where Sissipahaw natives once lived along the Haw River, and, by extension, they humbly honor Mother Earth herself and all of the growing families living in all of the towns downstream, as above/so below, vibrating together in thankfulness.



photo: in 2019 a new roof for the Chamber

A masonry crystal bowl with wooden flaps around its cupola, the Chamber peak emulates a Tipi top flap that channels smudge and Fire Ceremony smoke from the room's center to meander outside to the Four Directions of Life. The world has paths leading to wonderful places, fortunately visionaries tend to the endless needs of bewildered stragglers, the song of water flows from flame.

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Over the years people have expressed their gratitude for the help they have received at *Watersong*. Two comments are included here:

*'Cheryl and David,  
I am grateful for the love and support you have given me during a very difficult time in my life. You have offered me your love and life lessons from Spirit. Love, S'*



photo: David and Cheryl

*'As you have allowed the Spirit to direct things there these last few years in an even deeper way, the energy is amazing... just pure love.  
Thank you! Much love, J & R'*

all the photos in the above article courtesy of Cheryl Braswell



## Chanting "Dah-Vee"

extracts from *Being and Vibration: Entering the New World* by Joseph Rael

'The summer of 2014 marked 31 years since an angel appeared to me in Bernalillo, New Mexico. The angel brought down a child of light, and placed the baby in the center of the spot where I was to build the first Sound Chamber.' (p.7)

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'This year, that boy, who is now a man 31-years-old, came to me.' 'I had never known the boy's name. This time he introduced himself and told me his name was Da-vee. He didn't pronounce it like we do in English which would have been David but said it like Da-vee. We talked for a while. I understood he was an Angelic Being who had come here to our planet to help us. He grew up in the Sound Chamber, and he said that as a child of the Chamber, he was the Protector of all the Chambers, and all the beings that use their voice to sing for peace.

He asked me, "What shall I do, Grandfather?" and I said, "Well, You know that I belong to the Water Clan, and I think we need to do something about the weather." Then he said, "Yes, I belong to the Water Clan too, because you are my father and my grandfather, and whatever you ask me to do, then I will do it." That's when I said to him, "I would like to see what you can do about world peace." Da-Vee answered, "I will start slowly bringing all of the tribes of the world together. I will bring them one at a time, and I will do it in the time that is right for each of them, until our work here is done."

I may have smiled, or I may have frowned as I thought about the gigantic tasks that had just been given to Da-Vee. I started to chant the sound of his name. I could feel the ancient wisdom in the sound. I knew Da-Vee had been sent to earth many times in many incarnations. I remembered David and Goliath. David in that story had been very small, and Goliath very large. David had been a poet, and a shepherd. He had only a slingshot and a small stone. Goliath was a battle-hardened warrior with armor and arrows and large spears.

But David had been anointed by spirit to win that battle for the good. It didn't matter that David only had a small stone because the giant wasn't really a giant, and the boy wasn't really a boy. What I mean is that when we look at the mess we think the world is in we can't possibly imagine what one small voice chanting in a Sound Chamber, or one small fire lit by one lone hand could do to bring harmony and peace. That is because we think the world we see with our eyes is the permanent, true world. But if we look in the same spot in that same world five minutes from now we will see that the light is different, plants have grown or died, a rock has fallen. In just five minutes the world has changed before our eyes.

Da-Vee is an Angelic Being raised by every fire that was lighted in the chamber, and every voice that sang a song there these past 32 years. Da-Vee has grown into the form of a man, a shape-shifter, both ordinary and divine, a vibration both infinite and small. In Da-Vee's perception we are only one song away from the harmony we seek. We are attached to the songs we know, and just want to sing those songs over and over. The true listener learns to open his or her ears to different sounds, and to build a house from a new song.

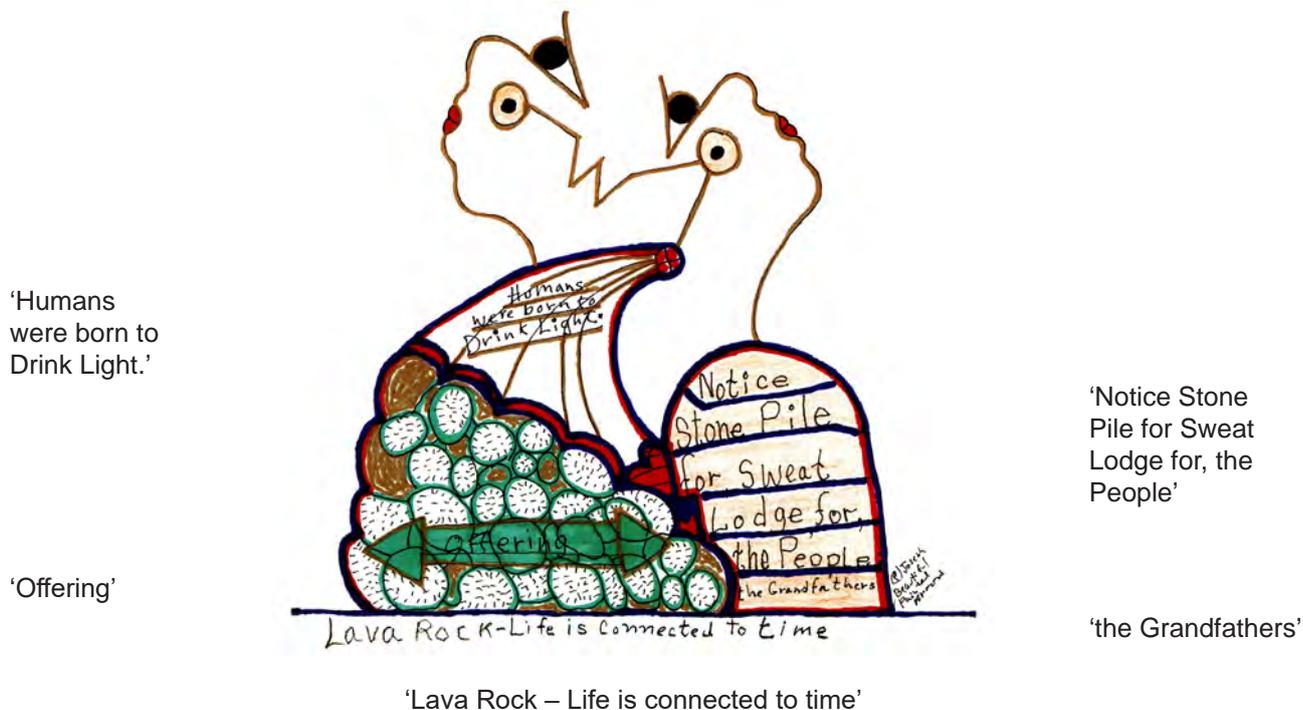
In order to create a chant for David, you have to pronounce the word Da-Vee in your song so that you have "Dah...ahh, vee, eee." This sound, *dah-vee*, means David in English. *Dah-vee*. "Dah" means to take an active movement toward becoming universal intelligence that is descending from all of the heavens to the eternal now, which in this case is you, when you are chanting *Dah-vee*. "Vee" is awareness awakening within you – an initiation. Chanting this becomes a circle that sings *Da-vee*.

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

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

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

(p.8-9)



(p.10) (copyright © Joseph Rael)

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'The chambers help us to access wisdom from an ancient source. They act as a mouthpiece for the higher mind to amplify the call for that which we need at this time on the earth, and they help all who walk upon her. By building chambers on the surface of the earth, a web of light is created so that a person making sound inside a chamber sets up a continuous resonance around the earth.'

(p.5)

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'In a chant, the vowels carry the essential meaning or fundamental truth embedded in each syllable, and the consonants propel, or give form. Like ripples across the lake, the sound waves move out into the earth from each chamber. These waves then open the earth to healing from the ancient sacred places where wisdom has been stored for countless eons.'

(p.6)



From the Community of Theodoro Klarama in Northern Germany

written by community member Annapadma Marquardsen

Beautiful Painted Arrow came to Germany in 1987. On his first visit he lectured at the University of Marburg in the State of Hesse. In 1989, during the time of the reunification of Germany, Beautiful Painted Arrow came again to Hesse to introduce his Dance ceremonies. The first one to be danced was the Long Dance. Beautiful Painted Arrow often emphasized that he wanted to give women equal access to all the ceremonies, especially to sweat lodges.

Benito and Carla Jo also came to Germany and were so important to the dances and to us. We were encouraged by them to welcome and later we built ourselves three Dance drums. They were called 'Fliegendes Pferd' (Flying Horse), 'Elk Dreamer', and 'Singendes Licht' (Singing Light). 'Elk Dreamer' was built by Ole Björn.

Joseph Rael, Beautiful Painted Arrow, continued to visit Germany. I met him for the first time 27 years ago, in 1992, in the very north of Germany at Wasserkoog in Schleswig-Holstein. We were dancing a Drum Dance. I was so impressed by the way in which Beautiful Painted Arrow worked in ceremony - silence, no discussions, nobody telling me what to do. Everything was allowed to be part of the ceremony. I had a deep connection to this beautiful and powerful work.

At the next Drum Dance, I was pregnant and the following year I was nursing my son. One year later I was pregnant again and Beautiful Painted Arrow allowed me to dance. The year after that I danced with Chief Theodoro Klarama (at that time Howling Wolf Woman) with my little daughter. What a gift and blessing to us all!

From that time on I danced every year with Chief Theodoro Klarama. She initiated my former husband and I into the sweat lodge - wise, old, beloved Grandmother, - cleaning, transformation and healing for all beings. I was also initiated by Theodoro Klarama in Long-Dance and Drum Dance.

We became a community, dancing the Dances in Beautiful Painted Arrow's tradition, led by the shaman and beloved Mastress Theodoro Klarama. We had land, it was our Visionary Country in Denmark, with a Peace Chamber, "Waa loh leh ney" (Ancient wind – House of Singing Light) and later we had a second Peace Chamber in Germany, "Fii aa ooh" (Little Flames of Life).

We organized a lot of Sun Moon Dances, at the beautiful Sun Moon Dance site in Denmark and Women's Sun



Moon Dances in Poland, Rumania and Brandenburg, Germany. We were a powerful community, with the gift to manifest some of what Theodoro Klarama gave to us and what we learned from her of the tradition of Beautiful Painted Arrow, the many stories and teachings. We became the 'don't get stuck in the form' people and loved to sing "Wah Mah Chi" (Breath Matter Movement) for various occasions.

I was dancing and organizing in rain, in high water, in hot sun, in frost and stormy weather. And, this year in Colorado with Chief Geraldine – Eldest Daughter, in snow and hail. I learned and know deeply in myself, that there is always a solution, even when I do not know it yet. For me one gift of the ceremonies is to be one with the breath of Mother Earth and all beings and that it is possible to ask forgiveness for all suffering.

Sun Moon Dance photo from Annapadma

At this time, many have left our circle and we are a very small community. This year we did not have the necessary energy to offer a Sun Moon Dance for all beings. When I was in Colorado, there were a few younger people; that gave me hope. For me it is a question of how to bring the ceremonies to this new time. Are we open for the younger people? Or better: can they connect with the ceremonies?

I would like to hear from you what you think about this and about your experience.

How do people come to your Community and the Ceremonies you offer?

In thankfulness, Annapadma Marquardsen: a.marquardsen@om108.de



Climate Change Lessening Ceremony at the Drum Dance

from Lindsley Field, Birdsong Drum Dance Chief

I conducted the Climate Change Lessening Ceremony before each of the 2 Prayer Lodges that preceded the Pennsylvania Drum Dance the evening of July 21st. Tom conducted the 1st lodge for all the support people and the Drum Team. I poured** in the 2nd lodge for the 22 dancers.

*** editor's note: for those who have not experienced a Prayer Lodge the term 'poured', in this context, is the pouring of water onto the hot stones in the lodge pit to create the purifying steam; it is the Lodge leader who is the water pourer.*

The lodge was the perfect segue to the Climate Change Lessening Ceremony, since the heat of the lodge and the cooling of the lodge, when the flap opened for each directional change, assisted in the cleansing/purifying process that the Lessening Ceremony would initiate for each participant. I invited everyone to embrace the contrast of temperatures and also the heat of the lodge. This can be difficult for those new to the lodge, and some were new to the lodge experience, but afterwards they were radiant, and surprised that they had been able to sustain and enjoy the lodge. I told them once they exited the lodge, to lay on the ground, embracing the cooling earth, front and back, giving gratitude and welcoming insights and messages.

We had been gifted several vials of the Pagosa Springs water. This water had come from the first Climate Change Lessening Ceremony, conducted by Geraldine Rael, 3 weeks prior, and just before leading her Pagosa Springs Sun Moon Dance.

I explained to the dancers that all water is sacred, and it is the intention that matters, along with the understanding that all waters are from Mother Earth's womb and from her Geothermal Center. This was clearly relayed to me by Geraldine. I was also blessed to receive the write up from both Geraldine and Brenda Sue about this powerful ceremony. I was particularly excited that future Chiefs conducting this could find their own way with it, under the auspices of the basic guidelines and understanding of the ceremony. This was due to Geraldine Rael's encouragement, and I feel is a most empowering and unifying way to entrust the carrying forward of her father, Joseph Rael's work, and this particular ceremony he gifted to her and to us.

The gift of vials was auspicious, so I added 2 of them to the hot water we had brought up to the lodge in a large insulated container. The vials, I explained, felt like a *seed* from the Mother's Geothermal Waters. They gave us a providential opportunity to convey to our group the powerful intention and facilitation of this powerful ceremony the Earth was so in need of.

As information and understanding came to me, I relayed this to the participants. I felt like I was speaking for or channeling from the Geothermal waters of the Mother's Heart.

I realized it was also an attunement to Her Waters. It would be an alignment of vibrational frequencies that would vastly empower and ignite each person in unique ways in order to better serve, speak, teach, choose, act and mentor others in broader efforts to lessen climate change.

I kept listening to what Spirit wanted me to do, asking for direction and to be a 'hollow bone'. As I was consistently guided, the 'Lindsley' of me opened wide, disappearing into the ceremony itself, and into those geothermal waters.

As each group waited to enter the lodge, each person was smudged with white sage. I called in Spirit, All the Grandmothers and Grandfathers, The Up Above and the Down Below, the Sacred Circle of Life, all Helping Spirits of the Land, all the Ancestors to stand with us, the Oceans, the Waters of the Earth. I called upon Grandfather Rael and all his Angels to guide and open me/us in the most perfect ways to ensure this ceremony was conveyed with the utmost respect, clarity, love and integrity.

I asked each person to bow their heads or kneel if that was comfortable, as I would be pouring a cup of the warmed spring water on the top of their heads; onto their fontanel, known also as the 'soft spot' of a baby's skull. A cup of the warm spring water was then passed slowly, participant to participant, as they each sipped some of the water after being anointed.

Before beginning, I explained that this area of the brain would activate the originating birth energy and the central core of each person, while also connecting them to the Geothermal Waters of the Mother. As Joseph often instructed us that water IS liquid light, I invited them to remember this. I encouraged them to open their shamanic or deep inner

sensing/awareness as they received the water, both on their heads and into their bodies, seeing it as light infusing into them from the Mother, and also feeling that connection to Her. I told them to envision and feel the water (light) pouring down through the top of their heads flooding them with this exquisite 'mother water'; seeing and feeling it pouring through their bones, arms, legs, organ systems, energy meridians, down through the crust of the earth anchoring them each into the Geothermal Waters of the Mother. As this was happening, I could also see it unfolding with each person.

It was truly profoundly beautiful to witness each person having their own experience with the anointing of water. Several were moved to tears, when the water was poured over their heads. The atmosphere was potent and still, alongside the bright, active summertime landscape and sounds of mid-afternoon at Birdsong.

After each of the Climate Change Lessening Ceremonies, as the participants paused in the hushed reverence that followed, I bowed down in child's pose, my head to Earth, saying thank you thank you thank you, kissing the ground with my mouth. As I did this I heard, *"Now they are in me and I am in them. They must know this as I will broadcast with them in whatever actions or thoughts they choose to make or create in order that All People will flourish, that All People will know they can make a difference. No act is too small. I can feel their hearts, and they can feel mine. They are like megaphones now, attuned to my Waters. Tell them I am with them, and they are with me!"*

I told them.

At one point off in the distance, the thunder beings clapped affirmatively.

It was truly an honor and gift to conduct this ceremony.

ALL MY RELATIONS.

Addendum

The following month, I hosted a gathering at our home and sanctuary in Maine for those of the 22 Drum Dancers who lived locally. The purpose was to reconnect, share, enjoy a potluck feast, do some drumming and chanting, and a water ceremony. It was joyous to be together again, catch up and see how everyone was feeling and what they had been experiencing post Drum Dance. Prompted by Spirit, I invited them to bring a container of water from their homes, so we could refresh in the Climate Change Lessening Ceremony and send our healing prayers out wherever they were needed.

I used a special blue pottery bowl, setting it out in the sanctuary with water from our home, a crystal and some sacred objects that wanted to be in the water.



In ceremony, each person poured their water into the bowl, and we used the water to anoint each other again, placing water on the fontanel, forehead and eyes. I was so blessed that one of the dancers chose to anoint me this way! It was the first time I had personally experienced the Climate Change Lessening Ceremony. It was truly a tender and powerful experience to receive, and I too was moved to tears.

Afterwards, we blessed and offered our drums in service, and drummed out into the sanctuary, calling in the Helping Spirits and eventually chanting and toning

"Wah Maah Chi"

We sent blessings out to all the waters, all the people, the Earth, world leaders, those hungry and lost, those in need. We continued until it felt complete. We all felt palpable reverence and deep sense of connection.

~~~~~

Lindsley Field, [mysticheartdancer@gmail.com](mailto:mysticheartdancer@gmail.com), 207-512-0744

Dancing Heart Wellness, Jefferson, Maine and *on the road*,

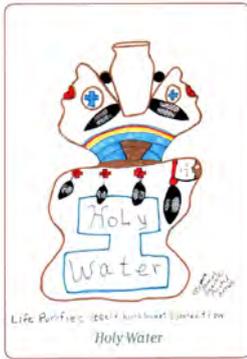
Long Dance Chief, Shamanic Counselor, Ceremonial Leader & Sacred Lodge Keeper



*the 2 photos in this article are courtesy of Lindsley Field*



## Preparing Holy Water



### an email exchange between some members of the editorial committee

Issue 14 of the newsletter contained an article from Brenda Sue Whitmire on the first Lessening of Climate Change Ceremony which took place in Pagosa Springs, Colorado in May 2019. The participants were blessed with water heated deep in the Earth and brought to the surface by the Mother Spring which rises there.

Brenda Sue described the ceremony and added:

‘As I understand it, the one required part is that warm water be poured on the participants’ heads. Other than that, we can create this ceremony in any way we wish. For me, the hot springs element is important. It may not be for you. My plan is to acquire some hot springs water and ‘seed’ the local water that I will use for the Climate Change Lessening ceremony.’

above: a card from the Beautiful Painted Arrow Visionary Cards: The Path of the Red Road (copyright © Joseph Rael)

The text reads: ‘Life Purifies itself with heart connection’.

After reading the article some ideas were exchanged by members of the Editorial Committee in emails.

*Jane Innmon began:* ‘I enjoyed the article from Brenda Sue and wonder given the teaching about the geothermal waters and their importance... how we in other area’s will duplicate that. I don’t really have access to geothermal hot springs. Has anyone else give this any thought and if so would you share them?’

*Kristen Bissinger responded:* ‘When we did the Drum Dance and Sun Moon here we heated water from our well. Our tap water. At the Drum Dance we also seeded our water with water from the hot springs.’

(to clarify: someone who had been at the Pagosa ceremony took some of that water to Birdsong.)

*Marina Budimir added:* ‘Early morning thoughts... The rocks are the ancestors so I would boil some in water and use that. In Dalmatia, Croatia, during WW2 the women would gather pebbles along the shore and then boil and season the water to make a soup to nourish them. My father from the same region was told to suck on a pebble if he was hungry. Pebbles, rocks might give you a vibration that works.’

*Kristen replied:* ‘Yes! The rocks and minerals therein combined with the water that carries them are the food of all life forms.’

**Footnote:** if our readers have any thoughts about how they would prepare the water for the Climate Change Lessening ceremony please send an email and we will publish it in the next newsletter.

Also, if you have any questions or topics that you would like to know more about, let us know and we will endeavour to include an article in a future newsletter.

Better still, if you have insights that you would like to share, write them up and send them to us.



## The First Sun Moon Dance in Ireland, with Chief Henry Rowan

written by Denis Rojas, Brazilian Drum Chief

Great Spirit and the Spirit of Dances presented us with yet another ceremony full of power and magic in lands where many of our ancestors danced a long, long time ago.

Henry Rowan’s dream to lead a Sun Moon Dance came about in an incredibly short time, just over two months from inspiration to completion. He is, of course, an old hand at dancing, in fact he told us he had participated in about seventy dances until now - an astonishing number - covering various traditions in various parts of the world. On this occasion Henry had received Joseph’s blessings to organize and lead this Sun Moon Dance and, from then on, the web of contacts started to be built.

Through Nick Hurn, Sun Moon Dance Chief in Norfolk, England with many years of connection to Joseph’s Visions, Henry invited me to lead the Drum in this first Sun Moon Dance on Irish land and, with much joy in my heart, I was happy to accept. At the same time, Gail Glass from the United States, an experienced Moon Mother with many years of service to the Dance, sent out the notice. Felicity and Andrew Macdonald from Brazil heard and answered the call and so we three went together to meet the challenges of participating in a Sun Moon Dance in a country with a very different climate.



Denis Rojas with Chief Henry Rowan, photo from Denis

Henry invited Nick to co-Chief and Gail to be Moon Mother. Frank Hoelzer from Germany was Alpha Dog, Brendan Lynch, Lion Heart, from Ireland was the Fire Keeper, and the Brazilian group, Felicity, Andrew and myself, were on the Drum. People from seven countries participated in the ceremony, from Ireland, Germany, England, South Africa, the United States, Uganda and Brazil.

It was wonderful to work with this experienced group and the other people, mostly new to the ceremony, who were there as dancers or crew. Everyone showed unity and willingness to serve, before, during and after the Dance. There was much work to be done in helping Frank to set up the dance site, though he had done an amazing amount of work prior to our arrival. It had rained very heavily the week before but for the weekend of the Dance the rain mainly held off, though it continued cloudy and humid.



*dance arbor, photo from Denis Rojas*

The location was perfect, not far from the house but surrounded by trees with open forest on three sides, making it perfect for the dancers to commune with Mother Earth and Great Spirit. Following tradition, the Tree was cut and placed in the center of the dance ground by the dancers and decorated with strips of the directional colors.

Soon after the Sacred Sauna, our name for the Sweat Lodge in Brazil, the Dance commenced. There were nine dancers dedicating their dances, their prayers and their energies for the good of all, inspired by the sacred songs. I am sure that many dreams will be fulfilled, and desires granted by Divine Grace.

When Henry brought the Dance to a close, we witnessed smiling and victorious faces on all the dancers. Gail and Felicity, using water from a Sacred Well in Ireland brought by one of the crew, performed the new warm water ceremony, sending energy to lessen the effects of climate change.

Likewise, sacred Irish Water was used for the Water Blessing, the giving of a drink of water to each of the dancers which marks the end of the ceremony. Felicity brought back a small amount of this Well water to Brazil to 'seed' the water used for ceremony in our country, in that way we stayed connected after the Dance.



*All the group, photo from Denis Rojas*

I and my colleagues were very grateful for the opportunity to serve on the Drum and to participate in the organization of the Dance. It is our wish and prayer, that Henry will be in a position next year to call us all to his land in Ireland for another opportunity to honor all our relations and relationships through these ceremonies brought to us by Grandfather Joseph Rael, Beautiful Painted Arrow.

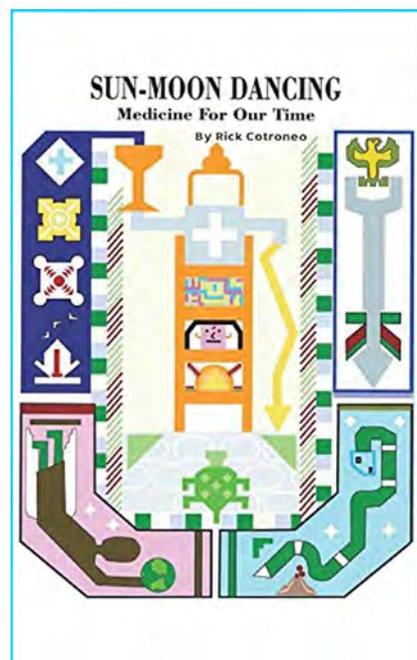


## ***Sun-Moon Dancing: Medicine For Our Time***

**an appreciation of the book and its author from Lukas Budimir**

**note:** Issue 13 of the newsletter included an article entitled *Sun-Moon Dancing: Medicine for Our Time* which featured an excerpt from a manuscript by Rick Cotroneo, then only available in .pdf. It is now available from Amazon as a paper book.

Dear Rick, I write this open letter to you, to thank you for the wonderful book you wrote.



I say 'wonder-full', because it is so full of wonder. Through the years of experiencing the Sun Moon Dance, I often thought, "What does this or that actually mean?" In your book you take the 'onion' peeling off layer after layer of understanding and when you come to the center you say, "Oh, there it is!" - the essence, the principle idea, the underlying metaphor of the experience. You also do it the other way around, explaining things from the essence, going out to the periphery and then going back, to realize another insight, another layer of understanding.

Wonder after wonder has been experienced through dancing the Sun Moon Dances, yet I often think, after the Dance, that nothing really happened. In your book you make very clear, that thinking does not really catch what's happening anyway. It is through our heart and our effort that we come closer to reality. Only by slowly integrating our experiences from the dance into our daily lives, until the next year's dance, do we realize the great gift we have received.

front cover of the book (copyright © Rick Cotroneo)

Dear Rick, thank you for your work as worship in writing it all down and following every single aspect to its origin. The way you write is so profound, sharp and at the same time so open and loving for everything that is. While reading, I thought over and over again, "Yes, I remember that" or "I had forgotten that". So thank you for being our collective memory, for reminding us of what we already knew, so we remember how we fell in love with life as it is.

I ordered my copy on Amazon in Germany, where I live, and got it 2 days later. In my book there is the title page, the content chart, and then your prayer to the oneness in diversity. Then, before the reader goes forward, there is a double blank page. For me, the blank pages showed that everything starts with the infinite void, the empty space for creation, the place to experience alongside metaphor; they showed me the importance of the space between the letters or 'slices of time' as Joseph Rael - Beautiful Painted Arrow calls them.

Dear Rick, thank you for filling the void of the empty pages with the '*Medicine For Our Time*' that we can experience through the Sun Moon Dance.

With love and appreciation, Lukas Budimir



## 2016 Interview with Eagle Feather Award Recipient, Joseph Rael

filmed by Lena and Jose Stevens in the *Wah Chi Chi Hu* Peace Chamber, Colorado

Introductory words from the website, [www.shamanicpractice.org](http://www.shamanicpractice.org):

'a filmed interview with the Society of Shamanic Practice's Eagle Feather Award Recipient, Joseph Rael, Beautiful Painted Arrow. Board members, Lena and Jose Stevens presented the award to Joseph in a short and lovely ceremony. At that time, they recorded an interview with him containing nearly an hour's worth of wisdom and humour. Enjoy!'

The link to the video:

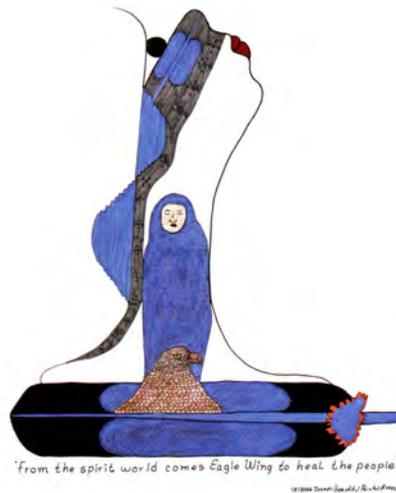
<https://shamanicpractice.org/article/teachings-stories/interview-with-joseph-rael-and-jose-stevens-phd/>

About the Society for Shamanic Practice (SSP):

'The mission ... is to gather and share extensive knowledge and resources about the practice of shamanism in all its forms, its evolution in the modern world, and how shamanism can be applied in the 21st century. We are dedicated to supporting practitioners at all levels of experience and to helping create an educated and empowered community who walk this spiritual path with integrity, respect and practicality.'

contact: [admin@shamanicpractice.org](mailto:admin@shamanicpractice.org)

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'from the spirit world comes Eagle Wing to heal the people'

*Sound, Native Teachings and Visionary Art* by Joseph Rael, p.159

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Becoming Medicine: Pathways of Initiation into a Living Spirituality

the second book by David Kopacz and Joseph Rael

The book is on its way!

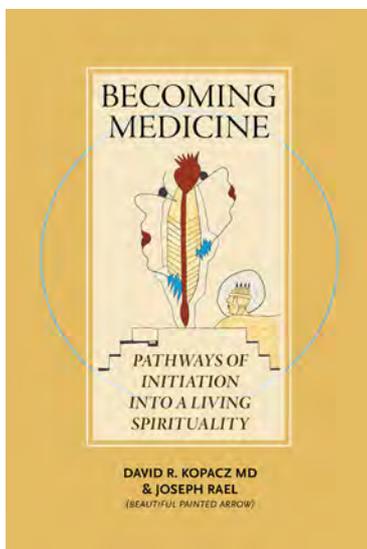
in **June 2020**

there will be a

Book Signing with Beautiful Painted Arrow, Joseph Rael.

The book signing will happen around the time of the Pagosa Sun Moon Dance, taking place June 12th – 15th, with Chief Geraldine Rael Eldest Daughter and Vision Dance Guardian.

The signing will most likely be after the Dance, but plans are yet to be finalised.



The New Way to Subscribe

We hope you will enjoy the opportunities now available through <https://seedsofpeace.news/> as detailed on the contents page of this issue. The existing email list, from which the newsletter was sent in block emails, will continue as long as there are subscribers who prefer to stay on it! We hope that many people will opt to sign on to receive the newsletter via the website; from there the issue will come to you individually in a post as a downloadable file (add the domain name to your safe senders list to ensure the post reaches your inbox!).

You are welcome to forward the newsletter to anyone who you feel would like to receive it, if they wish to receive future issues of *Seeds of Peace*, please ask them to sign on via the subscribe button on the website Home page.

Marina is an editor on the site and handles distribution of the newsletter. She can be contacted on the following email: mayarinabudimir61@gmail.com please include your forename and surname in your message.

Some of the above photo forms the background image on the Home page. Taken after a Hollow Bone Dance, it holds the metaphor of the Red Road in modern imagery, and also includes some Thunder Beings!



NEXT ISSUE *Seeds of Peace Issue 16*, publication target date: February 5th 2020

If you feel inspired to contribute an article,

please email submissions to stellalongland@btinternet.com before **January 5th 2020**

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

editorial committee: Rick Cotroneo: homica@nycap.rr.com; Stella Longland: stella@peacechamber.co.uk; Jane Innmon: peoplegardener@gmail.com; Marina Budimir: marinabudimir@gmail.com; Tom Bissinger: tomasbiss@gmail.com; Kristen Bissinger: krisbiss601@gmail.com.

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

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: explore Millichap Books: www.millichapbooks.com

and their Joseph Rael pages: www.josephrael.org

access Joseph's Teachings-in-action online: <http://www.peacechamber.co.uk/visions/video-recordings/>

and more about Sound Peace Chambers on: www.peacechamber.co.uk

Please feel free to contact **Vision Dance Guardian Geraldine Rael** on: gskyone2005@gmail.com

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

