

Seeds of Peace

quarterly newsletter

'Movement is our work.

Work is worship'



**Working together on the Visions
of Beautiful Painted Arrow,
Joseph Rael**

Issue 23 November 2021

contents

Hoverflies on Hawkweed cover photo from Stella Longland

Holy Water

from the *Beautiful Painted Arrow Visionary Art Cards* by Joseph Rael p.3

US – The Vessel that Carries

from Jennifer Lipski p.4

Working with the Red Road Cards

from the Cave of Clay p.5

The Effects of Mobile Technology on Our Natural Energy Field

from Richard Brook p.6

The Joy of Dancing

from Lindsley Field p.8

International Vision Dance Schedule 2022

is being compiled by Jane Innmon p.10

The International Peace Chamber Gathering 2022

hosted by the Rainbow's End Community p.10

Planting Seeds for Peace, Healing and Renewal

from Geraldine Rael, Vision Dance Guardian p.11

Call to the Winter Solstice Peace Chanters

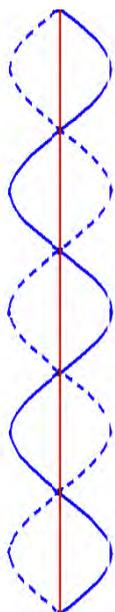
from Rick and Elisa Cotroneo of the House of Mica Chamber p.13

In the Beginning, We Stood Up and Became Two-Leggeds

from Ken Rich and the Team p.14

On the Consistency of the Primordial Soup

from Two Friends talking p.16



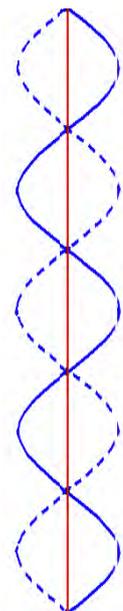
'Remember, we don't exist. We are packets of energy vibrating on and off. We think our life is a solid continuum, but actually we are systems of vibrations, interfacing with other systems.

Ceremony tunes our system. Movement tunes our system. Alignment cannot come from the mind. Therefore, in order to realign, we do things to take the mind out of it, to distract the mind, so the spirit can get in there.

Movement is our work. Work is worship.

Let's not take this out of context and decide, now that we know this, that everything is going to be all right because we have figured it all out. Life is not about figuring things out. It is about realizing that everything is unfolding in a very natural way. Eventually, those principal ideas will manifest in material, perceptual reality, and new things will have become possible on Earth.

Remember, life is movement.'

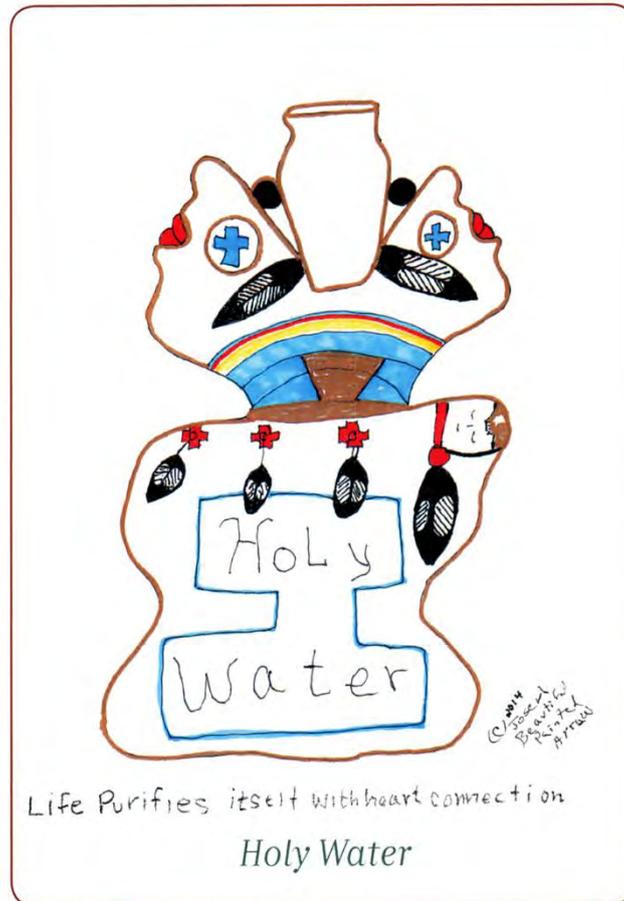


cover text context from *Sound, Native Teachings and Visionary Art*, by Joseph Rael (p.100)

Holy Water

from the *Beautiful Painted Arrow Visionary Art Cards* by Joseph Rael

'Without water there is no life on Mother Earth'



(copyright © Joseph Rael)

'Life Purifies itself with heart connection'

'A DREAMING BEING LIES SLEEPING IN A VESSEL MARKED "HOLY WATER."

TWO SPIRIT BEINGS LOOK UPWARD DRINKING IN LIGHT.

A CLAY JAR RESTS BETWEEN THEM.'

excerpts and artwork from the *Booklet* that accompanies the *Red Road Cards* (p.58-59)

US: The Vessel That Carries

by Jennifer Lipski, SunMoon and Drum Dancer and student of the Drum under Benito Rael, surgical trauma Registered Nurse and yoga teacher.

Every time I read this newsletter, I am in awe of the depth of effort, knowledge and prayers that have been a part of this dedicated community for so many years all over the world. With the previous newsletter, my eyes settled upon the concluding invitation to contribute. I paused - and wondered: "Well, what do I have to contribute here?"

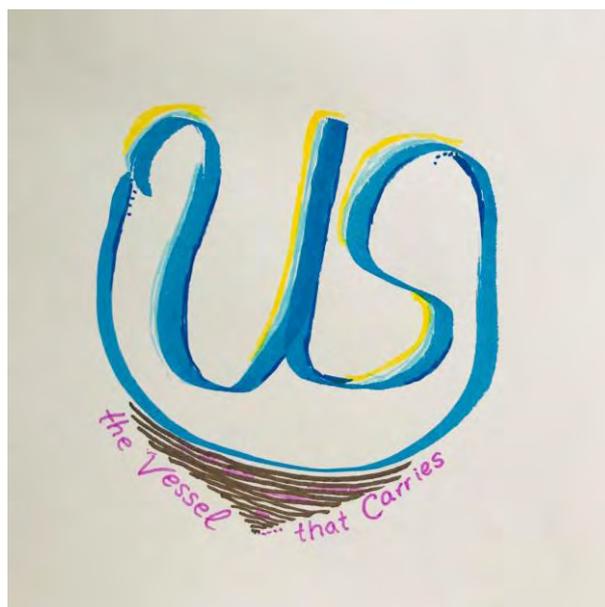
That question kept calling to me softly each day that passed. About a week later, I picked up some reading material that I had set aside to go through. The title of an article in one of my nursing journals was: "Mitigating the threat of lost knowledge." Because of the changes in our world, there is a shortage of what they term "expert nurses" - with the continuing pandemic, some experienced nurses are understandably deciding to retire from the profession early, while their newer nurse colleagues have not had the chance of working alongside them to inherently gain and incorporate their practiced knowledge. Because of this scenario, the article presented "strategies to accelerate knowledge transfer." **

I thought about our community and how the pandemic put a lot of in-person ceremonies on hold. I think I can say that likely all of us deeply missed gathering in-person; we longed not only for the camaraderie, but also for the spiritual wisdom, the healing & the helping, and the general knowledge that naturally evolves every time we are together. Think of the potentialities!

And so... my offering here is to encourage everyone to continue to be involved as much as is possible. This goes out to our beloved Elders, our new people, and everyone one in-between! Let's continue to figure out ways to communicate, story-tell, stay in touch, and live the potent, pure medicine that is this work.

I first met Tom and Kristen Bissinger (and so many other beautiful souls!) at Birdsong for a sweat lodge in the autumn of 2016 after I was encouraged to go by my long-time friend Christine Campbell. While I grew up in the area, and had been living close by for many years, I had never heard of Birdsong before. You know that familiar phrase: "when you are ready, the teacher appears." And it sure has been, and continues to be, a remarkable education of life, heart, and spirit.

The below image came to me during the Drum Dance at Birdsong, June 2021. May all of US be blessed in these efforts, as -together - we are the vessel that carries.



****reference:** Gaffney, T. Mitigating the threat of lost knowledge. American Nurse Journal. January 2021. Volume 16, Number 1.

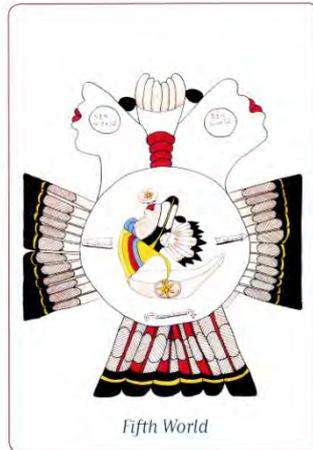
Working with the Red Road Cards

from Stella Longland and Companions in the Cave of Clay

In the Sound Peace Chamber, we discover that



without moments of Epiphany, we can't be inspired,



without the 5th world
we cannot even begin
to find World Peace,

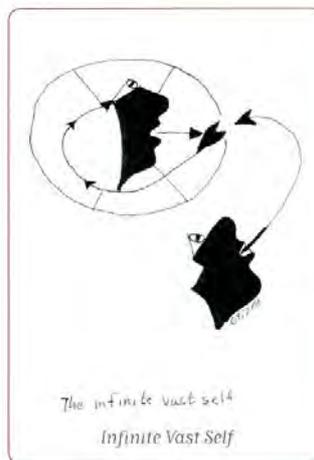


without at least
27 Feather Blessings
our awareness will not grow,

without Mother Earth there is no experience,



without the Infinite Vast Self



we will not be able to fall

in and out of Time.

In other words:



We can't have **Purity** without Epiphany,
We can't have **Placement** without the 5th World,
We can't have **Awareness** without 27 Feather Blessings (at least),
We can't have **Teachability** without Mother Earth,
We can't know **Carrying** without the Infinite Vast Self.

Thank you, Beautiful Painted Arrow for the Red Road Cards!

a postscript to 'Gifts of Opportunity' in Issue 12

The Effects of Mobile Technology on Our Natural Energy Field

from Richard Brook, Sun-Moon and Drum Dancer, Acupuncturist, Wellness Expert and Author

I first was blessed enough to come across Joseph's Vision Dances at a Drum Dance back in 1998. I remember it being a raw experience, but raw in this context was incredibly enriching as I was fully present and my senses wide open. Which brings us nicely to the subject in hand, the impact of technology, both in our society as whole but also with specific regard to the Dances.

Mobile phone technology, in particular, is now so ingrained in our culture that we seldom think about the energetic dynamics that come with it. Although the phones and other devices are undoubtedly useful, they also have energetic nuances which can create discordance and affect our perception, some of which I outline below.

Energy 'leakage'

Our emotions, our vibrations, nourish us and connect us to the web of life around us, not just to the plant and animal life but also to the people. It becomes an easy habit, when we feel like reaching out to someone, to pick up a phone and connect to people a great distance from our physical space. This denies us nourishment from the physical energetic exchange with those in our immediate vicinity and this can lead to feelings of emotional and physical deficiency.

As we become more reliant on technology for our communication, our emotional balance can begin to shift towards thoughts (expressed in words) transmitted across space to destinations far from our physical bodies when what we need in that moment is someone to be present with us offering their attention and physical support. Need a hug? You aren't going to get it from your phone. The comfort of a physical exchange also applies if we are the ones feeling the 'good' feelings, maybe it is our turn to offer a hug, a smile or conversation by sharing our joyous vibration.

Evidently though, when we aren't fully present in the moment, because we've hooked our attention way outside of the physical space we are in, we aren't going to notice what those around us might need, or we aren't going to be conscious when opportunities for connection are being presented to us. Yes, maybe right now you feel like energetically spacing out of the environment you are in by picking up the phone, but someone who is present could be offering the gift of their full attention and you miss the opportunity!

Emotional avoidance and distraction

We can often pick up the phone as a means of avoiding contact with the feelings in our body. Maybe we feel uncomfortable in a moment, perhaps we are lonely, and instead of being with that uncomfortable sensation we use the distanced communication to distract ourselves. We do this a great deal, often subconsciously, just try to be aware, next time you reach for the phone, what may be underneath the impulse.

Electromagnetic discordance

All living matter has a micro-vibration which energetically connects it to the rest of Life. However, mobile technologies radiate some very discordant electro-magnetic energies which are foreign to the energy field of our body and can disrupt our perception. In a chaotic urban environment, we often do not notice this but when in a more subtle, natural space it is easier to be aware of it. The discordant energy interferes with the vibration of the upper chakras and the disruptive effect is amplified when the energy body relaxes in a natural environment and so, consequently, in those circumstances, the radiation of the phone next to you affects you even more.

Commitment and grounded reality

Until the advent of mobile communications, making a commitment to be somewhere at a particular time held more gravity, because there were few ways to make a last-minute change. Now it is easy to pick up the phone at a whim and suggest a change of plan. This contributes even more to what can be the very chaotic energy field in which we live, and, in the chaos, we become less attuned to the Earth, less attuned to the ground and less sensitive to the energy flowing from it through our body, placing the connection to our actions solely in the somewhat erratic and transient nature of our thoughts.

Because thoughts can change and fluctuate much more rapidly than the organic reactions within our body, it is important to stay conscious of where your body is guiding you to be. We are always walking a fine line between attunement to the pool of the collective human consciousness (which passes through our mind as thoughts) and the grounded reality of what is happening in front of us. In this regard, mobile technology is not helpful as it can skew our calibration to the detriment of the relationship between our organic being and the micro-vibration of life.

Cumbersome communication

This skew towards prioritising our fleeting thoughts means we can become more and more oriented to the left-brain (the intellectual and conceptual aspect of the mind). This means that when the subtle feelings, which we experience through the right brain, are condensed into words and shared, the results often do not do justice to the essence of what we are experiencing. Messaging in particular gives us the potential to share things in ways that are very different to organic expression. The organic means of delivering a communication to a person would involve some greater degree of process. For example, if we go to see the person there is a period of time when further emotive processing can transform what we will communicate. Also, when we are together, we attune to the other person's vibration, and this can also influence what we say and how we say it. Instant but less subtle communication technologies do not allow for these degrees of organic processing.

The natural role of Intuition

It is true that we do naturally radiate an individual energy field and that our personal thoughts about people can often be sensed by them remotely, so, yes, without phones our personal thoughts do radiate out in space and, when we are in tune with this, we can be aware that communication is passing between us. Indeed, how often do you get a sense that someone in your life wishes to communicate with you and then your phone starts to ring? Relying on modern technology can cause us to forget and no longer develop this natural ability.

Space

Mobile communication does not, unfortunately, know or respect boundaries. Calls and messages, on subjects and with energies we might not be prepared for, can come in at any time. Suddenly, there it is flashing up on your screen! And the nervous system responds immediately. This can play havoc with our natural cycles of rest and reflection.

If you ever start to feel like you are overly cluttered internally, it is good to do a digital detox and have a few days away from digital communication, or you can decide to set up and adhere to some stricter boundaries, to re-attune to your inner voice.

And what better way to achieve this than doing one of the Vision Dances? The commitment to the ceremony will provide the conditions and impetus to ditch the device and give you the opportunity to experience what your emotional landscape is without distraction. In everyday life we sometimes lose the awareness of the process between impulse and action that happens within us and, before we know it, prompted by a 'subconscious' habitual impulse, we've already picked up the phone. The rarefied atmosphere of the ceremonial space heightens self awareness, but not just that, it allows you to dance out the underlying emotional nuance which can trigger your desire to reach for the phone in the first place!

Living in a perceptual reality that is heavily skewed towards an etheric abstraction of our human experience (by constantly digitally documenting our experience) has become so much the norm, particularly for younger generations, that we also lose track of what naturally grounded connection is actually like. Dancing allows us to recalibrate our perception through all 7 chakras, more equally distributing our experience along the spectrum of Earth to Sky; from the solidity under the soles of our feet to the space above the crown of our head; and it is a magical reminder of the raw richness of the natural human experience.

Richard Brook: <https://www.creativewellness.co.uk>

Facebook: [creativewellnessrichardbrook](https://www.facebook.com/creativewellnessrichardbrook)

Author of *Understanding Human Nature, A User's Guide to Life*



Sun Moon Dance, Scotland 2010, photo taken after the ceremony by Martin Davies
Richard Brook is the one, in the white hat, standing.

The Joy of Dancing

from Lindsley Field, Dancer, Ceremonial Leader, Shamanic Guide & Intuitive Counselor

Dancing over the years has been, and still is, one of the greatest gifts of my life. As a Long Dancer, Sun Moon and Drum Dancer, and now Dance Chief, participating in these ceremonies has brought extraordinary experiences of re-birth, heart and soul healing, profound connection with God and the infinite realms of Grace. Dancing has profoundly helped me to serve in ways I could never have imagined.



I'll give some personal background to help explain why dancing has been so deeply transforming and life changing. I was born into a fractured, dysfunctional family, yet I was blessed to be born with the gifts of being empathic and highly intuitive. These gifts came in handy, helping me to anticipate danger and know when to hide or shut down. My early childhood PTSD went unaddressed for years. I suffered greatly, feeling alone, disconnected, meaningless and displaced. The image of a small boat on the vast ocean, without a sail, engine or rudder, just a shell, tossed about, and drifting helplessly, comes to mind.

As a young child I was always searching for God, whether it be in the forests, the streams, with animals or places of worship. On my long walks home from school, I regularly wandered into the woods, crouching down beside a stream or tree, content to just be there, feeling the peace and comfort. In those moments I felt safe and 'home'. Animals of all kinds were my first friends, with whom I felt seen and loved. Blessed to have horses where I lived in Connecticut, my very best times were spent in the barn tending and talking with them, riding from dawn to dusk, exploring the countryside, my mare leading me fearlessly, imparting her strength, love and trust by osmosis, just by being on or with her. Nature was my sanctuary and 'helping spirits' appeared regularly, with whom I communed, learned from and felt deeply connected to.

So fast forward to meeting Joseph and becoming a dancer. First off, he told me I was a mystic, like him (he said). This understanding brought so much into perspective! I attended Mystery School in Farmington, New Mexico, whenever Joseph held them and avidly read his books. However, it wasn't until I began dancing that the transformational healing truly blossomed. Stepping into the powerful energies each dance brought, gave me the experience of falling into the embrace of God. Hard to explain, but it felt like an enormous *coming home*, welcomed by

all the directions, all of the elements, all of nature, the sky and the earth; a holy sanctuary of protection, transformation and ancient wisdom swirled into and around me as I danced.

Dancing gave me a way to heal and discharge old wounds and misguided perceptions, conscious and unconscious. As I danced, I was 'carried' and 'lifted' by the powerful drumming and ancient *Tiwa* songs, conveyed impeccably by the devoted Drum Teams. I literally danced out the toxic and the old that had been keeping me stuck and trapped. The magic of the *dance energies* assisting, my own heartfelt efforts and intentions embodied in my dancing, I was emptied and purified on all the levels of my Being. This alchemy happens on a cellular level, through all organ and chakra systems, including one's ancestral and cosmic systems and origins! Joseph explained all this in his books and at Mystery School. Dancing gave me an experience of *birthing myself* in a way that opened me to my *true self*, to the blueprint of my *divine self*. Each time I danced, I was catapulted into my Vast Self, my super consciousness, absorbing and expanding into the place of my origins. There is an expansion created by dancing; an expansion into heightened states of awareness and peace that settle in, fortifying me for the year ahead.

Dancing has become an annual retreat for me, a vital time of spiritual and physical refreshment and cleansing.

This path has facilitated not only my personal evolution and growth, but accelerated, guided and strengthened my destined role as a Medicine Woman and facilitator of healing for others. Fundamentally the dance gave me a way to fall in love with life and living; freeing me to be the person I was meant to be. Transcending those old wounds, emotions and misconceptions, I was able to find fulfillment, even joy, in ways I never thought possible.

Each year I enter the arbor, I can disappear into the embrace of Great Spirit, joining with other kindred souls choosing to continue birthing ourselves into our Infinite Becomingness. As we do so, we become beacons of love and light for all beings. The dancers' efforts and sacrifices send seeds of peace far and wide. Amazingly, dancing is helping to create a **New World** of unity, global collaboration, inspired creativity, respect for all life, equality, lessening of climate change, joy in diversity and a dedication to live with respect and reverence for all life.

"If you want to earn your PhD in soul work, if you want to advance your innate, divine abilities, dance!" Joseph Rael

Rev. Lindsley Field, Dancing Heart Wellness, Jefferson Maine,
mysticheartdancer@gmail.com



2021 Birdsong Drum Dance, Pennsylvania

(photos from Lindsley Field)

The International Vision Dance Schedule for 2022

is being compiled by Jane Innmon

This is an invite to Chiefs and Coordinators of the *Beautiful Painted Arrow Vision Dances* to send the details and dates of their Dances to Jane for inclusion in the Dance Schedule for 2022,

contact Jane via: peoplegardener@gmail.com

Although the places where Dances will happen next year are not yet collected, in previous Schedules countries where the 3 Vision Dances (namely the Long Dance, the Drum Dance, and the Sun-Moon Dance) have been listed as taking place include Australia, Bolivia, Bosnia, Brazil, Bulgaria, Canada, Croatia, Denmark, England, Germany, India, Ireland, Italy, Norway, Macedonia, Poland, Romania, Portugal, Scotland, Slovakia, Slovenia, South Africa, Uruguay, Wales and the United States of America. In the USA there have been dances listed in Arizona, California, Colorado, Florida, Indiana, Maine, Michigan, New Hampshire, New Mexico, New York, North Carolina, Oklahoma, Oregon, Pennsylvania, South Carolina, Tennessee, Texas, Virginia and West Virginia.



In 2018 Beautiful Painted Arrow, Joseph Rael, appointed his eldest daughter, Geraldine Rael, to be Vision Dance Guardian for these 3 ceremonies and she is the person to approach for clarity on matters concerning them,

contact Geraldine via: geraldinerael382@gmail.com

visit the Vision Dances website at: [The Guardian: Geraldine Rael - Geraldine Rael](#)

The Schedule only lists the Dances that are submitted to be included and more Dances may be happening anywhere, also, as happened in 2020, listed Dances may sometimes not be able to take place.

Appended to the list are Dances visioned by Joseph's students and other Dances given by Joseph to specific places.

The International Peace Chamber Gathering 2022

hosted by the Rainbow's End Community

In the next newsletter Issue 24, due out in February 2022, we hope to feature the details for the coming Gathering in California the dates for which are presently set for the first weekend in May 2022.



Valerie Eagleheart Meyer tells us that the High Desert Valley is filled with beauty and that during the first weekend of May the area should still be enjoying the Blessings of Spring.

Open to anyone who is in love with the Visions and Teachings of Beautiful Painted Arrow, the Gathering is a wonderful opportunity to meet, to share and to move forward together, carrying the opportunities that this work gives loving kindness to flourish.

Life is full of Beauty



Life is full of Hope



Life is full of Songs



Planting Seeds for Peace, Healing and Renewal

from Geraldine Rael, Vision Dance Guardian

Pandemic time was very hard on everyone, myself included. There was no Sun-Moon Dance to be had in Pagosa Springs, Colorado in 2020. Due to the covid virus, travel was not happening much of the World over.

In June 2021, we went ahead and held the ceremony. It was food for the soul! The dates that had been chosen had inadvertently been Father's Day weekend and the birthday of the youngest of my brothers. Before I left, I delivered presents and made a meal for Dad & Carolyn. My brother was happy with his cake, presents and his early birthday celebration.

During the ceremony, a Dancer asked for an honor song on Sunday morning to honor all of the Fathers. It ended up being especially healing for a good many. Unresolved feelings, fond memories and an overall cleansing was indeed especially healing for some of the Dancers and Support persons. That is what ceremony is meant to do, it is meant to bring us peace within our beingness, ultimately it is meant to heal us from within.

In late September 2021, I flew to Europe to Chief a Sun-Moon Dance in Dresden, Germany. It was hosted by Lukas and Marina Budimir, Lars Richter, Tomas Jordan and Claudia Fragstein. It was to be the second year it would be celebrated in a fruit orchard.



photo of the orchard

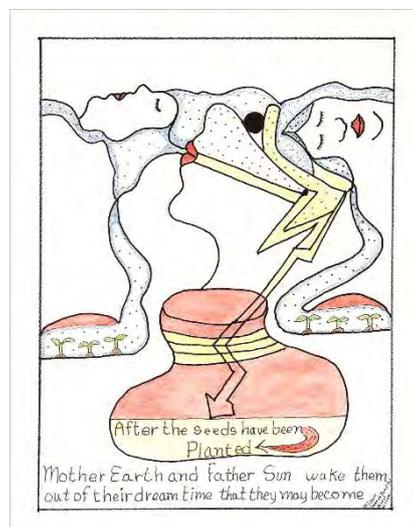
I have to say that this particular ceremony carried us and nurtured each one of us as only Spirit can do. Every Dance ceremony is very special in its own way, they are the same and yet each presents us with healing opportunities that are manifested individually.

One day, we heard a curious LOUD sound coming closer and CLOSER with large amounts of dust rising! A farmer drove close to the hedge that separated the orchard from the cultivated field and drove a HUGE monster of a tractor back and forth. The tractor could not be seen because the trees and foliage were too dense, but we could hear it! I was frightened and I felt relief when the roaring of the engine became quieter and quieter as it slowly moved away from the area. The tremendous amount of dust that had poured into the arbour was blinding and suffocating. Time appeared to stand still. Dancers, the drumming and singing stopped until the tractor slowly moved away, we then resumed when it felt right to do so.

The metaphor of the farmer's actions brought forth this insight - Mother Earth was being sowed with seeds, our sacred ceremony was PLANTING seeds of love and peace.

The sacred ceremonies that each one of you brought to fruition after the worst of the pandemic in 2020, 2021, was especially meaningful to the world.

We all mourned for the losses as we gave thanks in our own individual ceremonies for the abundance that we realized we had all along. It was truly a time of cleansing and of renewal.



picture courtesy of Geraldine Rael (copyright © Joseph Rael)

The art piece reads: After the seeds have been Planted, Mother Earth and Father Sun wake them out of their dream time that they may become.

Back in August 2021, I was asked by Rick and Elisa Cotroneo to dedicate a new Sound Peace chamber in Abiquiu, New Mexico. It was a beautiful ceremony; it was definitely the Home of the Ancestors. I got to see a few old friends and I made a lot of new ones.

During *Beautiful Painted Arrow Furthering the Work* zoom meeting, held earlier in the year on May 16 (the last of several meetings whose focus was the 3 Vision Dances), it was spoken about how the existing Drum groups are actually one group, lead by Uncle Benito Rael. I explained how I would be moving forward in regard to the Drum. I spoke about my intention of creating new songs. I stated that I would be using *Tiwa* wording as much as possible. After the meeting, Rick Cotroneo contacted me and let me know that he had created 3 songs. I listened to them, the wording is in *Tiwa*, the meaning of each song is relevant to the times, therefore, I have chosen to utilize these 3 songs, they meet my approval. Rick and I need to figure out how we want to share these new songs and get them out to everyone. I believe we can get to that during the winter months.

On other matters concerning the Vision Dances, I find that the honorarium of \$1000 to my Uncle and the honorarium to each Drummer of \$600, the round trip airfare for my Uncle and an escort as well as the cost of any food, lodging and travel expenses, are all too great for my Pagosa Sun-Moon Dance to finance, especially if I have a small number of Dancers. Since being given this work to carry forward and so that more people can afford to become Dancers, I have reduced my Dance Give-away from \$750 to \$500.

All this being said, I have no alternative but to create my own Drum group, where the exchange is for divine service with a more reasonable honorarium. I believe two or more Drum groups can exist cohesively. The old with the new is what it must be.

Geraldine Rael, Eldest daughter of Joseph Rael, Beautiful Painted Arrow



Sun-Moon Dance group, Dresden 2021

(the 2 photos are provided by Lukas Budimir)

In the Beginning, We Stood Up and Became Two-Leggeds

By Ken Rich and the Team

Just this past August 29, 2021, in Abiquiu, New Mexico, the House of Mica brought a new peace/sound chamber into the world-wide network of chambers. We were blessed to have Geraldine Rael and her team down from Colorado, plus representatives from the neighboring Circle of Light Peace Chamber in Albuquerque, New Mexico, and from Sweet Beautiful Water Peace Chamber in Tucson, Arizona. With folks from various other places, a total of 23 people showed up to bless the new chamber and welcome it into the family.

The chamber sits atop a small mesa between the Village of Abiquiu (pronounced like "Abbey-Q"), a pueblo that has been inhabited for about 300 years, and Plaza Blanca, or in English, The White Place. Plaza Blanca, cared for by a neighboring religious organization named Dar Al Islam, is an ancient bed of pumice carved into fantastic shapes by weather and water. Their vibration is very ancient, sacred and other-worldly. It occasionally gets rented out to movie producers for background scenery, so if you'd like to get a good look at the geological formations, watch "Cowboys and Aliens" on Prime Video, a fun example of what has been filmed there.



the Plaza Blanca, the White Place

How the new chamber came about still blows our minds. In early 2015, Rick and Elisa Cotroneo of the House of Mica got an itch to bring the Sun-Moon Dance back to New Mexico. On April 7th, of that year, they connected with Sonia Hodson and Bill Enoch who were living on this small mesa just north of Abiquiu. After a short in-person conversation, Sonia and Bill said they would be happy to host the Sun-Moon Dance on their land, saying "This is what we bought it for." You can read more about the story of finding the land at [this link](#).

Sonia bought the land in the early 1990's and saw it as a place for ceremony, spiritual teachings and learning about earth stewardship. She and Bill wanted to preserve the beauty of the land and keep it from being built up. As things went along, they received direction from spirit sources to build a temple. First, they created a labyrinth for meditative walking. Later they added a small, circular adobe building that they called The Sanctuary.

To learn more about Bill and Sonia and their experiences finding and living on the land, check out the series of interviews with Bill at [Little Mesa Video Archive](#) on the House of Mica web site.



the Labyrinth

We and others who came to the land over the years and saw the Sanctuary, immediately saw it as a peace chamber and treated it as such. We constructed a dance arbor nearby, and from 2015 to 2018 we held a 4-year Sun-Moon Dance cycle there. We had dancers and support people from Bolivia, Canada, and all over the US. Over those years, a number of us spent enough time there to develop a deepening sense of connection with the place.

In 2017, Sonia passed away and we started to realize that we had an opportunity and perhaps a duty to preserve the land, the Sanctuary, and the ceremonial sites. Her will established five plats – a larger one that includes most of the mesa – and four other lots (totaling 5 acres) that were gifted to her heirs. While some family members saw the importance of keeping all of the land together and preserving it, others hoped to sell the land for development at top dollar. We were concerned that, contrary to Sonia and Bill's wishes, the land would end up developed, destroying the integrity of their vision, and ours.

So, the House of Mica community, and many members of the larger dance and peace chamber community, responded. We raised the funds needed to purchase the main 17.82-acre plot and on April 7, 2021, exactly 6 years after Rick and Elisa first stepped on the land, we completed the purchase. Since then, we were able to purchase one of the small lots from one of Sonia's heirs. We are working to raise additional funds and negotiate purchase of the rest of the lots from other family members. The vision is that we will then be caretaking three-quarters of the top of the mesa, about 22 acres. At some point, Sonia and Bill's former home will also be for sale, a beautiful two-story adobe house across the road from the sanctuary. Wouldn't it be wonderful if Sonia and Bill's house just happened to fall into the hands of someone in our network?

Rick and Elisa Cotroneo, who live on the land at the House of Mica Peace Chamber, New York, organized and scheduled the trip this August past to dedicate the Sanctuary. Margaret Murphy, Stephen Piazza, and I, all of us from the House of Mica group, had participated in the Sun-Moon Dances on the Mesa and we each felt called to support the Dedication Ceremony.



the chamber



the chamber interior

We prepared for the dedication for a few days beforehand. Elisa and Bill surveyed and documented the bounds of the property so that we could place shrines in the four directions. Maggie, Stephen, Rick, and I did some construction, trail building, cleaning up the Sanctuary, and arranging meeting spaces. We all spent time meditating and listening for what the land had to tell us.

The day we initiated the new chamber, we began the Peace Chamber Dedication Ceremony by walking the labyrinth. After that we split up into 4 teams to create the directional shrines at the edges of the land, using crystals donated by many people. Geraldine then blessed the chamber with the name given by Joseph, "In the Beginning, We Stood Up and Became Two-Leggeds." This portion of the ceremony was recorded, and you can watch it [here](#).

We heard Hughette "Hug" Jordan, Rick and Elisa sing some of the songs brought forth after Geraldine's call for new songs. One of those songs had the line "Weh leh hu", *Tiwa* for "Rising up", and it felt especially appropriate and in line with the name of the chamber. The day ended with the Climate Change Lessening Ceremony performed by Geraldine, blessing all the attendees one by one in the chamber.

The next weekend, some of us were able to do the Dark Night Sky ceremony in the arbor. The first Fire Ceremony at the new chamber was held a few days later on September 7th. We are continuing our efforts to build community in the area. We think we see some sprouting of local interest in supporting and bringing life to our new chamber and hope to find folks who will establish the monthly fire ceremony as a regular practice.

***** News flash** – it looks like Rick and Elisa will lead a mid-winter Drumming Vision Quest at the Abiquiu Peace Chamber in mid-February (either February 11-13 or 18-20). If you are interested in events to be held there or would like to contribute to our effort to conserve the land, contact the House of Mica at honica@nycap.rr.com or visit <https://www.houseofmica.org/little-mesa.html>. *******

So remember, "In the Beginning, We Stood Up and Became Two-Leggeds."



Ken, Elisa, Rick, and Geraldine at the Dedication Ceremony

(all photos from Ken Rich)

On the Consistency of the Primordial Soup (the comedy spot)

Two friends were discussing the Void. One spoke of the Void as being frequently referred to as 'the primordial soup'. The other enthusiastically said "Oh yes, and there are chunks of carrots and other vegetables floating around in it!" "No." the other replied, emphatically, "There are no chunks of anything in the Void." The person who loved chunky soup went quiet. "Ah!" said the purist, "Let's clarify the definition. Let's call it a 'puree' not a 'soup', then no-one will think that there are bits floating in it, and a 'puree' carries the vibration of the word 'pure'."

Was a consensus reached on the consistency of the Void? I don't think so, but that's just how easy it is for a schism to occur!

NEXT ISSUE *Seeds of Peace Issue 24*
publication target date: February 5th 2022

please email submissions before January 5th

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

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

To entice readers and writers to contribute to the newsletter, here are some topics that are always of interest:

Taking the Visions forwards: The seeding of Chambers, Chamber updates, chanting practices, and all aspects of chamber keeping. The paths of the 3 Vision Dance ceremonies and all aspects of their continuing manifestations.

Cherishing our connection to the Source: Memories of and Teachings given by Grandfather Joseph Rael in seminars, lectures, mystery schools and other events. The history of Joseph's travels in the US and elsewhere in the World.

Also: Requests, news of coming events and original works inspired by the Visions of Beautiful Painted Arrow. The impacts of technology and of social change. The anonymous comedy spot.

Articles introducing new topics are always very welcome.

**Whatever the *Beautiful Painted Arrow* subject that inspires you,
all contributions are welcome,
be it an essay, a paragraph, or an aphorism; an artwork, a photo, or a cartoon.**

editorial committee: Stella Longland: stellalongland@btinternet.com; Marina Budimir: marinabudimir@gmail.com;

Rick Cotroneo: homica@nycap.rr.com; Jane Innmon: peoplegardener@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, 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.

copyright notices: Copyrights apply to all the text, images and photographs in this issue of *Seeds of Peace*, both as a publication and also through existing copyrights held by individuals and organisations.

For permission requests and queries your first contact is: stellalongland@btinternet.com

about submitting articles: Anyone who is studying Joseph's Teachings is welcome to submit an article, with accompanying photos and images. The editorial committee will also be actively seeking articles. In either case, the editorial committee reserve the right to decide if submissions will be included. As to length, a maximum of around 1600 words is a good guide for an in-depth article.

related website addresses: Millichap Books: www.millichapbooks.com and their Joseph Rael pages:

www.josephrael.org. More about the manifestations of Beautiful Painted Arrow's Sound Peace Chambers on:

www.peacechamber.co.uk and the 3 *Beautiful Painted Arrow Vision Dances* at: <https://www.geraldinaerael.com>

If you see any omissions or errors on our newsletter website <https://seedsofpeace.news>,

please contact the website editors on the site email: editor@seedsofpeace.news