



**Beautiful Painted Arrow's
Paths of Light**

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Issue 28: February 2023

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EARS



NOSE

both images (copyright © Joseph Rael)

cover inserts from the original cassette tapes of **Sounds of the Face**

...if anyone has the pictures from the covers of the other two, EYES and MOUTH,
please send a scan or photo to stellalongland@btinternet.com and we will add them to our archive
of widely distributed but now little known Beautiful Painted Arrow artworks created before the millennium.

Extracts from Sounds for the World - Part 1 from the Sacred Sounds CDs

Joseph's spoken words edited for the newsletter by Stella Longland

According to the Ancient Teaching of my Father's People and of my Mother's People, in all their creation stories you see the instruction that everything came out of Sound and so to grasp the original meaning of everything that was ever created we must go back to Sound. The reason we chant is to get in touch with our origins, and every single action, every single energy form, that is created has its origin in Sound.

In order for Sound to exist there has to be some aspect that is producing that Sound, and the energy form, or principle, that is creating that Sound is called manifestation. What is creating manifestation is the Spirit of Life, which we call "Wah".

So, the Spirit of Life creates the original Sound, and the original Sound then is what creates. And, out of that creation that is creating comes the energy. And the energy is what we use to keep creating and it is that creating that keeps the Spirit in all form alive and active.

In my training over the years, I learned that to get in touch with any principle I had to go to Sound, and I learned that the vowels in the language are where the power is for each word. Then I found that, by chanting these different forms, I could get in touch with the intelligence that lies there for us to tap into to grasp the principles within that Sound that is creating, at that moment in time, in a particular form in the objective reality which I call "the form reality". For instance, if I wanted to get in touch with the essence of walking, the first thing I studied was watching people walking. There's a particular energy, a visual energy, that you can get by watching people walking and you can begin to sense our universal rhythm. You can also listen to their footsteps, and you can begin to get in touch with the Being of Walking.

But stopping there was not enough for me, I needed to go deeper. And so, out of watching people walking and out of hearing them walking, I began to hear a song, a vibration that seemed to be with people walking. And so, in my work I investigated how the English-speaking person was articulating these ancient vibrations, and I began to realize that much of the information that I was tapping into was either forgotten or wasn't being practiced. And, when I looked at the English language, I began to realize that by investigating the different words we could begin to get a hold of the deeper meaning of Life.

One of the fascinating aspects of this study took me to the understanding that it's very difficult to separate the rational from the irrational, the spiritual, aspect of each word. Each word has its own life, and it is that Lifeness that I was interested in tapping into because until you can get in touch with the Lifeness in each single word, we absolutely have no right in speaking it, because we haven't understood the true beauty and the power that is in language.

Language, you see, is not just in the word, for words were an outgrowth of physical manifestation or physical behaviour. For instance, the word "Work": "Work" means energy moving in a forward and backward motion. Mystical Teaching says that 'Work is Worship' so therefore when we are in a forward or backward, push – pull, situation, we are making a statement of work and work is a statement of worship.

And so, I recognised that here was an area that was an almost completely, if not totally, untapped resource, and that until we understood the depth of this gift in language we would not be truly happy because to understand the real meaning of the spoken word, is to be in love with Life. And to be in love with Life, almost by its very nature, asks of each participator in Life to consider living in a particular way, and that way is but one way, and that is to stay creatively alive.

When a person is keeping themselves creatively alive, they are generating and regenerating the essences of Joy and of Happiness and of Aliveness, and a willingness of that type of energy brings forth a willingness to want to share, a willingness to want to serve, a willingness to create, to manifest.

The thing about understanding this particular way of perception is that it allows the perceiver to recognise that what's being perceived is also perceiving what is being perceived, and so there is a total connection that we have with Sound. Sound is what created Time, or perhaps another way of saying it even more clearly: it was Time that created Sound. Or perhaps it was Time creating Sound and Sound creating Time because you see, they are one and the same.

The first thing that I realized when I climbed a very high mountain was that it had been created by lots of geologic time, and geologic time is connected to us because we are also geologic time. You see, we're very, very

old and I have had the gift of sliding back into Time and seeing billions and billions of years beyond the here-and-now, and seeing Time, because Time, you see, doesn't really exist. Only we do have lineal time, but lineal time is the way we are perceiving. Real Time is Timeless, and in Timelessness there is no lineal time; it's just forever. To see Timelessness is to see all of the possibilities and all of the opportunities occurring simultaneously.

So, time is us walking, time is us standing, time is us and we are in time. Perhaps that's why in time we find rhythm in music, music has rhythm: we are either waltzing through time or we're two-stepping through time but we are dancing and when we are dancing we're being. And that is the importance of this tape because it's time that we know who we are and that, until we know who we are, we will never really, truly, appreciate the depth and the beauty of who we are and what we came to manifest here. And, when we understand the Beauty, the only thing that people who understand Beauty create is more Beauty.

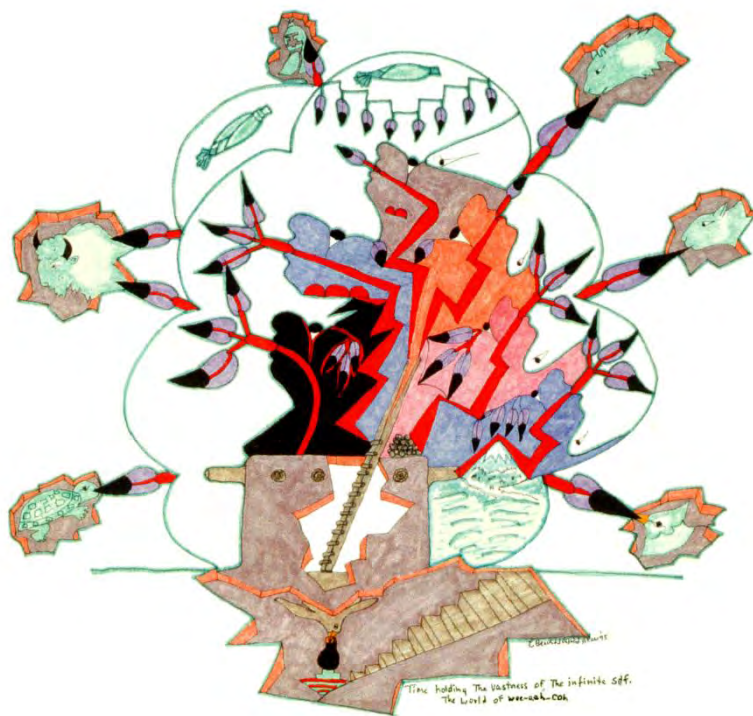
You see, when energy is not used creatively it begins to go into itself and when it goes into itself it begins to destroy itself because it thinks it no longer has to be here, so we have a sense of feeling stifled or we begin to regress and we have conflict, and we have degeneration, and we have wars. But when we understand the truth of our existence, the energy within the power of the word, then the power of the forms that we created with those words, will be the power that will create the next step as we evolve ourselves into the higher forms that we originally promised ourselves we would do.

And so, all of the Sounds that I use in the tape, are but parts of many parts that make up the total higher consciousness that we seek in today's world. The idea behind this tape originates from many, many people asking, "Well, how can I reach these different levels of consciousness?" or, "Is there such a thing as higher levels of consciousness?" and, "Are there ways?" and this is one of the ways that I have chosen to understand higher consciousness through the use of Sound, and so I will start with the first idea, the Idea of Walking

Part-1 concludes with the Joseph describing and chanting the Sound of Walking: "Tah Chi Hu".

in Part-2 Joseph continues sounding and expanding the metaphors of other principle ideas of Movement.

The Sacred Sounds recordings are available from [Products \(houseofmica.org\)](http://Products.houseofmica.org)



(copyright © Joseph Rael)

Time holding The vastness of The infinite self - The World of wee-aah-coh

from *Becoming Who You Are: Beautiful Painted Arrow's Life & Lessons for Children ages 10-100*, Joseph Rael (Beautiful Painted Arrow) & David R. Kopacz MD

A Message for 2023

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

A BRAND NEW Year is upon us!

It's all going to be 2023!

It's time for new intentions and new manifestations!

It's time to cherish what 2022 brought to us.

It's time to allow last year's intentions and manifestations to be transmuted by the Universe.

It's time to leave behind the negative to be transformed in the abyss of the Cosmos.

I include a breakdown of 2023 to a single digit, which is the number 7: $2+0+2+3 = 7$

(There's a number of spiritual communities that do the same or something similar.)

My father's book, *The Way of Inspiration*, speaks of the Tiwa interpretations of our core number system 1-10.

You might want to read it or read it again. The number 7, *cho-oh* in Tiwa, speaks of teachability.

My father writes,

"Seven, *cho-oh*, teachability, is saying that we have the power of awareness at all levels."

(Pg. 87) (see also *Sound* Pg. 214)

I move forward in 2023 with good health and good intentions.

Also, in 2023 I will internally focus on teachability through AWARENESS.

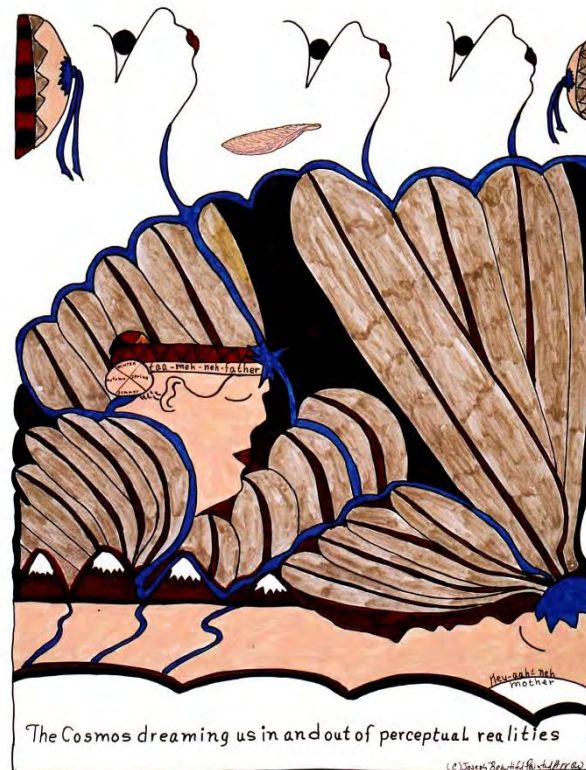
I want to thank Rick & Elisa for putting together the Solstice Chanting for Peace in December 2022. I know it isn't easy coordinating all the emails to get 24-hour coverage, the chanting & prayers were beautiful!

Happy New Year, to all Spiritual Communities!! A'ho!

Geraldine Rael geraldinerael382@gmail.com



medicine wheel
taa-meh-neh - father



key-aah-neh
mother

(copyright © Joseph Rael)

The Cosmos dreaming us in and out of perceptual realities

artwork from *Sound, Native Teachings and Visionary Art*, by Joseph Rael, also one of *Beautiful Painted Arrow's Visionary Art Cards*



A Brief History of a Chamber Lineage

A Vision came from the Elders to Joseph Rael, Beautiful Painted Arrow, and in 1984 he completed the building of the first Sound Chamber in Bernalillo, New Mexico. People who visited were inspired.

This is an excerpt from the story that Ruth Eichler tells of how EarthSong Chamber came to be built,

'... in August 1988, I had heard an "inner voice" that said, "...You'll be moving Southwest." To me, Southwest meant Arizona or New Mexico. I had to find out if a pull existed in New Mexico and in 1997 persuaded my husband Vic to take a week vacation there. We would visit and see how the Southwest felt. Upon sharing information of the trip with my friend, Nancy Stroupe, she said, "If you are going to Albuquerque, you should meet our son, John, and Joseph Rael, with whom John is living. You could see the peace chamber Joseph built." Sure, why not? When we called, John invited us to come for a Fire Ceremony. Joseph was traveling, so we couldn't meet him. We accepted the invitation and drove to Bernalillo.

The minute I walked into Joseph's peace chamber, I felt as if I'd been hit by a bolt of lightning. I knew a peace chamber was in our destiny; I had received "divine marching orders," as I call these messages.



Red Eagle Mountain Spirit, Joseph's first peace chamber



We did move Southwest -- 20 miles southwest of our then home in Kalamazoo, Michigan. The joke from the Universe was simply that southwest meant 20 miles to our land where we built a new home and EarthSong -- not 2000 miles.



So it was that, on June 15, 2002, Joseph Rael came to dedicate the Chamber we had built. He gave a mesmerizing talk, attended by forty people in our basement. Then he led ceremony and ritual at the peace chamber, including a sweat lodge, and we were officially launched into a new chapter of our lives. We could not have imagined all of the ways in

which the Great Mystery would guide and transform us in the coming years.'



In 2018 Ruth and Vic sold their Three Rivers property and Michael Northrop, one of the Stewards of EarthSong, stepped forward with a commitment to build another Chamber close by. It was in October 2022 that Ruth sent us this sketch of Earth Harmony, the Chamber to come,



initial 3 photos courtesy of Ruth Eichler, photo with added sketch created by Michael Northrop



Earth Harmony Peace Chamber, a Building in Progress

from Michael Northrop, a Steward of this Chamber and previously of EarthSong

Greetings to all the readers of the newsletter,

We are making good progress on our Peace Chamber and expect to be done by next fall. Below is my report with photos of the progress.

Great Progress was made on the Earth Harmony Peace Chamber in 2022. Earth Harmony is located in Three Rivers, Michigan, USA. Plans were made to start in 2019 but one of the stewards of the Chamber had back surgery, so it was postponed to 2020. Of course, 2020 and 2022 were shut down due to COVID restrictions.



Building finally started in June of 2022. The Chamber foundation was poured, and the floor finished by the end of June and a consecration was held with chanting and drumming. The Chamber is 29 feet long and 25 feet wide in an oval, with the sipapu, the sacred hole connecting us to our origins, in the center.



The walls are being built from stones and bottles. The bottles are being cut in half and the bottom ends are joined together into cylinders. Collecting the stones and the bottles has been a huge project. 15 people have been trained to do the stone masonry. They are all working on a volunteer basis.

We had to stop laying stone in October as the temperatures were too cold for the mortar. The windows were donated. They are 8 large 8-paned panels which we will install, along with the door, first thing in the Spring. We can then build around them and start the roof by the end of the Summer. We hope to be in the Chamber by November.



Our community has been very generous in donating money and materials. We have raised almost \$7000 in cash donations, \$2000 in kind and numerous donations of rocks, bottles, windows and a door.

The Earth Harmony community is excited to start to participate with the larger Peace Chamber community in ceremony and dance by next year.

Thank you so much to the editors for contacting us. We really appreciate being part of the greater community. Blessings, Michael and Johann.

You can find us on Facebook under Earth Harmony Healing Center and Peace

and contact us via northrop_michael@yahoo.com

all the photos in this report are courtesy of Michael Northrop



A Peace Message sent to the Peace Group by Council Oak Books, Joseph's Publishers at that time



2008-09 Feather Blessings

"There are two kinds of light that come off of the sun. One is physical light and the other is spiritual light. The eagle feather carries the vibration of spiritual light. When I bless you with the eagle feather, I take the feather and put it in the water for two or three seconds and it fills with spiritual light. I bless you with light by splashing the water on you with the feather. For September, I send you **27 Feather Blessings**. In every moment there are birds flying somewhere above the Earth, therefore, blessing us 27 times a moment. Perhaps that is the gift of Mother Nature to us all from the bird kingdom." Joseph Rael (Beautiful Painted Arrow)

(copyright © Joseph Rael)



Sharings from the 24-Hours of Solstice Chanting for Peace

from some of the participating Chanters

This practice of a December Solstice Chant was initiated by the House of Mica Community. The annual chant has been organized by them every year for, at least, the last 21 years, and immense gratitude is due to them and to all the Chambers and Chanters who have contributed their hours of Chanting for Peace on this pivotal day.

This year the House of Mica Chamber, which is located in Upstate New York in the US, sent out the invitation to all on their chanting list and Chambers and individual chanters were invited to sign up for the hours that they would carry the chant. Closer to the day of the chant, the House of Mica sent the Schedule to the participants so that the chant could be passed energetically from one to the next. In the Schedule the organizers also included some suggestions on how people might structure their hour of chanting:

"We suggest that everyone begin with whatever centering or grounding practice you use, that you call in the ancestors, ascended masters and/or call in the Light, chant each of the vowel sounds for a few minutes and then chant each of the sounds for the elements. If you have more time, sing or chant your favorite chants, songs or spontaneous chanting as you are inspired. You will find more information about chanting the vowel sounds and the sounds of the elements on our website at: [Chanting \(houseofmica.org\)](http://houseofmica.org).

Many blessings to all, Rick and Elisa Cotroneo"



All the hour slots were covered with some hours having several signees, some were established Chamber groups, some were individuals from Chamber groups, and some were people in the process of building Chambers! Some perhaps were not affiliated to any Chamber but were inspired to take part by the Teachings of Beautiful Painted Arrow. In the days after the Chant, we received the following feedbacks for the newsletter.



My Response to the Chanting from Sandra Mennella, in Vermont.

"So grateful to receive this opportunity and be part of the gift. I was included due to a visit in my home in Cabot, from Rick Cotroneo, Melissa Salmon, and Maggie Murphy, to bring celebration to me who can no longer travel to House of Mica. We were able to chant together. Experiencing the sounds, I was able to learn. Rick offered me a place in the peace chant, and I was able to be present. They brought me great love from all, and my spirits are high. It was a visit of love and light that led me to the peace chant and much more. Be well and have a good life as we move forward in the light. With love and peace, Grandmother Sandra Mennella"



An Instance of Tri-location from the Cave of Clay, from Stella Longland in Scotland.

“As this year’s Solstice approached, we realized that we could not be together in the one place. We decided, no matter, we will chant together from the place where we are! And we shared where that would be. Our hour of chanting began and, as I chanted, I visualized the locations of the other two. That is when it struck home that One had climbed a Hill in the forest and was chanting from a viewpoint above the trees, One was chanting in a Park in the centre of a City, and One was in the Cave of Clay: One chanter was in the Upper World, One chanter was in the Middle World, and One chanter was in the Lower World and the vibrations of Peace were echoing back and forth and spiralling up and down between the three.”



Turn, a poem from Robin Buckalew, Shenandoah Valley, Virginia.



Turns

When walking forward
I fill up my head with
such expectation
for what might lie ahead.

So busy searching
for something I might need,
keeping an eye out
for danger in the weeds.

Yet, when I’m turning,
there’s a different space
where all striving stops,
a true moment of grace.

Turning requires
a pause in the action,
the old giving way
to the new direction.

That’s like the solstice,
the moment when the night’s
progress halts, then turns
around towards the light.

And in that brief space
together we chanted
that the seeds of peace
on Earth would be planted.

All ‘round the globe we
humbly celebrated.
With the holy sounds,
all life resonated.

Just as the night ends
and the warm sun returns,
may all warfare cease
so peace might have its turn.



Our Solstice Experience at the Dodecagon Sound Chamber, from Lisamarie Coyote Windwalker, in Colorado.

“Beloved Chamber Communities dancing all around Grandmother Earth!

At 3 pm MST (*Mountain Standard Time*) we began our time for the Solstice Global Sound/Peace Chamber Chanting, holding all the Chamber Communities and Grandfather Beautiful Painted Arrow, as well as the Authentic Elders of the Chambers in a heart-space of loving. We chanted and drummed, and the Gongs mirrored and reflected our voices out to the Cosmos to snow/rain down and bless us all.

Around 4 pm, the winds died down, and the snow began to gently drift towards the Earth Mountain. At 5 pm, dusk, we plugged in the outside led lights on the Sacred Douglas Fir Tree, lighting up the mountain and pine forest

with gentle illumination. Then we stayed up to watch the dawning at Stonehenge in England on a live stream. Profound even though the skies were blanketed in clouds.

Here at the Mountain Dodecagon (twelve-sided Sound Chamber and Dwelling) in Colorado, we offer the Fire Ceremony every month, engaging with the Ancestors, the Fire, the Waters of Consciousness, Literal and Physical, and the Beloved woven tapestry of the Global Sound/Peace Chamber Communities.

108 Bows of Gratitude for all your practices and offerings to Grandmother Earth and this amazing Cosmos! Wild Blessings of Love from a Mountain in Colorado along the Back of the Sleeping Dragon!"



Chanting Out of Doors from Leigh Sager, presently resident in England.

“Hi all, sharing below a photograph of the morning of my chant and a bit about my experience in remote Norfolk, England, chanting in the middle of a frozen field.

I was blessed with this incredible sandbar sky of red and pink, orange and violet blue as I made my way outside wrapped in blankets and a woolie hat and took my seat. The clouds, on fire with the sunrise, passed over my head as I sat on the frozen ground and felt myself root down into the cold, cold earth. My song, the song of more than just me, rose into the air and joined the passing clouds, carried to all the corners of the earth in dramatic effect. The great mother showing off her beauty. It was a dance in the sky, the movement of the clouds like the patter of the dancers’ feet, my chanting became their drumming song. The muntjac deer came and visited me and the peacocks, too, chimed in with their early morning cries.

Unlike some other years of chanting in true stillness, this morning felt particularly alive with movement and breathing, shaking off of old things, spinning to welcome in the new, all changes being carried by the wind. The wind dancers came, and their heartbeats became my heartbeat. I chanted quietly and slowly at first, but then by the end of an hour, my voice became loud and rhythmic with the movement of the sky dance.”



Aho and blessings, Leigh Sager (*prouns: she/her*)



Why do we only Rest in Peace? Why don't we Live in Peace too?

some serious fun from Lukas Budimir



Carlo Popolizio, drum chief from New Jersey, USA, sent me this picture taken at a gas station in South Africa and it made me think, especially after Russia started a war in Ukraine, in the center of Europe in the 21st century, "Why do we think that we can solve anything with violence at the cost of everyone else?"

"Where does that end?" In total destruction!

We better find out how we can end this and find peace.

When I lived in Denmark, I had a Sound Peace Chamber that was built as a bunker in the second world war. Benito Rael said its name was "Kwi amee" which means "to protect the people". In Tiwa it is also "Kwi

neneh" which literally means "dog" and again dog means "to protect the people".

That is also an explanation why we call the helpers on the outside of the circle in the Sun Moon Dance "Dog soldiers": they protect the people.

So, a soldier is originally someone that protects the people. We can view the war gods, Joseph Rael guided home, in that way because their purpose was fulfilled. War is not needed anymore; it is not helpful in any way for our development anymore. If we look at recent or at ongoing wars; they are only destruction. Nothing good comes out of them.

So why are they still started? Because we haven't developed the awareness that they are useless. We have not understood that we can live in peace and that there is peace all around us. We have not understood that we can create goodness and solve conflict in creative ways. We have not understood that we can't just take without giving back. But it's time that we do understand this because we are destroying the bases of our existence with an incredible fastness. We are very fast in certain areas and very slow in changing our basic thought patterns. How can we balance things?

***We can chant in Sound Peace Chambers.

***We can dance Long Dances, Drum Dances and Sun Moon Dances.

***We can integrate our experiences into our daily lives through work as worship and live our lives more and more as a ceremony. Then the seeds of peace flourish and there is more peace.

By doing so we balance our mental, emotional, physical and spiritual beingness through our heart. No matter what we have done or experienced in our lives, there is always a place of goodness in our hearts that can be nourished and developed. That is the task for each of us and has a huge impact on everything, because everything is connected.

What we also have to balance is activity and resting, recovering, looking back and becoming open for the new. We have to find our rhythm, because everything is rhythm and everything is changing, everything is in process towards a world where we live and rest in peace with ourselves and everything that is.

Lukas Budimir, now resident in Croatia

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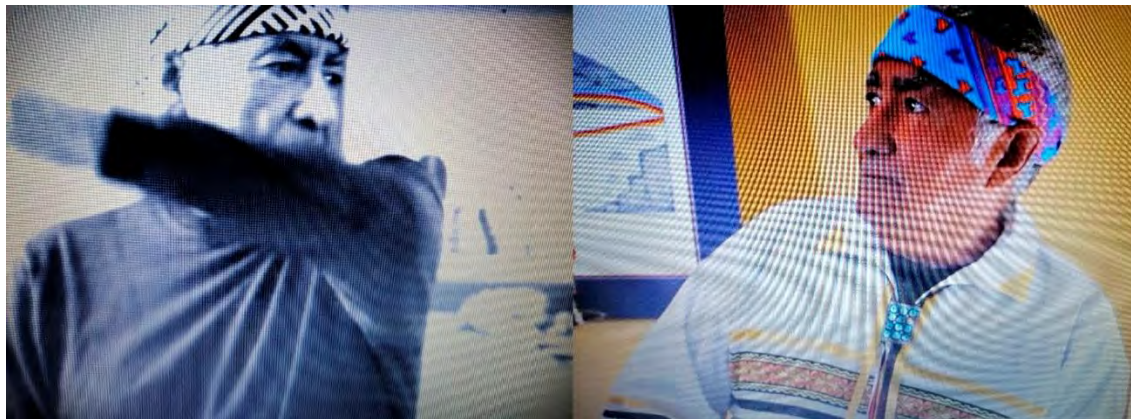
For reference \*\* please see: *Seeds of Peace* Issue 12, p.11-12 for an article I wrote based on this quote,

**"...in every person there is a held back place in the heart where goodness is stored..."**

The full context of the quote can be found in *Walking the Medicine Wheel: Healing Trauma & PTSD*, David Kopacz and Joseph Rael (p.161)

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And for some more serious fun, this Shamanzone video: [Indigenous Holy Man Sets War God Free - YouTube](#) , in which Joseph Rael plays himself being asked to send the war gods home because they had done their very best to serve humankind but since we grew into a new world they are not needed anymore. We now share the gift of life WITH each other and are growing into this new world of peace, because we realize, that we are all connected. When we help one another, we help ourselves and when we destroy, we destroy other we destroy our self. Interestingly, Joseph plays the war god and plays himself taking the war god home. (see screenshots below)



Lukas Budimir soundchambereurope@gmail.com

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**\*\*serious fun footnote:** in the first draft of the article Lukas had spelt 'reference' as 'reverence'. Editing the text, I pointed it out to him, saying that it was such a good 'mistake' that I felt like keeping it in and he wrote back: 'In Denmark we would call mistakes like reverence / reference "Beautiful mistakes" or "strokes of luck". Joseph would say, we can always learn something new when something unexpected happens.'

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Sacred Plants for Ceremony, Sage and Cedar Smudge

written by Stella Longland

The Sun Moon Dance first came to the United Kingdom, to England, in 1999 and, at that Dance, I was introduced to the scents of the sacred plants that were crumbled and mixed to form the smudge that was placed on top of hot embers in the smudge buckets and used to purify everything that came into the circle of the Dance Arbour. I was a dancer, and by the end of that Dance the scent of that smudge had permeated my being never to be forgotten and always to be longed for.

Upon my enquiring about the names of these two plants, they were described as a mix of Sage and Cedar, but when I went to other events where they burnt smudge sticks of White Sage the scent was not part of the mixture that I held in my senses, and when I came to source and prepare the smudge for the first Sun Moon Dance in Scotland in 2003, I couldn't identify either scent among the dried plants for smudging that I could find in the UK.

Michael Wollard, from Gold Hill, Colorado, was coming over to support our Sun Moon Dance and he packed the ceremonial Drum, that he had made at my request, with bundles of smudge he had harvested locally and sent the Drum ahead of him through international carriers. The contents of the Drum were all from a bushy plant with slim light-grey leaves and, as I opened the plastic bag they were packed in, the room was filled with a fragrance, delicate but powerful, from the very scent that I was familiar with, but on examining it closely, I could see it was not anything like the Sage plants I knew. It was then that I realized: Oh, that Sage is not Sage!

After some research, I discovered that the plant in the Drum was indeed not from the Sage family but that its Latin name is *Artemisia Tridentata* and that one of its common names is *Sagebrush*. It is identifiable by the 'tridentata' or 'three teeth' which can be seen at the tips of the narrow leaves.

So, to the botany bit: Sagebrush grows in arid and semi-arid conditions, it is not a desert plant, but an evergreen resident of the steppe in North America. It can grow up to 3 metres (10 feet) tall and has a diverse root system; a taproot penetrating up to 4 m (13 ft) deep to reach the water table helps the plant to survive drought, while laterally spreading roots near the surface allow the plant to gather water from precipitation.



Sagebrush reproduces both through seeds and from shoots directly growing from the underground rhizomes. These underground sprouts are an extension of the parental plant while the scattered seedlings are completely independent.

A Sagebrush plant can live for over 100 years, but the wood oils are extremely flammable, and it does not survive fires. Wind-blown seeds from outside the burned area are the only way it can re-establish, and they need constant surface moisture for germination and early survival.

Sagebrush is a habitat protector, providing a food source for animals as well as shade from the sun and shelter from the wind for them and for smaller plants. It also promotes the growth of plants as the long taproot draws water up from deep in the soil, some of which becomes available to surrounding shallow-rooted plants.

photo from Stella: long-lived Sagebrush growing on Southern Ute land, see the strength of the stem and the 3-lobbed leaves!

I still have a small bundle from the original bundles that Michael sent and, twenty years later, under certain conditions of humidity, the beautiful scent of divine longing will permeate the room. Sagebrush is a plant that protects and gives and gives and gives.

My journey to find the Cedar was, perhaps, even more surprising as my first discovery was that there are no species of Cedar (Latin genus: *Cedrus*) native to the Americas. In fact, there are only four species elsewhere in the World. Most of us will have heard of the Cedars of Lebanon which feature in Biblical stories, and they are one of the four.

Leaving aside these 'true' Cedars, there are many types of trees whose common names include Cedar in the US and this is where it gets complicated botanically, and, as I am not a botanist, I will just summarise and write that Pines, Junipers, Cypresses, and other species of evergreens can all have common names that include the word Cedar. This explained to me why, every time someone from the US gave me a present of Cedar, which will often happen when you are visiting like-minded people in that generous country, their gifts bore no resemblance to each other, but all did have the classic Tree-born, sharp and energising aroma that stands tall and supports us in our spiritual quests.

I wondered how I would ever find the original component of that first smudge. One autumn day, cutting the evergreen, fast-growing and somewhat invasive hedge around my garden; a hybrid species which, despite all its environmental drawbacks, without doubt protects my other plants from extremes of wind and weather; I smelt a resinous scent that was close to the ideal and that became the second plant in our smudge mix.

Here is a tip that many will already know: Cedar oils, particularly those derived from 'true' Cedars and Junipers, is excellent, I would say essential, to protect feathers and fur in their months of storage from hungry mites and moths. Just place a few drops of the oil on pads of cotton wool among these sacred items and wrap them. Then, if you can bear using plastic, pack them in a sealed plastic bag, that will bring them through, scented and looking beautiful.



above is a second photo showing Sagebrush with Juniper growing alongside. They are accompanied by a resident.





Stories of Thundersong Chamber, Gold Hill, Colorado

related by storyteller Jeff Combelic

part 5: The Four Wishes

See issues 24-27 for parts 1-4

photo, Michael, Jeff and Joseph, just working

on the fine details, from Jeff Combelic

Part 4 ended on this note:

I was \$3,000 in debt to my suppliers. My next earning job was a kitchen bathroom addition up on Lake Conconully in Okanogan County, Washington State. I informed my suppliers of my situation, promising to have them paid off in three months. They all worked with me charging no interest. I took off early September 1989 in my little Nissan pickup loaded with tools, leaving renters Andy and Anna caring for the house and the Chamber.



Part 5 –

Up in Washington State, work was plentiful. A kitchen & bath addition on our neighbor's cabin. My cousin in British Columbia, across the border in Canada, called and needed help on his log outfitter's cabin on Tetachuck Lake 50 miles from the nearest road, materials coming in on a float plane or by boat. So, I went up there for 5 weeks.

It was just before Christmas as I was wrapping up the addition. I had been sitting outside on the lawn and meditating every night, often quite bundled up. This last night as the lake was starting to freeze over, I got very clear about what I wanted to accomplish when I got back home: 1. See Joseph and dedicate the Chamber, 2. Go back East and see my friend, Cathy and baby Meg on the way, 3. Do a retreat at my Buddhist teacher's center that I had helped build 2 years ago, 4. Find work out there.

At which point, the ice on the lake seemed to crease and a beam of light shot out and hit me. I thought "Wow that was something!" I went to bed and as I woke in the morning, I heard a voice telling me "The shaman you seek is through the Umatilla." Thinking of the Umatilla National Forest in Mexico, I made note of that for next time I'd be down there. I turned on the radio, the only station accessible in the area was saying blizzard in northern Idaho and Montana. That would have been my way home. I figured there was a route south that would take me down to 1-70, a road running west-east, and that would take me home. I got out the map and "whoa" I'd be going through the Umatilla reservation! ** I got paid and by the time I paid off my suppliers I'd have \$1500 leftover - what a blessing. Four hours later at sunset I am passing through the Umatilla. Nothing special though, no hitchhikers, no broken down cars.... I take a motel room.

The next morning, I realize I'd be passing through Glenwood Springs and there was a chamber in No Name just outside of there. I'd been there previously and called the keeper, Joe Scott, to see if I could spend the night. Joe answers with "Joseph's here and we are going to do a sweat". Wow, there's the shaman I am looking for! I arrive and find him just striking the match for the sweat fire. "Good timing" he says. We sweat, I see my sign, a wreath of fire (in Buddhism the sign is said to jet one through to the spirit realm). We arrange for him to come over on January 7th for a Chamber dedication. I meet Mike Wollard and Keith Hagberry who would both move over later to Gold Hill and become very instrumental in Joseph's work.

I get home and check with my Buddhist teacher about an upcoming retreat. "Second week in February" he says. Cathy says she'd love to see me. Great, things are falling into place. I also find out that the Chamber has been seeing use with Eagle Elk doing ceremonies, Emily, two houses up and a keeper of sacred songs, doing sings, and two drumming groups, all local.

Mike Schleper, my neighbor across the street who has been building Chick-Fil-A's roadside diners comes over and asks me if I'd be interested in doing the carpentry work on the next one in Reading, Pennsylvania. The job starts the week after the meditation retreat!

Joseph comes over and about 20 of us dedicate the Chamber on Sunday January 7th, 1990. Since it's the 7th, he also gives us the Fire Ceremony and its story which he received after a sweat in California overlooking the ocean when he was taken down under the ocean to meet with Oceanus, the king of the Mer-people, and was asked by him to do a Fire Ceremony at 7 on the seventh of every month to purify the waters and to remove any negativities that might have been brought into the Chamber. What I like is that my housemates Anna and Andy were away for the dedication but when they return, I share with them the story and Anna exclaims "Oh, I was at that sweat. He went into trance afterwards and asked to be left alone".



photo, feasting in the Chamber, from Jeff Combelic

Mid January, I load up my truck and head back East.... **to be continued.....**



**** Footnote:** The Umatilla Indian Reservation is in the Pacific Northwest of the United States. It was created by the treaty of June 9, 1855, between the United States and members of the Walla, Cayuse, and Umatilla tribes. It lies in northeastern Oregon. [Umatilla Indian Reservation - Wikipedia](#)



photo of the completed Chamber from Junitta Vallak's 1994 Walkabout



No Name Chamber, Glenwood Springs

text and photos from Junitta Vallak's Walkabout in 1984 compiled by her for the 2008 Gathering

for more extracts from Junitta's travels, visit: [Sound Peace Chambers » Chambers](#)

for links to *Early Chambers part 1* and *Early Chambers part 2*



COLORADO, AMERICA

photo left: I was hosted by Gary and Geri Gibbons, and they took me to Joe Scott's Chamber at Glenwood Springs at an altitude of 6000 ft.

The Chamber is located in a beautiful canyon with the Colorado River below. The icy waters of No Name Creek run past the Chamber and into the Colorado River.



photo right: The Chamber is a pre-cast concrete shell and painted white inside and out. It is designed so that it can be removed with a crane and relocated.



photo left: I was totally astounded when I entered this Chamber, it was like a TARDIS ie Time And Relative Dimension In Space.

The illusion of infinite space was obtained by Joe's use of three mirrors so he could watch his own Yoga movements which he followed from a video.

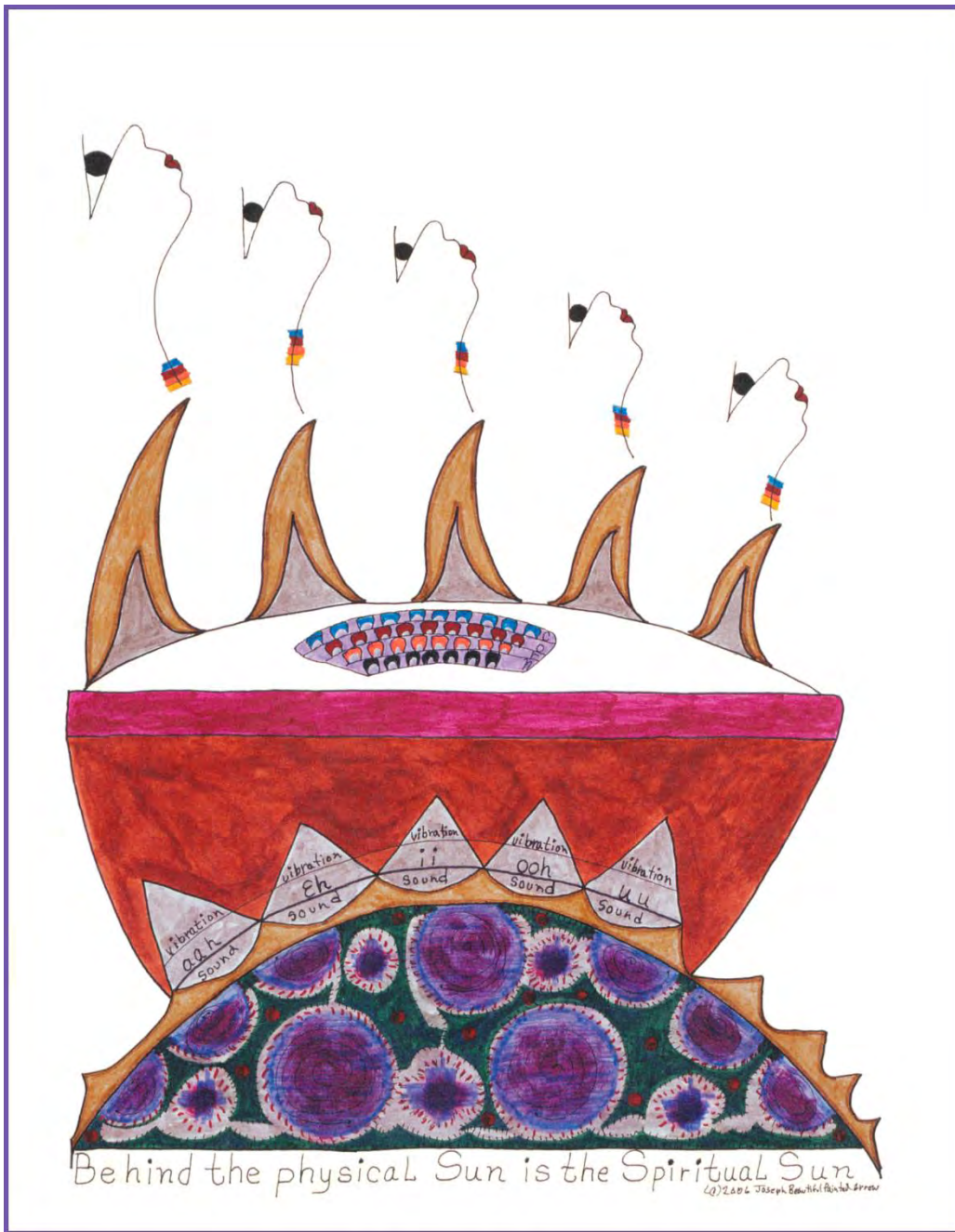
Here I am taking a photo of myself taking a photo etc etc etc.

photo right: Gary had brought his Medicine Box and we each went through a beautiful ceremony with him. Here, Joe is receiving the blessing from Gary, all reflected in the mirror.



Behind the Physical Sun is the Spiritual Sun

artwork and text from *Becoming Who You Are: Beautiful Painted Arrow's Life & Lessons for Children ages 10-100*, Joseph Rael (Beautiful Painted Arrow) & David R. Kopacz MD (p.107)



vibration
vibration
vibration
vibration
vibration

corn

aah sound
eh sound
ii sound
ooh sound
uu sound

(copyright 2006 © Joseph Rael)

extracts from p.106 titled:

OUR RESPONSIBILITY

'.... We aren't very happy with the politics of the United States and the planet. But if you start with kids in 5th grade or even younger, they belong to the world and the Earth is their Mother. These children will grow up with a better sense of self and the politics they support will be fruitful. Remember, we are trying to build a citizenship of people that, as they age, they will remember what they learned in childhood throughout their whole lives.'

'Here's your job and my job -- commitment. We are trying to build a citizenship of people who remember what they learn in childhood throughout their whole lives. We need to remember things we have learned in the past'

'Power has to come from outside. I thought we could recruit people like they do in the armed forces - we would recruit for non-ordinary reality training. We will train, not for destruction, but for peace.'



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please email submissions before April 15th

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

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

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Editorial policy: *Seeds of Peace* newsletter 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, forming an archive of material for the future.

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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Related websites:

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

Geraldine is the person to approach for clarity on matters concerning the 3 *Beautiful Painted Arrow Vision Dances*.

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

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

www.josephrael.org : owned and managed by Millichap books.

www.peacechamber.co.uk : a website covering the Chamber Vision and the manifestations of Sound Peace Chambers worldwide.

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photo courtesy of Geraldine Rael,

taken when a flock of Wild Turkeys sauntered past her front door in January....