

## Chaneeg Chaneesch Newsletter

Volume 5 Issue 3  
Fall 2004

### **HOLY FEEDBACK BATMAN!**

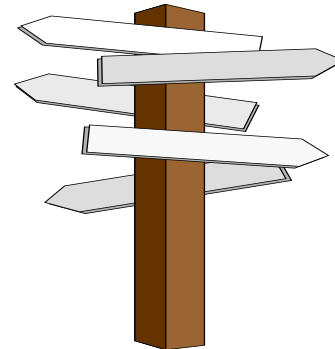
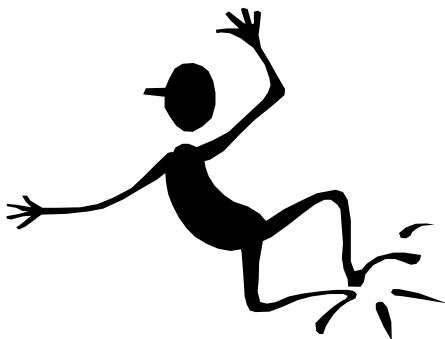
Response to the newsletter has been amazing! We are now Quarterly! Thanks for all the articles, moral & financial support! Truly beautiful – the community asked for it – then helped create it!

- ☞ Reminder: Chaneeg Chaneesch has a prayer board in the communication room. Feel free to add to it or pick up a few people to pray for! Please pray every day. It is one way to stay connected w/ your community!

### **Changes in the personnel**

- ☞ Sunshine 'Bright Owl' Garner was officially made a grandmother at The Dance in October. Now, through OhShinnah, with a special ceremony on Buhmuhs birthday, she has become a Grandmother for Chaneeg Chaneesch too!
- ☞ Jude 'Bluestar' Davis has moved out on Sept. 1<sup>st</sup>, after many years living here at Chaneeg Chaneesch. While leaving residency on the land, she is not leaving our hearts or our community. We hope to see her in circle often. Congratulations on your changes Jude!
- ☞ Mahala Frye has agreed to come and join us on the land starting Sept. We welcome this incredible spirit with open arms (and hearts)!

YIPPEE!



### **Changes on the land**

- ☞ The fence in the front of the land is complete and no stray dogs have been seen on the property since its creation. Unfortunately a raccoon has managed to escape all tricks and traps that we set for it and has had many fine feasts of duck to the point where we now have none. :-(  
Any hunter / tracker types are invited here!
- ☞ With the geese now in an enclosed area & no ducks the main lawn has returned and the amount of flies in the house has gone down drastically!
- ☞ Larz has been busy with the new 'workshop' and it is now framed and has a roof. Next up - windows and siding before the rainy season kicks in!!
- ☞ We now have a new super duper water system that purifies the water in multiple ways but still leaves the important trace minerals that make water healthy! Thanks to all who hauled water out here until this was up and running.
- ☞ Good news for those with allergies! The cat population of Chaneeg Chaneesch has been reduced from 23 down to 16. Our goal by mid October: 6! 2 house cats will be in the main house, 2 at BO's Nest, 1 at Kris's & 1 yard cat.



## July 31<sup>st</sup> Chaneeg Chaneesch Celebrated the Blue Moon! 4<sup>th</sup> Level Moon Ceremony

This rare and wondrous event was heralded by days before of extremely high energy and culminated in a gentle, serene and benevolent night. Larz and Wanda were outriders for the participants. Both felt that for a full moon, the energy that evening was benevolent and amazingly calm. Carole and Theresa did the organizing work and got us all together when they opened the ceremony. The energy of the planets that weekend, we were told, was about community strengthening. I love 4<sup>th</sup> level because it requires almost 20 of us to cooperate together and we get a good experience of working in harmony together. Also four women sit out as guardians in the four directions, listening for messages for the people. The messages are always strong.

### Grandmother Buhmuh

We include them here because you are the people the messages are for:

**From the East:** Dream your dream, bigger than you ever have. Sing it, allow the vibration to move through your body. Sing your gratitude, know that life is cyclic. After the death of anything, there is something that is reborn from it. It feels like the cheeks of a baby. Let your voice go into the ethers. Your words change the vibrations. Affirm the good. Sing out! Like the songbirds. Live with prayer. It's a great day to die so we can live bigger and fuller. Elly 'Sky Snake'

**From the South:** I carried a palm sized, heavy yellow stone which has been painted in black with a silhouette of a coyote baying at the full moon. I carried that image with me because I was sitting in the South to get some information from Coyote for the group. I began to hear a channeled voice inside my head when the women began to build the Apache fire. When the fire was hot and safe, we swayed and prayed and listened to our Grandmother say the ritual and dig with crystal into the Earth lighting the kachina of cornmeal with candle-light. I was blindfolded and taken to my mat where I felt the dark around us.

From the East, Coyote said, "We are born innocent children. We learn by watching. We are allowed to be patient with ourselves and to go back over and over the same task because we are trying harder to become skilled. There is no fault in that" Coyote's voice was saying in my head. "It really is OK to keep repeating, not to repeat the same mistake, but repeating for improvement, to become skilled."

From the South Coyote said, "Even as early as infancy, even before birth, we learn to shut out so much input, so as not to be overwhelmed. Yet the technological culture of the times keeps brewing up so many more distractions. This is robbing the children of mindfulness. A child wants to decide when enough is enough!"

And Coyote continued, "We also NEED distractions for relief from the mundane. It is, after all, good to be entertained, to enjoy healthy exploration, to have recreation. When children are not provided with electronic distractions they will create and conjure up their own relief from the mundane, they will use the MAGIC in their minds!"

From the West I listened to the sounds outside the Circle. I was mindful of the protection I was holding for the Circle. I gave thanks for being grounded, for being a guardian. I stay alert, being a look-out though blindfolded, observing for danger, listening for strangers.

I feel powerful as Coyote's voice comes now from the North: "A child wants to give love, to give gifts, to be nice to others. If you observe different behaviors then it means they have not found a way to listen to their Guides yet. We may simply tell them it's possible."

As we called out "Touch ye the Mother!" I bent down to hear Earth Mother's voice directly through my forehead. She said, "You must be gardeners, teach the Children to grow food in a garden." At the second calling she said, "You do not need ALL the Children to become parents anymore. Some will hear a different call. Accept it and allow, even encourage, it to be this way!" These are the words I heard and my hand recorded. The words that came through!

Coyote whispered in my head: look and listen! You are going to have visions all about children, for the South is about childhood. I watched the gentleness which the women in Circle had with each other, the patience to simply stand and take time to be still there in the cedar grove. And Coyote said: we are children all our lives, each day a new beginning. Kim

'Whiteswan'Abbey





Many of you probably already know this lovely lady. She has been participating in moon and sweat for many many years. She has been conducting moon ceremony and recently did a 3<sup>rd</sup> level conduction!

We have actually been having casual conversations for a couple of year s about how good it would be to have her here. **Her decision to come live on the land feels like a natural affirmation of our connections.**

We appreciate her talented art work. She loves that we have room for her to do it here. She is bringing her Nikkon clear air filter and water filter for use in the main house.

## Chaneeg Chaneesch Welcomes Mahala!



Another talent we appreciate is the land balancing energy work Mahala does. She did this for us when she was house sitting last June including battle balancing and she will do it again after she gets settled in. A lot of you have said you think the land is feeling a lot more awake and a whole lot better. This is likely a good part of the reason why.

She is moving into the room where we have had the bunk beds (she likes all the storage / shelf space). The bunk beds will be moving into the sun room (Jude's old room). There are also many more changes coming to the house as we all resettle.

**WELCOME MAHALA!**

We love you and are thrilled to have you be a regular part of our stewarding of the land and daily living in the way of community spirit!



## **ARTS & CRAFTS DAY**

**WE AT CHANEEG CHANEESCH LOVE TO MAKE THINGS - PRAYER POUCHES, SACRED ITEMS ETC. - WITH BEADS, FEATHERS, WOOD, ETC.**

**MANY WITHIN THE CIRCLE ALSO ARE VERY CRAFTY AND WE ALL LOVE EACH OTHERS COMPANY SOOO WITHOUT FURTHER ADO....**

**CHECK THE CALENDAR FOR THIS NEW MONTHLY EVENT HERE ON THE LAND.**

**EVEN FOR THOSE OF YOU, WHO FEEL THEY ARE ALL THUMBS CAN COME AND LEARN AND PLAY WITH US.**

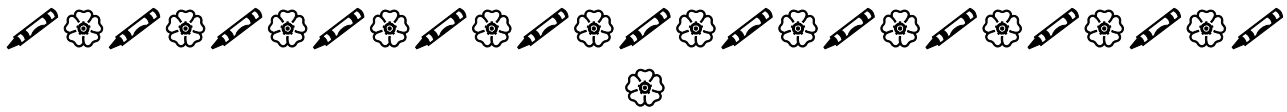


## **DHSHINNAH'S WORKSHOP** **W/ HERBS UPDATED**

THE WORKSHOP ORIGINALLY SCHEDULED FOR SEPTEMBER 04' HAS BEEN MOVED TO FEBRUARY 05'

THE SIGN UP SHEET IS NEAR THE KITCHEN DOOR AT CHANEEG CHANEESCH. WE NEED 7 MORE PEOPLE TO MAKE THIS HAPPEN, (OR MORE BRINGS THE COST PER PERSON DOWN!)

**SIGN UP TO JOIN, LEARN AND HELP SUPPORT ONE OF OUR BELOVED ELDERS!**



# From the Owl's Nest

BY GRANDMOTHER BRIGHT OWL

[Editors note: This was the only article Bright Owl was going to write until several of us nudged her into writing more about what the experience of the run and croning ceremonies meant to *her*. Many people have commented on how big the energy of that weekend was and how they felt how since then - they are compelled to step up their energy and commitment to the path of spirit! We freely invite you to send in a letter on *your* experience!]

{This first article I wrote has a different focus – and it is still needed – people need to think about the things that *they* experienced as well as what *they* witnessed and what was *their* own importance of that to the energy of it all. It was a co-created experience. We all need to be mindful of that co-creation energy so we can keep using it to make the new world! }

July was a powerful month for Chaneeg Chaneesch both on the larger level of all the people who comprise our community and on the level of the 4 acres being stewarded as a land base for the people. Change has been the baseline this summer! The languid resting is over, the land is awakening to huge activity, to changing contours, to berry control as never has happed before. The energy of this is exciting and unsettling at the same time. Into this, several big ceremonies found open space and many loving hearts and hands available there. The overall vibration has accepted the greater activity and moved up. For me, it was a tremendous month of affirmation and support. So many people came to the land for me and for Basha and for our ceremonies.

When such things are happening and you come to witness, please understand that you cannot stand completely outside what is happening. Yes, the person has perhaps made a choice you might swear you will never make. Still, the energy of what was created by that choice, by the perserverance and the endurance, by the action of someone on a strong spirit path (remember how Basha looked as she leaped through those tall flames?) became a part of you too. [Editors Note: NO FAIR BO! – this was a Women's only event so a number of us could not see how she looked as she leaped!] If you only remember what you witnessed at a moment when you need support or persistence or endurance, or even a deeper connection with your own spiritual path, the energy of that is more easily with you. That, you see, is one of the reasons I consented to the Run for the Sun and being Eldered. You all are in my heart and my prayers every day. For you to have available some of what you all gave to me as I finished the Run makes my heart happy, dear ones. Please remember July and all the doings we did together. Remember the harmony we created as we feasted on the lawn from gourmet tables and cleaned it all up – together, as LuAnn was helping Elly and Candace and me and shepherding all our steps in the dance we were all part of. It was an experience of the fifth level function that continued until the night of the fourth level moon ceremony. For me it was a taste of the world we are building together and growing towards. When the changes are done, that's the w world I want to be living in. I'd love it if you are there too. The land still vibrates with all that good energy. Come stand on her and soak in it. There is enough energy for all!

Grandmother Buhmuh

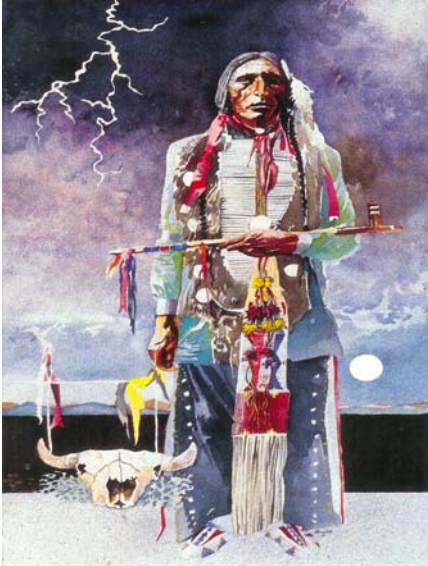




***In loving memory to those that have crossed over since the summer newsletter:***

**Richard Outsen 07-30-04 (93)**

**Bear Boy Larose 08-22-04 (42)**



### **MEN'S CIRCLE - A FEW THOUGHTS BY LARZ**

THIS ONE IS ONLY ALL TOO HUMAN & HAS HIS FAULTS BUT HERE'S WHAT CAME UP ON THIS SUBJECT DURING MY MEDITATIONS:

BACK IN MY DAYS WITH SAQUASOHUH, THERE WAS MEN'S CLAN (CIRCLE) & I HAVE ONLY THE BEST MEMORIES OF THE TIMES I SPENT IN IT. WE HAD FROM 4-16 MEN MEETING MONTHLY AND DID MANY THINGS TOGETHER, SOME OF WHICH IS MENTIONED BELOW. ALSO FOR A RELATED EXPERIENCE, MY BEST FRIEND HAS BEEN A COUNCIL MEMBER IN THE NATION OF MEN (NOM) WHICH IS ANOTHER CIRCLE THAT HAS OVER 150 MEN IN IT MADE FROM SMALLER CIRCLES. TWO YEARS AGO THEY PUBLISHED A BOOK OF MEN'S POETRY & LAST SPRING, 20 OF THEM WENT KAYAKING IN ALASKA! SO NOW IS THE TIME FOR A MEN'S CLAN AT CHANEEG CHANEESCH!

I HEAR A LOT OF TREPIDATION OVER STARTING A MEN'S CIRCLE:

"WHAT IS IT? WHY GET TOGETHER IN THE FIRST PLACE? WHAT DOES IT MEAN? WHAT DOES IT ENTAIL?"

"MEN CRYING AND DUMPING THEIR WOES ON EACH OTHER LIKE SOME OPRAH EPISODE?"

"DUDES GOING INTO THE FOREST PAINTING IN MUD & HUGGING TREES?"

SERIOUSLY THINK ABOUT THIS A SECOND. THIS GROUP IS A SUBSET OF CHANEEG CHANEESCH, A DEEPLY SPIRITUAL COMMUNITY OF 14 YEARS TIME. TAKE A MINUTE AND SERIOUSLY THINK ABOUT THIS....

SO, THEN WHAT IS IT? DOES THAT MEANS GETTING MUDDY & HUG TREES WITH OPRAH? WHY GET TOGETHER IN THE FIRST PLACE? **TO REALIZE WHAT IT IS TO BE A MALE WARRIOR OF SPIRIT, TO GAIN STRENGTH AND INSIGHT FROM EACH OTHER, TO ENHANCE, MAKE CLEARER, DEEPER, CLARIFY, REFINE, DEFINE THEIR SPIRITUALITY AS A MAN IN THIS TIME AND PLACE.**

THERE IS STRENGTH IN NUMBERS, MUCH CAN BE DONE WITH OTHERS THAT CANNOT BE DONE ALONE. TOO LONG HAS THE MALE ROLE MODEL BEEN SETTING A HORRIBLE EXAMPLE OF WHAT IT IS TO BE MALE. FEW OF US ARE EVEN AWARE OF THIS, WE ACT AS LONE WOLVES TRYING TO SOLVE EVERYTHING OURSELVES. THE EXISTING PATTERNS REINFORCE THIS SEPARATION AND THAT IS NOT WHAT MAKES A CIRCLE / COMMUNITY STRONG!

**IN MIND:** INTERNALLY - THERE ARE THINGS TO TEACH AND LEARN ABOUT - LIKE WHAT DOES IT MEAN TO BE A MAN - A WARRIOR? I AM HONORED WHEN OHSHINNAH CALLS ME AN IMPECCABLE WARRIOR BUT I'M STILL FIGURING OUT ALL THERE IS TO THIS WAY OF BEING EVEN AFTER OVER TWO DECADES OF WORKING ON IT. MAINLY I SEE IT AS A WAY OF BEING / LIVING, A CODE OF ETHICS LIKE CHIVALRY, HONOR, MAKING A DIFFERENCE AND BEING THERE FOR THE PEOPLE. DO YOU WANT THIS LIFE TO MAKE A DIFFERENCE? IF NOT SIT ON THE COUCH, HAVE YOUR BEER AND WATCH THE GAME. EXTERNALLY - THERE ARE THE ELDERLY AND CHILDREN CAN USE OUR HELP, POLITICS TO CIPHER THROUGH. BOTH SAQUASOHUH MEN'S GROUP AND NOM DID THINGS TO SUPPORT WORTHY LEADERS, CARE FOR THE ELDERLY AND HELP

WITH THE CHILDREN. I REMEMBER A COUPLE DAYS OF JUST KID WATCHING SO THE WOMEN FOLK HAD SOME TIME TO THEMSELVES AND I DON'T EVEN HAVE ANY KIDS! BESIDES IT WAS FUN!

**In Spirit:** MANY OF OUR CEREMONIES ARE DEFUNCT OR ARE POLITICALLY INCORRECT – WAR DANCE, HUNTING RITUALS, WIFE COLLECTING/ TRADING. THE WOMEN HAVE WOMEN ONLY CEREMONIES, AND THE FAIRY PEOPLE ALSO HAVE THEIR SHIT TOGETHER – SO WHY ARE MEN A MESS? THE COMING OF AGE CEREMONY FOR YOUNG BOYS MAY BE ONE OF THE ONLY I KNOW THAT IS PURELY MALE. ARE THERE OTHERS? MUCH CAN COME FROM TEACHING AND LEARNING FROM EACH OTHER. THE MORE I LEARN THE MORE I REALIZE THERE IS TO LEARN. I KNOW OF SOME THINGS BUT THERE ARE MANY THINGS I DO NOT KNOW. I WANT TO LEARN MORE BUT ALSO I KNOW THAT I CANNOT LEARN EVERYTHING SO HAVE BECOME GOOD AT WHAT I CAN DO AND RELY ON OTHERS TO BE GOOD AT THEIR THINGS. AGAIN THIS ONLY REINFORCES STRENGTH IN NUMBERS, STRENGTH IN BEING IN CIRCLE.

**In Soul:** YES THERE IS A LOT OF RAGE / PAIN / SORROW AND THE WHOLE GAMBIT OF EMOTIONS THAT WE GO THROUGH. THIS IS NOT TO SAY WHEN WE GET TOGETHER, WE HAVE A DUMPING / SHARING THING, BUT *PERHAPS* THERE ARE TIMES IT MAY GO THAT WAY. YES IT IS UNCOMFORTABLE, DIFFICULT, ETC. BUT WE ARE TAUGHT THIS IS WRONG AND INCORRECT FROM THIS TWEAKED SOCIETY WE LIVE IN, WHEREAS INDIGENOUS PEOPLE NEVER NEEDED THIS BECAUSE IT WAS OKAY FOR A MAN TO SHOW ANY AND ALL EMOTIONS, AS IT IS PERFECTLY NATURAL – SOMEHOW THROUGH TIME AND SOCIETY IT HAS BEEN MADE UNNATURAL. MEN CRYING, WOMEN ANGRY – NOT ALLOWED! BULLSHIT!! INVERSELY, THERE ARE SOME GUYS WHO ARE ALWAYS IN THE CRYING – THE “WOE IS ME PLACE” THAT NEED TO BE SHOWN HOW TO FIND THEIR CAHONEES AND HOW TO LET GO OF ALL THAT PAIN. ALL OF THIS IS PART OF THE HEALING PROCESS THAT SOME OF US MAY NEED TO TAKE TO EVOLVE INTO THE WARRIOR SPIRIT THAT WE CAN BE.

**In Body:** THERE ARE ENVIRONMENTAL CLEAN UPS WE CAN DO, OR HELP A LOCAL ELDER WITH YARDWORK, OR WOOD TO SPLIT FOR THE OTHER CEREMONIES, ETC. WITH SAQUASOHUH, WE USED TO START *EVERY* MEN'S CLAN MEETING WITH A YARD CLEAN UP, AS WE OFTEN CHANGED OUR MEETING PLACE - WE CLEANED A LOT OF LAND UP. SO EVEN IF WE WEREN'T IN A DEEP SPIRITUAL THING, WE STILL WALKED AWAY FROM A MEN'S GATHERING KNOWING WE DID SOMETHING! THERE ARE GAMES TO BE PLAYED (ANYONE KNOW THE GRASS GAME?), LANDS TO BE EXPLORED (HIKING, KAYAKING, BICYCLING, ETC), ART TO DO (EVER MAKE A MURAL?), FOR BEING TOGETHER DOESN'T ALWAYS HAVE TO BE SERIOUS BUSINESS. SOME OF THE GATHERINGS WE HAD IN SAQUASOHUH MEN'S CIRCLE WERE JUST HACKYSAC DAYS, HIKING OR JUST SHOOTING THE BREEZE. DOING THESE THINGS TOGETHER ALSO TEACHES US LESSONS.

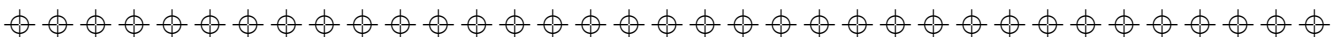
SO WHAT IS IT TO BE A *REAL* MAN IN THESE DAYS? WHAT PATHS DO WE TAKE TO OBTAIN OUR SPIRITUALITY? WHAT BLOCKS DO WE PUT *IN OUR OWN PATH* THAT PREVENT OUR BECOMING AN ENLIGHTENED BEING? YES THERE IS SOME HARD WORK: PHYSICALLY, MENTALLY, EMOTIONALLY, SPIRITUALLY BUT THERE IS ALSO A LOT OF FUN - LEARNING & TEACHING FOR WE ALL HAVE UNIQUE GIFTS TO SHARE. THE FIRST AND FOREMOST QUESTIONS THAT PERSONALLY HIT ME ARE:  
WHAT IS IN THE INTENTION SET FOR THIS GROUP? IS IT A SINGLE FOCUS OR GENERAL INTENT? DOES IT CHANGE FROM TIME TO TIME? IS THE FOCUS OF THE GROUP ON THE FEMININE, MALE OR A BALANCE OF THE TWO? OR DOES IT CHANGE QUARTERLY, YEARLY? WHAT IS THE DECISION MAKING PROCESS? DO WE HAVE A LEADER, A COUNCIL OR DO EVERYTHING BY CONSENSUS? ARE WE GOING TO COMMIT TO A REGULAR MONTHLY MEETING DAY, LUNAR PHASE OR ADJUST MEETING TIMES AS WE GO? **AT THE FIRST MEETING IN JULY IT HAD BEEN DECIDED TO KEEP IT THE EVENING BEFORE MEN'S SWEAT AT 7 PM.** (I.E. TYPICALLY THE 2<sup>ND</sup> FRIDAY OF EACH MONTH AS MEN'S SWEAT IS THE 2<sup>ND</sup> SATURDAY) WHAT CEREMONIES OR TRADITIONS ARE WE GOING TO INCORPORATE INTO OUR BEING? THE EVERY MEETING YARD CLEAN UP. A MEN'S BUNDLE? TALKING STICK? SWEAT AFTER MEETINGS? **AGAIN, IN JULY IT HAD BEEN DECIDED - THE EVE BEFORE MEN'S SWEAT.**

RECENTLY A BROTHER SAID TO ME: “SO HOW DOES IT FEEL TO BE THE TOKEN MALE?” THIS MADE ME A LITTLE MAD AT HIS ATTITUDE BUT MOSTLY VERY SAD FOR HIM. I AM NOT TOKEN ANYTHING, THIS ONE IS AN ALPHA DOG! I AM HERE TO MAKE A DIFFERENCE IN EACH DAY - IN ANY WAY SMALL OR LARGE THAT CREATOR ALLOWS. THIS LIFE IS COUNTS! IF ANOTHER CHOOSES TO BE IN THE BACK SEAT - SO BE IT - I WILL NOT GO THERE! NO ONE SHOULD LEAD, NO ONE SHOULD FOLLOW. IT IS TIME TO BRING THE BALANCE BACK, MAN & WOMAN SIDE BY SIDE IN HARMONY.

**I CHALLENGE MY BROTHERS TO STAND UP, BE ACCOUNTED FOR AS REAL WARRIORS!**

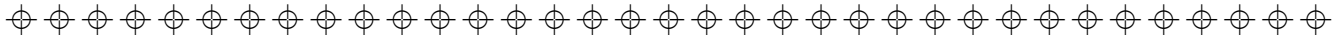
IT IS A GOOD DAY TO DIE!

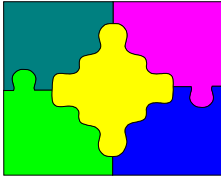
LARZ



A FEW THOUGHTS / MESSAGES TO THE MEN'S CIRCLE PASSED ON FROM OUR ELDERS:

- ♂ EACH MEN'S GATHERING SHALL BEGIN WITH AN OPENING CEREMONY & DEDICATION OF GIVING IT ALL OVER TO CREATOR.
- ♂ THE MEN SHOULD KNOW THEIR DIRECTION, ELEMENT, TOTEMS, AND ALLIES THAT CAN HELP THE GROUP. (MEN NOT KNOWING THESE THINGS SHOULD BE TAUGHT HOW TO IDENTIFY THEM AND WORK WITH THEM.)
- ♂ THERE ARE THINGS TO HELP US LET GO OF OUR CACA (OR EVEN TO DEFINE WHAT OUR CACA IS), THESE SHOULD BE DEVELOPED.
- ♂ IN TIME - THERE ARE TEACHINGS SPECIFICALLY FOR A MEN'S GROUP, (YES - JUST AS THERE ARE TEACHINGS FOR INDIVIDUALS THERE ARE TEACHINGS FOR GROUPS). THIS CIRCLE WILL BE CLOSELY WATCHED BY ALL OF OUR ELDERS - TO SEE IF WE ARE WORTHY OF THESE TEACHINGS. IT IS UP TO THE MEN AS TO WHAT THIS CIRCLE DOES.





## Patchwork By Catherine Stratton

This article was written by a sincere supporter of our community who has subscribed to our newsletter for several years. She and her family are on our prayer board and I know she prays for us all the time. She lives half way up Vancouver Island, which is too far for her to come to ceremony. Not too long ago, we made a healing bundle for her which she says has helped a lot with her healing. She has been an interesting resource of thought on many subjects in her correspondence with me and here she shares some intriguing ideas with all of you. If you like to contact her directly let me know and I'll put you in touch with her.

Grandmother Bright Owl

The following is a collection of thoughts and ideas, that I'd like to share with you, as well as some noteworthy gleanings from elsewhere.

- I pondered the date – Dec. 23<sup>rd</sup>, the shoe – bomber on the plane, and his attempt to blow up the plane by lighting the explosives that were in his shoe. Why that date? I ran this past my son-in-law, Russell, who promptly phoned someone that he knew, who had knowledge about Israel,. In a nutshell, it turns out that when it is Dec 23<sup>rd</sup> here, it is already Dec 24<sup>th</sup>, or Christmas Eve in Israel! This radical Islamic, would-be bomber, was trying to make a profoundly anti-Christian statement. Fortunately, he didn't succeed. Do we need to monitor our travel dates, or just pray prayers of protection around ourselves? Personally, I'd do both, at least, for the time – being.

- I've been reading fascinating books that have been written by an American professor of anthropology, named Hank Wisselman, I first heard him being interviewed on Coast-to-coast radio, by Art Bill. ☉ He claimed to have spirit-walked 5,000 years into the future! He visits with an ancestor, here, in North America, in California, in particular. I don't believe this is, especially, as case of reincarnation. Hank's spirit inhabits his ancestors body, but each personality is still separate, individual, and unique. What struck me, was that California was decidedly tropical. How's that for global warming! Was this climate – change caused from human – kind's pollution of the Earth, or are / were these changes part of Nature's plan, part of a regular, cyclic pattern?! People were still living in California. The population seemed to be considerably less.

- The changes: When I was in university, I was handed a paper that outlined that there have been a number of ice- ages. Each ice-age is followed by an inter-glacial period of about 20,000 years. You may have heard that the last ice-sheet melted about 10,000 to 14,000 years ago, and that slowly, we have begun another swing back into an ice age. One theory is that there is a warming trend, before an ice-age! Perhaps that accounts for global warming, or perhaps not. The ice-sheets were about as far South as Maine, or central Washington state. Life went on. People had absolutely nothing to do with these changes. They have been built into nature. Guess that all of the Canadians will eventually have to move South, into the USA – MOVE OVER!

- You may have heard on the news, fairly recently, that a number of dinosaur remains have been found at the South Pole! Some are unknown, but two are Tyrannosaurus Rex! That says, that the South Pole was much warmer, earlier, possibly even tropical! (Editors Note: Or not located where it is now?) People had nothing to do with such radical changes, indeed I was taught that people did not live on the Earth, during the dinosaur-era.

- Holes in the Ozone layer, normally open and close, seasonally. Perhaps the problem is that the holes are getting larger and are not closing as much. Are we humans the cause of this, with our pollution, or are we into another one of Nature's cycles? No doubt about it, in my mind, at least, the Earth will win.

- I note that in the Great Spirit's scheme-of-things, eventually, balance and equilibrium, or love, will win. Love seems to have a priority. Investing in a wide-brimmed hat some sun block, and a water-bottle, all seems to be good ideas these days. I personally do not have a problem with the idea of the human-race disappearing from the face of the Earth. I think that the Earth would flourish. I also like to believe that our souls will live on, perhaps eternally, and that there are many extraordinary dimensions to explore. Personally, I hope that Heaven is a bit like that. Time will tell.

- Now about that scary stuff, concerning magnetic poles changing positions on us. I was taught, that all such position registers in lava, as lava cools. Scientists have studied the resulting rocks, and have found that the position of the magnetic poles, have changed, many times! That's normal. People have nothing to do with these changes. They have been built into Nature by the Great Spirit!
- Psychic , Michael Gordon Scallions organization, The Matrix Institute, printed a series of 10 articles (in 10 newsletters) about the ten safest places to live. © These articles, newsletters, can still be purchased. Why doesn't someone, out there, order these articles, and share that contents, in summary, with us?! Michael is a psychic with a fairly decent track record, apparently, and is periodically interviewed on Coast-to-coast radio.
- It seems to me that the Great Spirit seems to have built changes into the Earth's scheme-of-things, that the Spirit seems to have this as part of it's plan. I believe that changes, if they are to come, will come slowly enough. We will have time to observe the changes and adopt, change, move, switch crops etc. Bananas, mangos, passion-fruits, dates and pineapples here we come! I always thought that the Pacific Northwest was a little too cool anyway. I've decided to enjoy global warming! You can too!
- Another psychic on Coast-to-coast radio program, said, that he believed that Mt. Rainer was going to blow, soon, and that the weak side of the mountain faces Seattle! Is it time to move? Ask Spirit, but I wouldn't be surprised if Spirit says "Yes, move."
- Sun Bear didn't seem to like mosquitoes, I wonder if he foresaw West Nile Fever!? Citronella cream, here I come, a natural deterrent. However, bears love citronella so use at your own risk!
- I got too tired of "living on the ceiling" in fear. The foregoing thoughts have helped me to calm down and to gain some perspective. I hope that they also help and bless you.

Many Blessings Catherine Stratton

① Coast-to-Coast Radio:

Host Art Bell, weekends- all over the AM dial, but try 570 Saturday at 7:05 pm, and Sundays beginning at 10:05 pm  
Weekdays host George Norry, beginning at 10:05pm

② Newletters on the 10 safest places to live in North America:

\$39 for the set of ten articles or \$10 each

On going subscriptions available to Intuitive flash 1-800-628-7493

Mail: The Matrix Institute PO Box 367

West Chesterfield, NH

3466

(Canadians must send postal money orders in US funds)



**ON BECOMING A WARRIOR GRANDMOTHER** BY GRANDMOTHER BUHMUH

[Editors note: Several of us nudged her into writing more about what the experience of the Run and Croning ceremonies meant to *her*. Many people have commented on how big the energy of that weekend was and how they felt since then. They are compelled to step up their energy and commitment to the path of spirit! We freely invite you to send in a letter about *your*

experience!] {By popular request, I will try to share my experience of the initiations of Warrior and Elder Ceremony that OhShinnah beautifully took me through the weekend of my 57<sup>th</sup> birthday. This will be partly a sharing and partly a teaching. If I have done something “for the people” and the people don’t know what it means, how can they use what I did in their own path? Our western culture doesn’t have these milestones. We aren’t taught about these things and have no experience of them from our childhood. However, we **do** have cellular memories. Maybe you will feel the echoes of what I say – in your bodies.}

JULY 11<sup>TH</sup>, 2004. PLEASE UNDERSTAND THAT I CAN’T POSSIBLE PUT INTO WORDS ALL OF THE REVELATIONS OF THE MANY LEVELS OF REALITY THAT OPENED TO ME. FOR THAT IS WHAT AN INITIATION IS, A DOOR OPENING TO A NEW PLACE OF EXPERIENCE OF SELF, OTHERS, THE WORLD AND OF ALL REALITY. IT IS A DOING THAT TAKES A PERSON WHERE HE OR SHE IS READY TO GO. IT IS DIFFERENT, BECAUSE OF THAT, FOR EACH PERSON THAT CHOOSES TO DO IT. THE RUN FOR THE SUN IS USUALLY DONE BY THE BOYS OF THE SHISHINDE PEOPLE WHEN THEY TURN 12 OR SO. IT IS THEIR COMING OF AGE CEREMONY. FOR A BOY OF 12 , THE DOOR THAT OPENS IS THAT OF ADULTHOOD! GIRLS HAVE A DIFFERENT CEREMONY FOR COMING OF AGE UNLESS THEY ARE CHOOSING TO BE WARRIORS FOR THE EARTH MOTHER, FOR THE PEOPLE. THEN THEY ALSO DO THE RUN. LATER IN LIFE, THEY HAVE THE OPTION OF REPEATING THE RUN AND FINDING A WHILE NEW DOOR OPENING. OHSHINNAH DID HER FIRST RUN AT AGE 13 AT THE DIRECTION OF HER FATHER AND HER MEDICINE TEACHER. SHE DID IT AGAIN AT AGE 40 WHEN SHE TOOK UP HER LIFE AS A MEDICINE ETCHER.

IN ALL MY YEARS WITH OHSHINNAH, I HEARD HER SPEAK OF THE RUN FOR THE SUN MANY TIMES. IT WAS SOMETHING THAT ALWAYS SEEMED FAR OUT OF THE REALM OF ANYTHING I WOULD CHOOSE TO DO. RUN 10 MILES UP AND DOWN HILLS WITH A MOUTH FULL OF WATER? HA!

IN OCTOBER, THE WORLD CHANGED. TOTALLY SURPRISING ME, THUNDERCLOUD (AN ELDER OF THE THE DANCE OF THE SHOSHONE PEOPLE, WHICH HAVE BEEN DANCING NOW IN THE NORTHWEST FOR 3 YEARS) MADE ME A GRANDMOTHER OF THE DANCE OF THE NORTHWEST. I KNEW SO LITTLE ABOUT BEING A GRANDMOTHER, I FELT LIFE A BABY AGAIN. AT THE NEW YORK DANCE IN DECEMBER, I PUT IT ALL ON THE TREE OF LIFE (THE CENTER PIECE OF THE DANCE) AND WAS TOLD I COULD NOT KNOW THE FULLNESS OF WHAT HAD HAPPENED UNTIL THE REST OF MY LIFE HAD ALIGNED WITH THAT – UNTIL I ALSO BECAME A GRANDMOTHER FOR CHANEEG CHANEESCH IN OHSHINNAH’S TRADITION. THEY ALSO TOLD ME TO BE INITIATED AS A WARRIOR SO I WOULD HAVE THE RESOURCES I NEEDED AVAILABLE TO ME TO DO THE JOB FULLY. THEY ALSO TOLD ME TO DO IT AS SOON AS POSSIBLE LIKE THIS SUMMER, ON MY BIRTHDAY, WHICH JUST HAPPENED TO BE A WEEKEND. WHEN I CONSULTED WITH OHSHINNAH AND THUNDERCLOUD AND SOME OF MY CHANEEG CHANEESCH FAMILY, THE REPOSSES WERE ALL IN THE LINE OF “OF COURSE! WHAT TOOK YOU SO LONG?!”

I BEGAN MY TRAINING IN EARNEST. I SUPPOSE IT HELPED THAT I’D ALREADY BEEN STRENGTH TRAINING FOR OVER A YEAR AND WAS DOING A MILE ON THE TREADMILL 2-3X A WEEK. I CONTINUED WITH STRENGTH TRAINING AT THE ‘Y’ BUT BEGAN TO POWER WALK ON THE ROAD I LIVE ON, GRADUALLY INCREASING MY MILES. HEY, I’M AS SLUGGISH AS THE AVERAGE AMERICAN. I HAVE TO PUSH MYSELF TO GET OUT AND EXERCISE. KNOWING I’D NEED TO DO 10 MILES IN JULY WAS SOME MOTIVATION, TRUE. OHSHINNAH SAID NOT TO TRAIN FOR THE 10 MILES, TO GO NO MORE THAN 5 SO THE RUN WOULD BE A CHALLENGE.

CARRYING WATER IN MY MOUTH WAS ALSO A CHALLENGE. BEING A NATIVE TEACHER, OHSHINNAH DOESN’T EXPLAIN A LOT OF WHAT SHE ASKS US TO DO. SO WE HAVE TO LEARN FOR OURSELVES THE REASONS FOR THINGS. MINDFULNESS IS A GOOD EXERCISE. IT COULD BE NECESSARY FOR ME TO BE DOING THE CALL TO THE WARRIORS AT THE SAME TIME I WAS MINDFUL OF THE WATER, WHILE I WAS RUNNING. “IT WON’T BE A

STROLL YOU KNOW. YOU MUST MAKE GOOD TIME. OHSHINNAH HAD TOLD ME. I DID THE 10.4 MILES IN 2 HOURS 15 MINUTES. I MADE GOOD TIME!

THE MORNING OF THE 10<sup>TH</sup>, I ATE AND DRESSED IN MY POWER SUIT. THIS INCLUDED ELASTIC KNEE BRACES, HOLES IN MY RUNNING SHOES – SO ME FEET COULD BE COOLER, ANKLE WRAPS, A BANDANA AROUND MY BROW, MY HAWAII HAT, MY BELLY BAG WITH MY WALKMAN AND MY POWER WALKING TAPE [MUSIC WITHOUT WORDS THAT HELPED ME CONCENTRATE AND EXPAND MY CONSCIOUSNESS]. OH AND BEST OF ALL THE BUFFALO SHIRT I HAD TAKEN OFF JORGANS BACK THAT PREVIOUS WEDNESDAY AT THE VETERANS SWEAT! I MUST HAVE BEEN QUITE A SIGHT AS WE GATHERED IN THE LIVING ROOM WITH OHSHINNAH SO SHE COULD DOCTOR ME. HAVING A FEW PEOPLE THERE TO WITNESS ALL PARTS OF THE CEREMONY WAS ABSOLUTELY ESSENTIAL. WITNESSING MAKE THE ENERGY STRONGER AND THE DOING REAL. DO YOU GET THE CONCEPT? WITNESSING FOR EACH OTHER IS ONE OF THE WAYS COMMUNITY HELPS ITS MEMBERS HEAL, GROW AND LIVE UP TO THEIR BEST. IT IS ESSENTIAL AND A GIFT WE CAN EASILY GIVE EACH OTHER. I THANK ALL OF YOU WHO CAME THAT SATURDAY AND SUNDAY AND WITNESSED WHAT HAPPENED FOR THE BENEFIT OF ALL OF THE PEOPLE OF CHANEEG CHANEESCH AND THE DANCE. MY HEART IS VERY HAPPY.

THEN I TOOK A MOUTHFUL OF WATER AND STARTED ON MY WAY. ALONE. OHSHINNAH HAD SAID IT WAS TO BE A TRIAL AND NO ONE COULD RUN EVEN PART WAY WITH ME. IT DEFINITELY FELT DIFFERENT THAN MY PRACTICE RUNS. OHSHINNAH'S DOCTORING HAD OPENED MY CHAKRAS. AS I STARTED, I WENT SLOW, TO BUILD UP SPEED GRADUALLY. I ALSO BEGAN MY MEDITATION: I PRAYED AND DEDICATED THE RUN TO CREATOR SPIRIT, MOTHER GODDESS. THE LAST THING OHSHINNAH HAD SAID TO ME BEFORE I LEFT WAS "REMEMBER YOU ARE RUNNING FOR THE PEOPLE." SO I DEDICATED IT TO THE PEOPLE TOO, THEN I CALLED TO MY USUAL HELPERS: THE DIVAS OF HEALING IN THE UNIVERSE; THE DIVA OF WARRIORS; THE DIVA OF GRANDMOTHERS & GRANDFATHERS FOR THE PEOPLE; PAN OF THE NATURE SPIRITS; MY MAP TEAM OF HEALERS AND MEDICINE HELPERS; COUGAR SPIRIT; WHALE SPIRIT; OWL SPIRIT (OF COURSE); EAGLE; SNOW LEOPARD; WOLF; COYOTE; AND ALL THE REST OF THE ONES WHO WALK WITH ME. WHEN I'D BEEN DOING THIS IN MY PRACTICES, COUGAR WOULD BE STRIDING ON MY RIGHT, SNOW LEOPARD ON MY LEFT; EAGLE ABOVE ME, OWL BEFORE ME OR SITTING ON MY SHOULDER, AND WOLF BEHIND ME. IT FELT SO ACTUAL, I COULD PUT MY HANDS DOWN IN COUGAR AND SNOW LEOPARDS FUR. THEN THE FIRST MILES WERE A MEDITATION FOR MY OWN HEALING NEEDS. THE LAST MILES WERE TO SEND HEALING TO THE PEOPLE. ALL OF THE PEOPLE, EVEN THE PLANT PEOPLE AND ANIMAL PEOPLE, THE AIR PEOPLE, WATER PEOPLE, ETC.

THIS DAY WAS A BIT DIFFERENT THAN MY USUAL RUNS, HOWEVER OHSHINNAH HAD TOLD ME TO PUT IN MY FOOTSTEPS EVERYTHING I NEEDED TO LET GO TO BE A WARRIOR AND BE OPEN TO ALL I WAS RUNNING INTO. THESE FOOTSTEPS WERE VERY FULL. THE WARRIORS TOLD ME I COULD NOT RUN BACK ON THE CEMENT OF THE SAME SIDEWALK I RAN OUT ON- IT WOULD TAKE 24 HOURS FOR THE STUFF TO GO INTO THE MOTHER. BUT WHERE THE TRAIL WAS DIRT, SHE WOULD BE ABLE TO TAKE THE STUFF IMMEDIATELY! INTERESTING YES?

I ASKED FOR THE INITIATED WARRIORS OF THIS WAY TO COME IN AND THEY ALSO WERE WITH ME. THEY REMINDED ME I HAD BEEN A WARRIOR FOR MANY YEARS, BECAUSE A WARRIOR IS ONE WHO DOES WHAT NEEDS TO BE DONE AND THAT IS MY WAY THEY ALSO SAID "YOU HAVE BEEN WALKING THE WARRIOR PATH ALONE, LITTLE SISTER, NOW YOU WILL WALK IT WITH ALL OF S THERE TO HELP YOU. YOU WILL NEVER WALK IT ALONE AGAIN." VERY QUICKLY I BEGAN TO FIND GIFTS ALONG THE ROADWAY. A BLACK FEATHER WAS DIRECTLY IN MY PATH. I BEGAN TO PASS IT AND HEARD AGAIN THE WARRIORS SPEAK: "THIS IS A GIFT FOR THE PEOPLE. THIS IS A MESSAGE THAT YOUR BROTHERS AND SISTERS OF THE ANIMAL REALMDDOM SUPPORT YOUR MEDICINE AND SUPPORT ALL THE PEOPLE IN YOUR TRIBE THAT WALK MEDICINE WAYS. I PICKED UP THE FEATHER AND PUT IT IN MY HAIR. (THIS WAS GIFTED TO BASHA SIGNING CROW, ONE OF OUR NUMBER WALKING MEDICINE IN CALIFORNIA NOW.) I BECAME AWARE THAT I WAS RUNNING IN A HIGHLY ALTERED STATE OF CONSCIOUSNESS AND THE ORDINARY THINGS I ALWAYS PASS BY WERE NO LONGER ORDINARY. THE TREES WERE HUMMING, THE LIGHT WAS PULSING. I COULD SENSE A COMPANY RUNNING WITH ME, BREATHING WITH ME, GIVING ME THEIR STRENGTH. THEN THERE WAS A LITTLE AMERICAN FLAG – WHEN I PICKED IT UP, I HEARD

THE VOICE OF AMERICA CRYING "HELP ME! HEAL ME! HELP ME BE BETTER." (THIS WAS GIFTED TO PHILLIP, A YOUNG MAN IN THE CIRCLE GREETING ME ON MY RETURN WITH THE DIRECTION TO HIM TO HELP HIS GENERATION MAKE THIS COUNTRY A BETTER PLACE FOR ALL THE PEOPLE TO LIVE). MULLEIN PLANTS CALLED TO ME TO TELL ME THE PLANTS WILL ALWAYS BE MEDICINE FOR US. (LEAVES WERE GIVEN TO LARZ, WHO IS LOOKING FOR A NEW BALANCE WITH TOBACCO FOR CEREMONY AND PIPE). A WET BANDANA BEING MEDICINE FOR THE PEOPLE MEANS HELPING THEM LET GO OF WHAT DOESN'T WORK. (THAT WENT TO SHARON FROM CA WHO IS PART OF BASHA'S NEW CIRCLE OR LARZ'S OLD CIRCLE. SHE ALLOWED AS HOW IT WAS APPROPRIATE TO GIVE HER SOMEONE ELSE'S SNOT RAG AND WOULD USE IT IN HER WALK). THERE WERE 3 PENNIES CLOSE TOGETHER, THESE CAME AS I WAS ASKING THE WARRIORS ABOUT OUR FINANCES. THE WARRIORS SAID: "PUT YOUR MEDICINE FIRST BECAUSE YOU WILL ALWAYS BE TAKEN CARE OF." THREE IS THE NUMBER OF ALCHEMICAL MANIFESTATION. ONE PENNY IS IN OUR CIRCLE BAG IN A LITTLE POUCH. RUB IT WHEN YOU COME SEE US! THE OTHER TWO WERE GIVEN TO TWO OF THE CIRCLE WHO WERE IN NEED OF FINANCIAL ABUNDANCE AND WHO ALWAYS SHARE WHAT COMES INTO THEIR LIVES.

THERE WAS A PLASTIC DINOSAUR. I DON'T REMEMBER ITS SIGNIFICANCE OR WHO IT WENT TO. ANYONE WANT TO REMIND ME?

AND FINALLY THERE WAS A GOLD RING FORMED IN A HEART WITH A TINY DIAMOND IN THE CENTER OF THE HEART. THE WARRIORS TOLD ME: "THIS IS EACH OF YOU, A LUMINOUS BRIGHT BEING OF LOVE SURROUNDED BY THE LOVE OF THE MOTHER." IN THE CIRCLE THIS WAS GIVEN TO LUANN OPEN HEART. SHE WAS TOLD THAT BY TAKING THE RING SHE BECAME THE HEART OF CHANEEG CHANEESCH AND SHE IS TO PRAY FROM THE HEART FOR US EVERY DAY AND BRING THE RING WHEN SHE COMES TO CEREMONY SO WE CAN BE REMINDED OF THE TRUTH OF WHO WE ARE.

5.2 MILES WEST OF CHANEEG CHANEESCH ON MARINE DRIVE IS A BUFFALO FARM. GODDESS HAD TOLD ME TO RUN WHERE I LOVED AND THE BUFFALO TOLD ME TO RUN TO THEM. PLACE YOURSELF IN MY FOOTSTEPS THAT DAY. GOAL: SAY HI TO THE BUFFALO WHO ARE CALLING ME TO THEM. THEN RETURN TO CHANEEG CHANEESCH. ALL THE WAY GIFTS, LOVE, SORE MUSCLES, TIRED FEET, KEEP THE WATER IN YOUR MOUTH AND PAY ATTENTION!

AT 8 MILES, THERE WAS A BUS STOP. ONE OF MY TOES WAS RUBBING IN MY SHOE. I SAT ON THE BENCH TO ADJUST MY SOCK AND SUDDENLY REALIZED I'D BEEN TRUDGING. I WAS ALL OUT. ANKLES AND BLISTERS AND CRAMPING MUSCLES. I DIDN'T KNOW I HAD. "GODDESS" I SAID: "I'M DONE THIS IS GOING TO HAVE TO BE AN EIGHT MILE RUN!" THEN I THOUGHT OF HOW DISAPPOINTED THE PEOPLE WHO I WAS RUNNING FOR WOULD BE AND I HEARD OHSHINNAH SAY "A WARRIOR DOES WHAT NEEDS TO BE DONE!" I HEARD SELINA, MY NEW HAMPSHIRE SISTER WITH HER NEW YORK VOICE SAY: "FUCK IT, BRIGHT OWL. I DIDN'T COME ALL THIS WAY FOR NO 8 MILES!" I STARTED TO LAUGH. THEN I GAVE IT ALL OVER AND TOLD THE WARRIOR TO TAKE IT BECAUSE I COULDN'T DO IT BUT IT NEEDED TO BE DONE. I STOOD UP AND YELLED: "FUCK IT I'M RUNNING!!" AND I RAN THE LAST 2 MILES ON SOMEONE ELSE'S FEET, SOARING ON EAGLES WINGS, CATS EITHER SIDE RUNNING FLAT OUT! EXHILARATED BLISS AROUND THE BARN, ACROSS THE YARD, ALONG THE BOARD WALK AND INTO THE LOVING CIRCLE OF FAMILY WHO WERE WHOOPING ME INTO MY NEW LIFE. WOW, WHAT A BLAST!!

I WAS RIDING THE HIGH WAVES, SOARING THE JET STREAM AND I HAVE BEEN IN THAT COMPANY EVERY MINUTE SINCE. BEING GRANMOTHERED THE NEXT DAY WAS ALMOST AN AFTERMATH FOR MANY OF THE SPIRIT WARRIORS WERE ALSO GRANDPARENTS. YET AGAIN, WHEN I PASSED UNDER THE ARCH I'D MADE OF MY OLD LIFE, MY LIFE CHANGED. SOMETHING ANCIENT OPENED TO ME AND ACCEPTED ME AS SISTER, AND THAT IS ALSO STILL WITH ME.

INITIATIONS ARE ABOUT VIBRATIONAL CHANGES. AS OHSHINNAH BRAIDED THE 3<sup>RD</sup> BRAID IN MY HAIR FOR ME, SHE TOLD ME: "THIS BRAID BINDS YOU TO SPIRIT. YOU ARE OBLIGATED TO WEAR IT." (A NEW LEARNING TOO FOR ME). AND AS OHSHINNAG DOCTORED ME AS A GRANDMOTHER, SHE TOLD ME "YOU WILL NOW ALWAYS BE OPEN TO SPIRIT, NEVER AGAIN ABLE TO SHUT DOWN." I AM A DIFFERENT WOMAN THAN I HAVE BEEN BEFORE. BEING YOUR WARRIOR GRANDMOTHER, DEAR ONES, MEANS A NEW VIBRATION IS ALSO AVAILABLE TO YOU! YOU TOO, CAN DO WHAT NEEDS TO BE DONE AND FIND HERE AFFIRMATION OF YOUR WARRIOR PATH. YOU TOO, CAN EXPLORE THE

WISDOM OF YOUR OWN INNER ELDER AND FIND HERE SUPPORT AND LOVE. I CAN'T BE A TRIBAL ELDER WITHOUT A TRIBE! TOGETHER, WE CAN HEAL EACH OTHER AND THE WORLD. BUT ONLY TOGETHER. WE ARE CHANEEG CHANEESCH – WE ARE TRIBE.  
LOVE TO YOU ALL GRANDMOTHER BUHMUH



### ELECTION TIME

Too often we hear spirituality and politics don't mix. Well look at the religious right and the Catholics endorsing Bush! We at Chaneeg Chaneesch know that politics *are not the answer* but fully acknowledge how much they *are part of the problem!* If you're not part of the solution you're part of the problem. Wars, environmental destruction, suffering of the old and young on a global scale are all results of political actions so we feel strongly about minimizing the impact of such leaders. A serious look at their history of actions shows that Democrats should be voted at all levels of government - for this election. While we realize *they too* are only in it for their profit, Bush and his peers have shown total disregard for earth mother & it's people.

*This is unsigned so as to be politically correct. It is also correct!*

"A government that robs Peter to pay Paul can always depend on the support of Paul." - G. Bernard Shaw  
"No man's life, liberty or property are safe will the legislature is in session." – Mark Twain



SUPPORTING EACH OTHER

🌐 **Chaneeg** 🌐 **Chaneesch** 🌐 **Classified** 🌐

**Rev - Bright Owl**  
 Consultations, Weddings, Birthings,  
 Crossing Over Ceremonies, Coming  
 of Age Rites, Eldering Rites, Pipe  
 Ceremony, House Blessings,  
 Bundles and much more!  
 \*\*\*\_\*\*\*\_\*\*\*\*

**Mahala**  
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 Purifiers, Water Purifiers, etc).  
 \*\*\*\_\*\*\*\_\*\*\*\*



**Watching for your ad!**

**Tom 'Spirit Hawk' Outsen**  
 Massage Therapist,  
 Shiatsu, Breath Work,  
 Pipe Maker, Pipe Ceremonies,  
 Sweat Lodge  
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**Rev - Luann 'Open Heart'**  
 Reiki Master,  
 Beads & Craft Supplies  
 Ask bright owl for more info

Ask **Jude 'Bluestar' Davis**  
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 and Master's in Miracles Products.  
 Ask bright owl for more info

**Larz Hitchcock**  
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Environmental Design Specialist  
 Massage Therapist, Tarot,  
 Meditation, Beginners Yoga  
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**Theresa Brekenridge**  
 Metal Meat Trailer - Best Offer  
 20'x 8' road worthy (single trip)  
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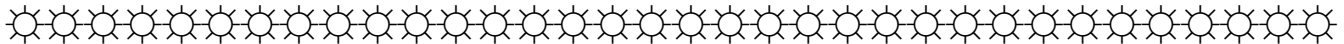
**HELP NEEDED**  
 Unlimited # of positions available!  
 Chaneeg Chaneesch Northern  
 Gardens need a major overhaul.  
 The gardens and chicken pens are  
 overgrown and out of control.  
 If anyone would love some nitty gritty  
 hands on brush control experience,  
 please contact Grandmother Buhmuh  
 when you can come and help. Bring  
 thick gloves and a clipper and wear  
 jeans. I don't anyone eaten by the  
 blackberries and thistles.

**Candace Anello LMD, RC**  
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 Massage – Energetic Body Work  
 \*\*\*\_\*\*\*\_\*\*\*\*

Look for box tops that have  
 coupons with  
**"Box Tops for education"** on  
 them & Bring them to Chaneeg  
 Chaneesch!

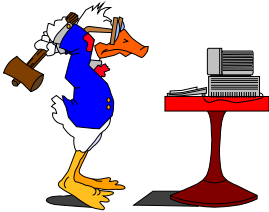
**Kim Parks-Halvorsen**  
 KMH Otter Designs - Jewelry  
 Northwest Coast Art,  
 Computer illustrations  
 \*\*\*\_\*\*\*\_\*\*\*\*

**Sky Bear**  
 Beautiful Leather Pouches  
 Ask bright owl for more info



**From the editor:**

Please forgive me for any typos, errors or foibles.  
 I try my hardest to come from only a place of love  
 and sincerely want the best for all my fellow beings.  
 My prayer: Thy will be done creator, not mine – to  
 me and through me, to universal love.  
 Feedback always encouraged and appreciated!



**Submittals for the next newsletter must be received by Nov. 13<sup>th</sup>**

**Lets hear YOUR story, YOUR poem, YOUR thoughts after all its YOUR tribe!!**

