



# Fall-Winter Newsletter

Volume 7, Issue 2

December, 2005

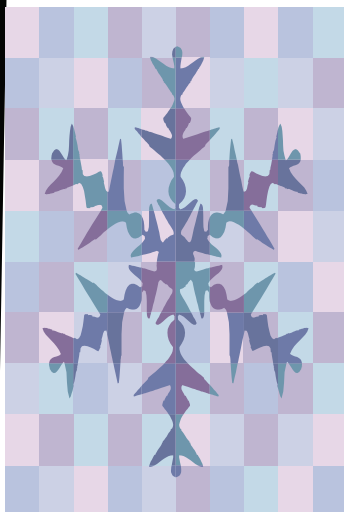
## Chaneeg Chaneesch

### Changes! Changes! Changes!

#### New Energy Of Renewal And Change Abounds At Chaneeg Chaneesch

##### Our Annual Elders Project

Time now to think about the Christmas we send to the Lookinghorse family each year. We have two volunteers who are getting updates on the kids and their sizes and needs, and will soon be calling folks who were involved last year about adopting a kid or two who do not otherwise have Christmas. If you would like to also be involved, please call us so we can give you the information you need to follow through. (360-658-7668) Many blessings are with all who are thinking again about helping this happen!!!



### COME CELEBRATE EARTH RENEWAL WITH US.

This celebration is a renewing of our relationship with the Earth Mother, and with each other. It will also be a first experience with the proposed intense Spiritual Renewal weekends that we may be doing on Solstices and Equinoxes.

The format will roughly follow this schedule:

Friday evening DEC 16<sup>th</sup>, at 7:30pm, we gather for Opening Ceremony then First level moon/ sacred pipe...followed by a small supper

Saturday Dec 17<sup>th</sup>, at sunrise, we do the ceremony gifted to us by OhShinnah. Then the emerald tablets meditation (or other earth meditation). Then we enjoy brunch together. Then we give honor to the Earth Mother at the Earth Mound in the garden and move the turtle head. Please bring a little gift for the Mother to bury in the Mound. After that, we gather at the Medicine Wheel to awaken it and do the Rainbow Crystal World healing ceremony. Then we have a bite to eat. Following this we may do a despacho under the expert guidance of Mahala or Luann. Then we sit in women's and men's circle, the women grind corn for use in offerings, to gift to circle members, and the men make the protection plumes for all our cars and the smoke mixture for all the pipecarriers. Then the women go out to do 3<sup>rd</sup> level moon and the men and other women do sacred pipe. We share a wee bite and put out the lights (fires) and go to bed.

On Sunday, we start the sweat fire as early as we can get up and get going, and men's sweat is followed by or concurrent with women's sweat. Then we gather together to give thanks for all we have with the Spirit Feast. Then we eat bunches in our Holiday Feast, and end our day with our Giveaway ceremony.

It has been proposed that we have such weekends four times a year to answer a need for spiritual deepening and experience. Others may be leading prayer ceremonies in their traditions and or meditations. Several of us come from quite a distance and said they wanted more chance to be with us in planning their trips. We will still have our Monthly moon and sweat weekends and the men have said they value their monthly sweat time also. CONT>

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Please know if you can only come for part of the weekend, you are still very welcome. Please also know that the added time together will give us an opportunity to be with our spiritual experience deeper and longer and more together.

## Always Changes

by Grandmother Buhmuh

Many many changes are happening at Chaneeg Chaneesch. The new pantry has pretty shelves built by Barry and painted by Bright Owl. The central bathroom has an incredible Tiled shower/bath set by Richard and Wanda and finished by Richard. Please come admire this Tuscan flavored shower and give your appreciation to Wanda and Richard. We are very grateful to have so many talented people willing to help with the repairs and remodels going on now with the main house.

Britt came to the land on Oct. 1<sup>st</sup> to live



Bright Owl & Barry

in Richard's old room (Richard has moved to the new cabin!!) and to participate with the men's ceremonies and

### Quote from Grandpa Barry:

You can't let go of something that happened in your past. It happened. So the memory of it will always be there. Its part of who you are. You CAN let go of letting that memory control your life. Live now, not then.

## Journey Report

By Grandmother Buhmuh

The Journey of the Waters was, again, a stupendous experience. Remember, this is a road trip through New Mexico/Colorado to many sacred water sites where cleansing ceremonies are done in the Shishindi tradition. The participants are all in awe of the stuff they got rid of and the new possibilities that opened up for them. Those interested in coming with us next year, Keep the end of May and first week of June open and give me a call (360-658-7668) for details. The number of people we can take on this sacred experience is limited. The earlier you make your interest known, the more likely you will be able to go. Also, publicity is out in Austria and we will have several coming from New York and California. Please see the website for more information. (address is <http://home.earthlink.net~owlchild>)

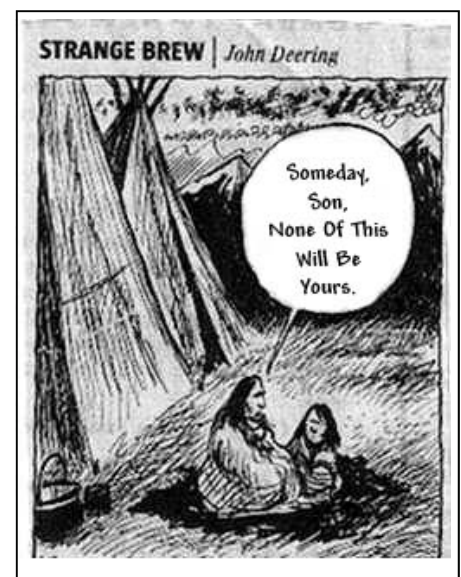
Click on Bright Owl's Nest, then on the Journey of the Waters.

Or ask Barry about his experience

when you are next on the land. Also start saving your bucks, or plan your finances around creating this wonderful experience for yourself. It is definitely worth it!!

“I have a sneaking suspicion this is all answered prayer”

Laura Owlheart





## New Blessings Arrive Congratulations! Our Circle Grows!

Ellie Sky Snake and Bronco had a little boy they named Forest. (at right)

Larz and Phanta had a little boy they named Tree Tonka. (at left)

Anyone see a trend?



## Mary Ann LittleBear Speaks

"You who are on our mailing list have a presence here whether your face has been here recently or not... this land and the Spirit that is Chaneeg Chaneesch are being stewarded for you."

When I read that in your summer newsletter, I broke down. It is so precious to be thought of this way. Whenever I get the newsletter, I read it cover to cover, every word. The elders all around me are saying "The day of the lone wolf is over, it's time to live in cooperative groups."

I bet you have answers to your painfully soul-searching questions already, that came out in the summer issue. Here is my input: Grandmother Mahogenie once said "First we tried to fly on one wing (ancient matriarchy). Then we tried to fly on the other. (patriarchy) Now don't you think its about time we flew on both??" At the Bear Tribe, all ceremonies except the men's and women's circles and sweats at Winter Solstice were open to all peoples. Yes, sometimes there is a need for the men and women to be separate. This was accomplished through those circles.

I pour lodges and have been doing so since 1987. I also do pipe, drum circle, shamanic circles and doctoring ceremonies from the various traditions I have studied with. All these ceremonies are for all people. You have been uniquely

gifted with a thousands year old ceremony, a moon ceremony, that comes down to you from a certain elder in a certain tradition. The way I've been taught, such ceremonies need to be respected and performed the way they are presented, and not altered or changed in any way. The elder doing the handing down has the right, the sole right, to implement any changes, And what I hear is that she has been meditating on it and says "It's time."

You see, the prophecies say that first humanity would fly on one wing, then on the other, and then on both. In the Golden Age which is being birthed now, those who survive will be flying on both wings. The inequality of the genders, the repression of women, and of men, will be gone. It's all in the prophecies. They also say that there will be the RISING UP of this new and beautiful time, and culture, at the same time that the old society, the "Chrome Dream" is disintegrating and going down. So that we are to be building this NOW, not waiting until after the time of tribulation is over to begin! But then, I know you know this.

It may be time to integrate your ceremonies. But I think some legitimate concerns have been raised about men coming to women from their strength.

Oppressed women, survivors of the patriarchy, need to gather alone, to be able to sort things out in Women's Circles and regain their strength. Although the women's circle is a time-honored tradition that precedes the oppression of the patriarchy, I feel that it is particularly true now, a much needed thing for women, just as men need their Men's Circles for balance and true strength. The Patriarchal Expectations oppress us all, not just women!

So I highly encourage men to form their Men's Circle. Strength and Balance! The Elders are calling for cooperative groups. Once men have attained their strength, then do the ceremonies that bring you all together. This would be true growth! It would also be fulfillment of prophecy! Flying on both Wings!!

*Mary Ann Little Bear and I were together in ceremony with SunBear many years ago. She is thinking about coming up to be a resident here on the land. Should this prove to happen, I greatly look forward to sharing in her ceremonies, and in gleaning her knowledge of the edible and medicinal natural plants of the Northwest!*

*-Bright Owl*

## Farewell and Goodbyes

Wanda was with us, sharing in all our daily ups and downs...there in our barn for her wood workshop, in the garden big time and with the construction of our beautiful walkway. Now she and Richard are leaving us to take a caretaker position together at a place on Vashon Isle. You added a lot Wanda. We love you. Please know you are part of the family and will always have a place here. We hope you come see us often.

Good bye also to Rich who shared enthusiastically with us his construction and computer skills. We'll miss you both and hope to see you after. You'll always be in our hearts and prayers.

— Bright Owl and Chaneeg Chaneesh

## Poems & Quotes & Short Stories

*Please send in yours!*

"What comes out of our mouths is always lies compares to what comes from our hearts which is our real truth" Wisdom From Barry

If you are willing to solicit Spiritual Guidance Then be willing to accept and implement that help Even if it doesn't correspond exactly to your picture of What life should be like Otherwise you are seeking Higher Spiritual Energy To help you remain the same Which means problems continue At the lower energy frequencies. Don't dismiss as implausible Spiritual Answers that don't correspond to the way you want your life to be structured.

Wayne W. Dyer

from: There is a Solution to Every Problem

“ So, live your life that fear of death can never enter your heart. Trouble no one about their religion; respect others in their view, and demand that they respect yours. Love your life, perfect your life, beautify all things in your life. Seek to make your life long and its purpose in the service of your people.” - Chief Tecumseh

## Sharing

Does anyone have a video or DVD of "Never Cry Wolf" that I can borrow for a while? Thanks and please call me — 360-658-7668 Bright Owl

## Recommended Reading

Tom Brown, Jr. ~ Awakening Spirits

JAMES DOSS ~ The Shaman Mystery Series With Charlie Moon

# Fall into Winter

The Mother's cycles are an old refrain set to a new tempo in each of our lives. Time doesn't take the same intervals it used to. Measured with accurate scientific instruments, the interval of a second is shorter than it used to be. So our days really do go by faster and it becomes another concrete indicator that the prophets really could see the future. Add to that the earlier Summer weather and the growth in the plants (and the blight that hit the tomatoes) all over the garden. We have also been experiencing an earlier harvest of frozen peas, blackberries, raspberries, blueberries; canned beans, carrots, squash, beets, pickles and dilly beans. We have been saving seeds for some of the plants like the orach spinach that turned out so delicious. Potatoes were harvested by the bucket in spite of the blight. Squashes are still being harvested.

This time of year is for harvesting learning as well as

plants. What has this year brought you that you want to keep? The Grizzly Mudjekewis can help you look at what works for you and what doesn't. Coyote seems to be lingering for me, also. I think I know something is working for me and Poof! It doesn't. Changes seem to be cascading on top of each other. My world is very different from a year ago when I was getting ready to go to the Montana Naraya (where I met and married Barry). It seems at least a decade since all that changed for me yet each day is over in a fraction of the time it used to take. When you come again to the land, the maple will have shed its leaves in mounds all over again. May this year yield time for all of us in the energy of Winter and Waboose the White Buffalo to renew our bodies, minds, and spirits. May you all find love all over again. May your abundance be so full it spills over onto others. May your footsteps bring you to us again!!

Kadeeschday in another fall

Grandmother Buhmuh

**Quote from  
Wanda: "None  
of us is the  
same as we  
were last  
year!!"**



## Harvest Time Giveaway



We give great gratitude to the Giveaway of Lambchop and Rack-of-Lamb who returned peacefully to The Goddess. We also thank the skill of Barry and Britt who helped them go on their journey. Perhaps these gentle spirits will come back to us next year.  
—Bright Owl

## Another Fork...Another Move

By Richard Kasden

It appears that the proverbial "fork in the road" has once again come upon me, and this fork will be leading me to Vashon Island. A year ago that fork led me from New York to Chaneeg Chaneesch, a move that helped me to let go of a life that no longer served me to a Spirit guided journey into the Unknown. What I didn't know at the time of that move was that my stay at Chaneeg Chaneesch was to be a temporary transition. It is time once again to move on. Effective as of the writing of this newsletter, I will be moving to Vashon, an island off the coast of Seattle with my dear friend Wanda Moore.

The last year that I've spent here at Chaneeg Chaneesch has been a period of tremendous growth and learning. I have been afforded the opportunity to do much inner work and outer work. I have a tremendous amount of appreciation for the love and support that I received at CC. I would like to personally thank Bright Owl, Barry, Mahala, Larz, Wanda, and the many other members of this community for walking this path with me. When I look at who I am now versus who I was when I got here (although really, what's the point!) the difference amazes me. I am so filled with gratitude for all of you.

I'd like to end this with a quote from "Motorcycle Diaries", a recent movie I saw. "It seems this moment is split in two. One is the melancholy that I feel for what I'm leaving behind. The other is the excitement for what is to come."

I bless you all on your journey.

Love,  
Rich

### Welcome New Residents:

Laura Owlheart, Dream Wolf, and Snowflake the Bunny



Laura Owlheart



Britt



Snowflake

# Tuscan Bathroom Project

## Richard's Tiling Job



Richard, Barry, and Wanda have done an excellent job with the bathroom remodeling project. See the difference from the pictures in the last newsletter?



Barry Stuck in the sub floor

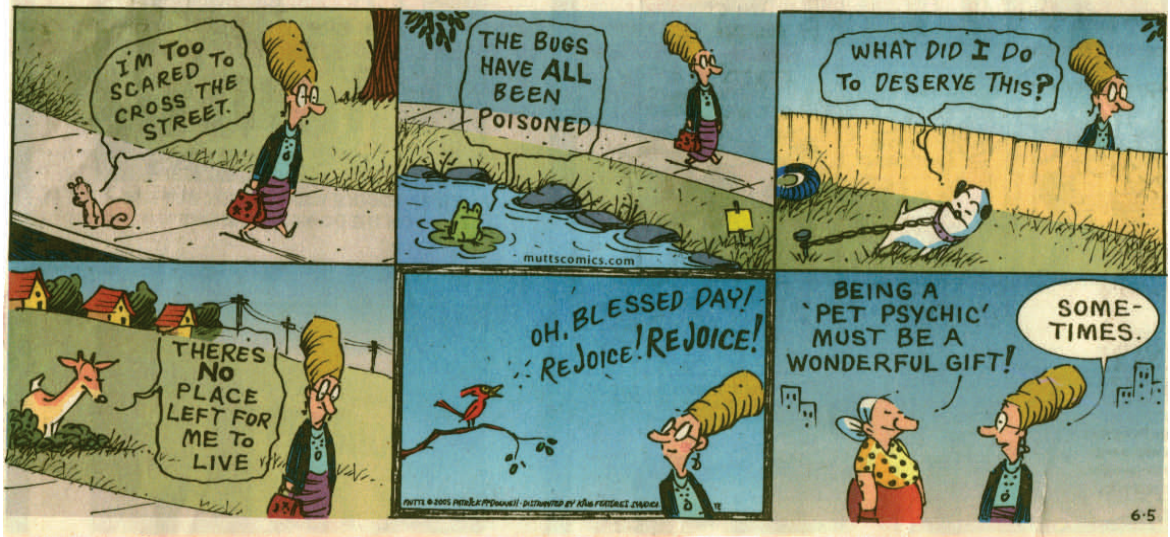


If I am to be effective in bettering the planet, my responsibility outweighs my comfort.

—Dr. Dawn Prince-Hughes

**Funny!  
Funny!  
Funny!**

## MUTTS/ by Patrick McDonnell



## Follow Up: Moon Ceremony Thoughts

By Mahala

Just in case you wanted to hear another opinion, here is mine. When I was just coming to ceremony ten or fifteen years ago, I was healing a lot of abuse in my life. At that time, I really appreciated the safety of an all women group, so I understand why some of us want to keep it that way.

At this point in my life, I have gotten to the place where it is safe to be a woman (mostly); I celebrate being a woman, and I can honor the woman within. I am also exploring balance and finding the male energy within me and looking to create wholeness for myself in that way.

We as women hold a very important key to the next evolutionary step for our species. We think and process and feel differently than men, and we have a very different way of doing that men do. Our world needs this.

Moon Ceremony accesses the feminine on a cellular level and opens us to a

whole new level of being in the world.

Why would I want to deny that to my brothers on this path? We all need to grock this on a cellular level and learn to express it in our lives.

We are all in this together and I want to learn to work it together; me honoring the masculine way, and the men honoring the feminine way. Namaste.

This article is a response to "We Need You! We Need Your Input!" from Summer Issue Page 5.

**"You must be a creative force in your own health. You have to behave your way to what you want. The human spirit is always bigger than the conditions in life."**

— Maureen Manley

## Chaneeg Chaneesch Classifieds

### Rev - Bright Owl

Consultations, Weddings, Birthings, Crossing Over Ceremonies, Coming of Age Rites, Eldering Rites, Pipe Ceremony, House Blessings, Bundles and much more!

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### Candace Anello LMD, RC

Energize!  
Massage - Energetic Body Work

\*\*\*\_\*\*\*\_\*\*\*\*

### SkyBear

Beautiful Leather Pouches

skybear48@msn.com

for more info

### Richard Kasden

Plumbing, Drywall, Electrical, Painting, Tile work and more

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### Jorgen Embreus

Real Estate Associate  
Lynnwood & Beyond

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### Mahala

Professional Metals Artist  
Commission Works & Jewelry  
Products from Nikken  
(Air & Water Purifiers,  
Nutritionals, Wellness Products, etc).

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## ANNOUNCEMENT

Our classified listing are available to ANYONE who is actively participating in ceremony at CC at no charge, though donations are appreciated. Please support your local tribe and avail yourselves of our talented membership often and even frequently! This is highly recommended by your Grandmother Buhmuh!

### Authentic Brain Tanning

Leather, Elk, Deer, Tanned sheep skin. Chainsaw construction projects or other rough land needs

Barry \*\*\*\_\*\*\*\_\*\*\*\*

### Ask Bright Owl

Mountain T-Shirts \$10 each

Ask Bright Owl for more info

### Rev - Luann 'Open Heart'

Reiki Master  
Beads & Craft Supplies  
Ask Bright Owl for more info

### Computer Services

By Richard Kasden

Consulting  
Projects  
Training

See next page  
for details.

## Well Met

By Dream Wolf

Hello all. I'm one of the newest residents here at Chaneeg Chaneesh. I began coming to the Men's Circle and to Pipe Ceremony this Summer, and soon an opportunity opened up for me to move here. Creator had a guiding hand in this because once I made the commitment, everything began to fall into place with the sale of my house and changing work locations. It was truly amazing to see this unfold.

I feel extremely blessed to be here, and to be learning from my fellow residents and our extended community. The past two or three years have been at time of great personal trials and spiritual growth. It began with my divorce in 2003 and has culminated it coming here to Chaneeg Chaneesh.

I have never lived in community before, and I come from a conservative background...so this has been a challenge for me. In learning to listen to Spirit, to listen with my heart, old prejudices fall away, old rules fall away, because

they are no longer needed when guided by a heart that is seeking Creator.

I am going to classes taught by Tom Brown, Jr. in April 2006. I have read most of his books, and greatly value his teachings. I'm really looking forward to the classes, especially what we will be learning about Grandfather Stalking Wolf's philosophy.

Rich and Wanda are moving on, and I am going to miss them, even though I only just began to know them. The presence of Laura Owlheart has been a blessing and I've enjoyed meeting my all my new friends here. These friendships are a wealth of new treasures for me, and a great source of wisdom and teachings that I can take to heart.

Please call or email me with interest, thoughts, ideas or suggestions. at

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Greene\_Knyght@yahoo.com

"It's not about you, Jane. It's about what *they* need to do."  
— TV show: Firefly

"Wonder not a deeper purpose.  
All Is: I AM." —unknown source

The inner knowing of my heart will never convince your logical mind concerning the validity of my path. —Britt

"I am engaged in willful foot draggery." —Helen

## Retro?



### Rich's Computer Services Are Available!

Rich's computer talents, demonstrated here in this newsletter, are available for hire. Rich is an expert in Microsoft Word, Excel, PowerPoint, Access Databases, and Publisher. Rich is available for consulting, projects and/or training. Rich is especially good with beginners!

Rich can also convert home movie VCR tapes into DVD's, with enhanced picture & sound.

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freedom2flow@gmail.com

## Coming Soon To An Email Near You...This Newsletter!

Our Newsletter, will be available if you choose via email instead of postage mail. If you would like to receive the newsletter via email, please email Richard Kasden at the address below to be added to that list. This would, of course, help to lower our costs. Thanks.

Email Richard Kasden at: [freedom2flow@gmail.com](mailto:freedom2flow@gmail.com)

NOTE: Only those people requesting the newsletter to be sent via email will have it sent that way, everyone else will continue to receive it the same way they always have.

**Chaneg Chanesch**

We're on the Web!

<http://home.earthlink.net/~owlchild>

### **Fall:**

Maturation

Evening

Rocking On The Porch, Shelling Beans

Reaping What We Sowed

Canning/Freezing

Hunting Deer

Dancing

Watching What The Children Know To Do

Pathway: Experience, Introspection, Strength

### **Winter:**

Quiet Snowfall

Visiting The Root Cellar For Supper Stuff

Early Evenings By The Fireside

Weaving, Sowing, Carving, Beading

Laughing Together

Under The Blankets

Telling Stories

Pathway: Cleansing, Renewal, Purity

## **FALL-WINTER**

