



Chaneeg Chaneesch

Sept 1, 2006

Volume 8, Issue 1

Naraya — Vehicle of Change

Inside this issue:

Sacred Spaces

2

Men's Circle News

3

Growing with INTensity

4

Classifieds

5

Walking All the Way Home

7

City Mouse, Country Mouse

9

And Now it Begins...

10

by **Richard Kasden**

Recently, I was asked to write about my first Naraya experience last October on Vashon, here in Washington. At the time, all I could do was take a deep breath and respond with "I'll think about it!"

I thought, *how do I possibly put into words one of the most profound and powerful experiences I have ever had?* How do I possibly write about an experience that has not left a single area of my life unchanged?

I guess the only way to write about this experience is to try. I'm going to gear this article to the person who has never been to a Naraya because if you have, you already know how beautiful and powerful a ceremony it is.

For starters, I was extremely anxious about attending my first Naraya. I was filled with such (old) thoughts as "am I going to do it right?", "what if it doesn't work for me?" to "what if I go and no one likes me?" Wow, the prospect of this dance sure brought out the scared little boy in me. But from the moment I arrived, I could not have felt more welcome. It was impressed upon me from the first moment that "babies" (a term of endearment for those attending their first Naraya) could do no wrong. This helped to calm some of my anxiety. Some more of my anxiety was also soothed by how warm, supportive and loving everyone there was.

The Naraya is referred to as the "Naraya Community" and it truly is a community.

Babies are welcomed into the family with open arms. Supportive, compassionate and understanding open arms. It was just what I needed.

A thought just occurred to me that there might be some members of our community that don't know what the Naraya even is. While attending one Naraya doesn't qualify me in the least to answer that question, I will say that from my own experience and observation that the Naraya is a powerful ceremony that focuses Spirit's creative energy to assist the attendee in manifesting the intentions that they have for their life. For this reason, when attending the Naraya, it is very important to be clear on your intentions. **Continued on P. 9**

"Do right always. It will give you satisfaction in life."

~Wovoka, Paiute~

"The dark night of the soul comes just before revelation."

~Joseph Campbell ~

by Grandmother BuhMuh

There has been a request that our council gather on Saturday October 7th at 2:00 pm with a potluck supper before we have Pipe...

Council, remember, is made of anyone who wants a voice in the direction of this community. Just be there or write and let your words be spoken.

A Call To Council!

The focus of this Council meeting will be to **Vision** Chaneeg Chaneesch Washington given the coming changes: the sale in the spring of this land base and the move Bright Owl and Barry are making to Idaho.

There are some folks here who are committed to keeping the gatherings happening and keeping the

family together and available to the people..... if you are one of those folk, please come sit with us as we discuss what we have and what we want to continue and how we may create this vision together: Chaneeg Chaneesch Washington, and Chaneeg Chaneesch Idaho!

The Importance of Sacred Spaces

A teaching from Grandmother Buhmuh:

We know that all things are sacred. We know there is no space, no room, no place in Nature that is not sacred. Actually, Creator is very clear about this, and when we create what we call a Sacred Space, it is a working altar to remind us of this. The key word here is working. When we dedicate a space to sacred use and place objects there that bring that intent to better focus for us, the space takes on the energy we have asked it to and keeps it there for us. In these times of Changes, this is essential to clarity and health.

For example, lets talk about a house altar.... Why would we create a house altar? The place where we live needs to be a place of nurturance, peace, and renewal energy. We spend a third of our lives in bed, it is said. This space needs to be relaxing, resting, renewing for us. Our lives are chaotic, and the world is in extreme change and flux. Our need to have a place to be where we feel safe, and maybe in a bit of control is also extreme, a place to come back to where we are not needing to be on guard. When we do not tune the energy of where we live, we get a random experience with the energy there. When we take time to clean the energy of the house, to bless it and tune it to our intent for relaxation, peace, love, renewal, then the house tries hard to give us what we have asked for and an altar that holds the energy of our intent helps the

house to do that.

To begin, we smudge. If you are new to this, there is a chapter on smudging on the website (address on the newsletter). Smudge everything, all the open spaces, all the closets, all the cupboards. Start in the East, smudge clockwise, and if you think you missed a space, go back and start it all again. Be sure to have a window open somewhere.

Then, choose a central place in the house. Place an altar cloth that demarks the space on the shelf or mantle or counter. Choose a gift for the house – a rock, or a crystal, or a bowl of natural material (wood, ceramic, glass)... write on a paper your intent and place it with the gift. Place anything else there that you would like to, that has energy that you enjoy, that seems to support your intent. You can put a living plant there in a pot. Any sacred altar needs attention in an ongoing way, so a plant you are caring for would remind you to give some energy to the altar you created. Then you sit back and notice the way your house feels. Notice that the new energy is supported by the altar and easier to maintain because you did this doing.

This is a very basic beginning teaching about using altars in the spaces we live. The principles can be adapted to anywhere you desire to amp the sacred energy for yourself. You can place an altar in your car. You can dedicate a clearing in your yard. You can leave sacred things in a wild area that you visit often (but

be mindful, if it is a state park, you can be cited for littering – yes, it happened). An altar in your meditation area can assist your prayers. You can dedicate a space to your garden to give thanks for the Mother's gifts. We have an Earth Mound in our garden for this reason. Giving thanks is our reason for being alive, after all. You can put a sacred altar on the corner of your desk at work, and notice how much more easily your day goes.

Being mindful of the sacredness of all things, including ourselves, is hard amid all the distractions of our dominant culture that demands things from us that don't feel sacred. Having an area in our view which reminds us of this sacredness every time we look at it helps us be in the places we need to be in with an added dynamic of the presence of Spirit in our awareness.

Allow your self to be creative, and individual to what works for you. Enjoy this expression of who you are and your own sacredness in the world. Have fun with it!!
Kadeeschday!!

(if you enjoyed this feature, please let us know and we will ask Grandmother Buhmuh to continue to do this.)



Men's Circle News

By Britt

The Men's Circle is growing and really coming into its strength. In beginning of July we created a sacred bundle to carry the energy of the Circle. Since that time we've seen some exciting changes.

It's been a healing, bonding experience for me especially and we know others who join our circle, share in the experience.

In late July we went to visit Richard at his new digs on Vashon Isle. We had a won-

derful time drumming and singing together. We spent time fishing in the ocean off Rich's front porch, which was so much fun. It was a truly EPIC day. Rich topped it off by preparing a Parmesan Chicken dish so scrumptious... Mmmm.

In August we had our first lodge with the new bundle, and what a wonderful way that it adds to our experience!

It was good to see new faces and to welcome them to our circle.



(left to right: Britt, Barry, Rich, Derek)

Council Meeting Pending

by Britt

If you are up to date with the last newsletter, you know that Barry and Bright Owl are planning to move to Idaho by next Spring.

This brings into question where the Chaneeg Chaneesch Washington community will hold ceremony. We need to think about, and begin to plan about what to do with the land here, and whether or not to sell it. Should we put it into a Land Trust? Who is willing to live on the land as a steward so that we can all come here for ceremony?

These questions need to be pondered, and then put to discussion so that we can all put our energy into a unified vision of what Chaneeg Chaneesch Washington will look like when Bright Owl is gone to Idaho.

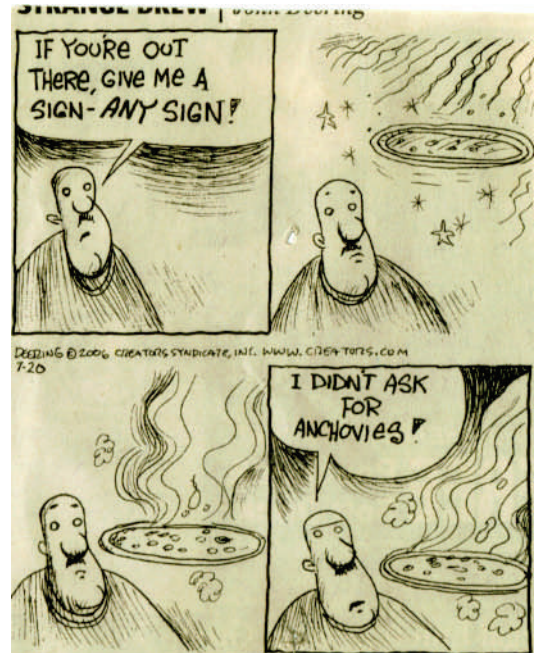
I believe that people really want a place to come and do ceremony, but the question is where and who will host or steward the Land for Chaneeg Chaneesch Washington?

So, I ask you to think wisely upon these matters, and to then attend the Pipe Circle in early October. The meeting will begin two hours prior to the normal time we start Pipe. All those who feel they have something to say are welcome! You know that it takes the community to come together, and make something like this happen.

Thank you.

Meeting Date: October 7th, 2006 at 1:30pm

Welcome and Thank you goes out to Kirk who came to the land in August and pitched in to assist Barry in the kitchen remodeling and the work on the land. Kirk is a might fine crabber as well.



Growing with INTensity

by Helen Heronheart

The recurring subject in all the Circles of my life is the huge shifting being manifested, about growing with INTensity. It almost feels like an 'epidemic of growing pains.' I am, we are, co-creating huge Changes on the Inside.

Patience!, Balance, Courage to step into and then thru fears, Releasing, Right Relationship, are among my lessons. There is no treading water ~ this feels like a Speed Boat!

And I meet myself coming and going when talking with sisters/brothers on the path. "In Lak'ech" (in lah-kesh): I am another yourself!

Not long ago I tapped my toes, impatiently waiting for a EUREKA!, a direction, an explanation for my spiritual fidgetings... But that time of Major Impatience for my questioning/questioning heart was, in

the calm before the acceleration storm. It was an invitation to pay attention and to set Intention for what was IN-Visioned during Earth Renewal...

Sowed at the Equinox...

and Nurtured thru Solstice.

It's now Harvest time in our Garden! These growing pains, the fruit of our Harvest, are a direct result of this Circle.

These changes withIN us are a mirror from Maka Ina/Mother Earth, a constantly Changing Woman as she segues thru her seasons.

A few days ago the Elder's Meditation of the Day spoke about Change.

"...Everything that grows experiences conflict. When the deer is born it is through conflict. When the seed first grows, it is through conflict. Conflict precedes

clarity. Everything has the seasons of growth. Recognize ~ acknowledge ~ forgive and change. All of these things are done through conflict.

"Great Spirit, give me the courage today to see that struggle and conflict are here to teach me lessons that are a gift from you." August 5th Linda Hogan, Chickasaw

So, when my own TraumaDramas rev up, I try to keep in mind that Growing Pain sits across the Circle from EUREKA! And this reminds me to live in Joy and Gratitude for the evolution of INTention to INTegration. And maybe this signals the end of toe tapping for at least a few seasons?!

In gratitude for my lessons which become gifts.

(ed. Helen is also going on Journey of the Waters this year)

Wolf Trax youth workshops



A new program, located in Western Washington, centered on wilderness and nature awareness skills taught to children between the ages of 9 and 14 teaches:

- Lost-proofing , and aidless navigation
- Fire by Friction and campfire safety skills
- Basic Shelter building
- Finding safe drinking water
- Environmental Awareness and Nature Observation skills

Interested in having us do a Saturday workshop in your area? Contact us to make arrangements. Email: staff@wolftraxyouth.org OR, for more information go to: www.wolftraxyouth.org



L: Barry with dinner.
R: He loves Crabb'n at Kayak Point!



L: Bright Owl teaching Britt about willow baskets.
R: The new ducks are growing up!



L: The garden is growing like crazy!
R: Barry and Kirk busting out the kitchen wall.



L: Beautiful flowers along the walkway.
R: Captain Kirk!

Walking All the Way Home

by Kim White Swan

It seems so long ago. It was 1989 and I was in a really, really lot of emotional pain. I had been abandoned, my lover loved another. My anger over being abandoned energized and activated me and I wanted to change things that were wrong with me within the relationship. That meant moving on and seeking rather than shutting down and being insular.

I wanted to walk a new path. I learned to use Flower Essences and truly walk with my Spirit Guides. I attended a Flower Essence conference in Victoria and saw how people were experiencing expansion. I marveled and smiled, strolling through gardens!

In January of 1990 I called Starfeather and that was my first step on the path to my expansion.....

I walked that path every day, read and studied self-help books and wounded inner child books and

meditation tapes. I took children camping at this wondrous Moon Festival out in Snoqualmie, all the smiling people dancing and sharing; later at Snoqualmie Falls we walked down that hairpin path to the floodplain under the Falls, and hiked back up!....

We had Women's Circle every Wednesday, every week, imagine! Starfeather was our teacher and I saw how integrated she is, how she walks her talk. We danced and sang and drummed. And we went to LaPush. There I transformed. I received the gift of my first Medicine Walk and when I returned I brought my Spirit back to myself. I had the healing power of walking. I felt free to heal in the presence of sisters. And I walked on...into the jungle in Peru and walked the ruins at Macchu Pichu and up steep stair steps of Incan stone to the Moon Temple. I walked into my own dreams, I journeyed with the drum.

About that time my sister,

Shirley, stopped walking. She was 63 then and that was 8 years ago. Slowly, slowly she has come to a near halt, being transferred from bed to wheelchair, unable to get in bed without 2 aides and a lift. This is progressing and degenerative, she has no prospects for altering her course. It is atrophy of her nerves and muscles, and has no cure, only palliative care.

I've come to feel that we are walking the Labyrinth together. Her path is like the other path on the Labyrinth, you know, ones goes in and one goes out. But which one is mine and which hers? What is the message of Walking the Labyrinth for prayers? Living with my sadness and anger about my sister's illness taught me that Great Mystery/Creator is at both ends of the Labyrinth path! God is in the huge Universe and God is in the Center. The Earth Mother/ Goddess is the nurturing center and the

Mystery is the expansive outer. God is here, where we are at each moment whatever is happening. God is here, and we are One, experiencing life. Going in, going out.

There's an old lady with dementia at Shirley's skilled nursing facility who sits in her chair in the hall talking repetitively, saying "how do we get outta here? how do we get outta here?" and randomly, every 6th or 8th time she'll put in one "how did we get in here?" Maybe she is walking a labyrinth in her head? I think she will find a nurturing Goddess/ Creatrix in the center and a expanding Mystery as she moves out in the world! Blessed be!

Fishing: The 7th Generation Arrives



"My desire for knowledge is intermittent; but my desire to commune with the spirit of the universe, to be intoxicated with the fumes, call it, of that divine nectar, to bear my head through atmospheres and over heights unknown to my feet, is perennial and constant."

~Henry David Thoreau ~

Goodbye Britt

GOODBYE BRITT ... HELLO (You'll have to read to find out!)

I had the honor and privilege of attending (the human formerly know as) Britt's naming ceremony on August 27th. This was the event where he left behind the name and persona of "Britt" and stepped into his new spiritual identity...

VISION WOLF DANCING

With a heart full of gratitude, I'd like to honor Vision Wolf Dancing (nicknames to come I'm sure) for his decision to devote his life to Spirit. In choosing to accept this name, he has chosen the path of the "hollow bone" and serve Spirit with integrity, commitment and love. Last night, surrounded by his spiritual family, when he walked through that arch into his new life, our world certainly got a little bit brighter. Thank you for taking that leap!

I'd like to be the first (in print anyway) to get the nickname ball rolling. Alright...here goes...VisWolf, VWolf, V.W.D., V.W. and from there it's a small leap to "bug", WolfyD but I think Vision Wolf Dancing's girlfriend Carmin said it best when she said "anything as long as it's not VD!" Well said.

Blessings on your journey my Brother.

Richard Kasden



Top: Vision Wolf Dancing (R) and Bright Owl (L) Middle: Helen Heronheart (R), and Karen (L) Bottom: Rich (L) VWD (Cntr) Barry (R)



Naraya — Vehicle of Change cont...

continued from P. 1

That's why every attendee must speak to an intention guide to assist with clarity.

I entered my first Naraya with the intention of becoming a highly functioning adult. I wanted to learn to provide for my own nourishment, cleanliness and financial independence. At the time of the Naraya, I was living at Chaneeg Chaneesch unable to pick up a pan to cook for myself (Barry did all my cooking) and I was as poor as poor could be due to not having had a job for a year. Simply put, most of my existence was dependent on others.

Almost one year later, thanks to the Naraya (without a doubt), just about every aspect of my life has

shifted. I now live by myself in a beautiful house on Vashon. My backyard is a 180 degree view of Puget Sound. I cook for myself almost every day, enjoying it in a way I never thought was possible. It turns out I'm actually good at it! Who knew?!? I have manifested a job that I totally enjoy. I'm telecommuting for a medical company out of California. I get to work from home right on the water, and set my own hours. I have a boss that walks a spiritual path, supports my spiritual path and truly appreciates the work that I do. He's so enthused by my love of learning that he's encouraging me to learn new computer skills to bring them to his company. So I'm getting paid to learn!

I couldn't have dreamed up a better work experience!

In addition to the major tangible things that have shifted as a result of the Naraya, there were also major intangible shifts. The Naraya helped to shift my entire relationship with myself and others. These shifts are more difficult to describe so I won't even try. What I will say is that the Naraya created a safe environment for me to reach deep inside myself and access those hurt dark parts of myself and invite healing in on all levels. Ten months later and I am still incredibly moved by the level of support that I had to help me to do that deep work. For me, this is what the Naraya is all about: transmuting your old "stuff" to cre-

ate an opening for new energy and new manifestations to enter, and in so doing, changing your life. And doing so in a safe supportive environment filled with Love, Spirit, and Community. This for me is Naraya.

I will be attending the next Naraya in Montana mid-September and I look forward to seeing many of my brothers and sisters there.

Much love to you all.

Richard Kasden

City Mouse, Country Mouse

This is the title of a children's book by Beatrix Potter, but I thought of it today. City mouse goes to visit his cousin in the country, finds he is totally lost, and has to go home. They part friends, but each agrees they could never live the way the other one does.

Sunday I visited Chaneeg Chaneesch and spent about an hour watering the organic garden. It was a pleasure, even in the heat. Soaking my sneakers and most of the rest of me along with the beds of green beans, squash, potatoes, carrots and beets seemed a small price to pay for the bag of fresh, wildly delicious greens and berries I got to take home. Once again, I wondered about the pull the city has over me, and why I stay here.

This morning, I went to Hancock Fabrics to get some embroidery thread. In the parking lot by some bushes was a young clean-cut man with a suit-shirt and tie on and a silly grin on his face. I thought there was something wrong with him until I saw him picking blackberries from the bush, one at a time, and popping them in his mouth. Then he crossed the lot and I saw that he had a Huling Motors badge on; he was a car salesman stealing a break to pick berries. He acted as if he'd been caught at something.

I went into the store, and when I came out, the delivery truck for Hancock's was idling and rumbling alongside, between the store and the blackberry bramble. An older man was picking ber-

ries, also one at a time and eating them. He looked wistful. I went to my car and got a plastic bag, thinking of blackberry pie, and when I returned the man had disappeared to unload the truck, but his wife threw me a conspiratorial grin as she walked their Schnauzer.

In these days of rising food prices, rising gas prices, McMansions, and the condensation of every square foot of empty real estate in Seattle, three of us city mice met at a blackberry bush on the edge of an asphalt lot and acknowledged each other as co-conspirators in the memory/reality that food comes from the Earth! And we dared eat from Her directly! This might not seem like much to you country mice, but here in Seattle, noticing

that the Mother will feed us without us planting or even asking, abundantly, beautifully, lovingly, is revolutionary. The car salesman, the truck driver, the truck driver's wife, and the massage therapist might never have met or spoken anywhere else, but here we were equal and we were kin at a blackberry bramble on the edge of a parking lot in the heart of commercial downtown West Seattle.

Blessed be.

Amy

“Grandson! The feeling IS the Prayer!”

—Grandfather Stalking Wolf

And Now It Begins...

"It's an important time in history right now, and those who are watching the international situation absolutely know that it marks a turning point. If you are Kryon reader, you may recognize that this was predicted 18 years ago in book one, and was discussed after that in most of the continuing books in the series as well.

Kryon spoke of a 'battle to come' that will be the fight between the old and new energy of the planet. In subsequent books Kryon even mentioned that it would be the definition of 'civilization.' He called us warriors of the Light, and named us 'Lightworkers.'

Almost all of the channeling for the last few years have been about this, and about the fact that we should be prepared by changing the vibration of ourselves first, and that this would change the vibration of the planet. He has told us, 'Real light-houses are never built in safe places,' and that we are needed right now to balance ourselves to the degree that our light can make a difference. The storm approaches, and we are the front metaphysical line to meet it. and now it begins.... "

From Lee Carroll~ As seen on the kryon.com website: In The Spirit eMagazine; Articles

There was an echo of the ideas above on the radio the other night when someone was speaking about the prophecies of Nostradamus when he said that World War III would

be a war between ethnic beliefs and the armies of city states and would be in full swing at this time and last 25 years.... Now we are here.... It may be necessary for people to be living differently very soon, a need for there to be a safe place for people to come to.... We have been hearing about these things for years. Now it is come.

Truth and fantasy.... The choice is ours to make. Denial serves a purpose for a while but Truth is all that sustains. We can believe in our dominant Western Culture's platitudes, keep our polluting jobs, buying the American Dream and way of life, or we can understand that most of this is fiction, and begin to live in a way that heals the planet we live on. Truth is we are at war, in a world of war, our government (and many others as well) is keeping secrets, among which is the building of labs of biological war materials. New Diseases are rampant and not responding to new antibiotics that stress the body they are meant to heal nearly to death. Where did they come from? Only the rampant use of antibiotics by MDs, or maybe also a leakage from places that were not supposed to leak.

So how do we live in this Truth? Our energy created the world of war. We need to turn our energy to healing instead. We need to learn to be mindful of our thoughts and put our energy toward a world that works, instead of places of complacency, fear, or denial.

Prayer is our only consis-

tent tool in this war experience. Prayer lifts our vibration and the vibration of anything we are praying about. And since our purpose in living is to give thanks for All life, prayer needs to be said in words of gratitude for results already being made manifest. We do not ask for world peace... We give thanks for world peace with a grateful heart and then we watch the news for signs of it happening in the small everyday things of people living together. If we only see the war-torn tragedies, the children with missing limbs, the ruins of cities bombed, the disaster man can wreak on his brothers and sisters, the suicides that kill others too... this is the energy that will continue. We must see the small bits of peace and give thanks for them for the energy to change, while holding the larger vision of all of it already happening. Every step a prayer, Every breath a prayer as our sister Sage's song goes. Intent changing global energy every moment of every day. WE DO MAKE A DIFFERENCE. We give thanks for this. We also give thanks for the ceremonies that bring us together to Pray together to give thanks together.

"When two or more are gathered...." And our difference is made greater by each other, together, day by day.... It is one reason, I think, that Sun Bear told us we need to live in villages to get through the changes

together is the only way we will raise our vibration and the vibration of the planet we live on.

Yet the chaos of our times, the emphasis on independence and on money and on many other distractions keeps getting in the way of us all getting together... what is up with that??

We all have free will, we all have choice... why are we letting the chaos set our priorities for us?

Why are the sacred things usually left for the last of our resources of energy and time? Why is the fiction of our western culture so believable that we can't make the changes we need to make to allow us to gather together in the Truth of who we really are and give thanks for this?? Why are some of our brothers and sisters choosing to take up guns and kill? Why does our consciousness make room for that and not for massive conservation measures for detoxing our dying environment? This is a mystery!

Come join with us in pipe or moon or sweat! Come pray with us in thanks for our lives and these times and all the abundance the Mother keeps giving us. Move the mountains of habit and cultural indifference and come join with us. Be a part of the Change that is happening.

Kadeeschday,
Grandmother BuhMuh

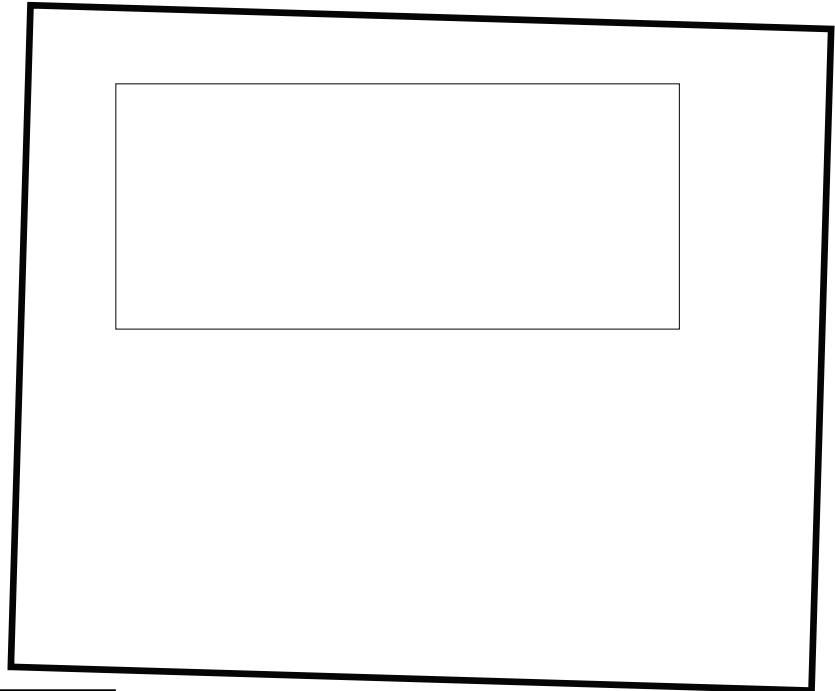


The Village of Chaneeg Chaneesch Washington:

This blank space is provided for you to write down your community's direction, your place in it, so you can bring it to the council meeting, or you can send it via snail mail.

thoughts about this bring it to the council meeting, or

A large, blank, curved area that resembles a wide, shallow bowl or a large letter 'C'. It is defined by two concentric, curved lines that meet at the top and bottom points, creating a space for writing.



We're on the Web!
<http://chaneegchaneesch.com/>

SUMMER-

Summer is the energy of Father Sun- the plants in the garden are forming fruit and the leaves are blocking all the paths... the young adults are competing in the job market and creating their families.... Coyote is giving all of us the boot into the exact situation we need for our highest growth whether we have asked for it or not.... Energy is high, days are hot, nights are sweaty...bears are eating berries as they come on, getting fat.

FALL-

Fall is the time of Mudjekeewis, the father of the Medicine Wheel... the evenings are cooling, the leaves are beginning to fall, we are harvesting the fruits of our summer labors... the Grizzly Bear brings the energy of knowing what works and what doesn't..

We take time in the fall to sit on the rocker on the porch and listen to what we have learned and what we have experienced...and what we know now about what works to help ourselves and the world...