



# Chaneeg Chaneesch

December 1, 2006

Volume 8, Issue 2

## Council Fires Burning

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Last Earth Renewal!

2 There were 13 of us at the council meeting in October. In our sharing circle, we found that we have consensus that we want the work of Chaneeg Chaneesch to continue even though the forms may change and certainly, the leadership is changing with the move of Bright Owl and Barry to Idaho next year.

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8-9 Our time together was very strong. We wish to honor Bright Owl who has held the land consistently for us for 20 years and we have seen the site change three times in that period. We greatly appreciate her teachings and her dedication. We honor her by sharing what we have all learned now with others and we step up into the leadership roles.

Now there will be two land bases for Chaneeg Chaneesch, one here in the Seattle area,

and one in Idaho. Some realizations have become obvious, as many of us have been conversing about the changes happening, both in Council and over the breakfast tables. Here the community Totem is the Wolf, the Spirit Keeper of Community and teacher of the ways of living and working together closely to create what is needed by the People. In Idaho, the community Totem is the Bear, a healer and one of vision. The community there is for us to rest and renew, to quest vision, to retreat from the unreality of Western Culture and come again into the Truth of the Mother Earth and her gifts to us. Bright Owl was told by Spirit to make a place there for the People to come.

### Next Meeting

The next council meeting will be in December, during Earth Renewal.

With that meeting, the agenda will be to affirm the Vision Statement and to create the medicine bundles for CC Idaho and CC Washington.

**Bright Owl tells us, "There is a need now for us to create Community Bundles, one here, a Wolf bundle and one for Idaho, a Bear bundle. There is need for those of us who are to be in leadership in any capacity to bring a token of ourselves to the bundles."**

All of us at Earth Renewal will create these bundles. This doing is a medicine doing and will help us be able to do what needs to be done together and in each place. They will keep our two bases connected and be resources for us. If you would like to participate in this doing, come join us during Earth Renewal this year.

"You can search the world over and you will find no one who is more deserving of your kindness and well wishing than you yourself."

~Buddha

We've had some wild weather here in Western Washington this past week. As I write this Barry and Bright Owl are in Idaho. The interruption of our normal routines due to icy roads and crazy traffic has resulted in a delay getting this newsletter out. The storm deposited enough snow here at Chaneeg Chaneesch to collapse awnings and our sweat lodge. It's a re-

### Winter Wonder

minder to us all of Earth Mother's great power, and how with all of our technology and infrastructure, a few inches of snow brings all to a sudden halt.

I love the snow, just not driving in it. Most people just look at the negative, and never look at the beauty. All they see is inconvenience. At first I was concerned and disap-

pointed about the collapse of the sweat lodge, but quickly I saw as a great opportunity for me to experience how to build a new lodge; something I've never done before.

The most silent night I ever experienced was walking through the forest after fresh snowfall. The silence and peace is profound. So, send some love to the snow and its lessons. (by Vision Wolf)

## ***Sacred Spaces, pt 2***

Here I would like to expand on the ideas presented last time in the article about altars.

Everything is Sacred. This is a Truth. It is also true that we often forget this. Going unconscious of this is one of our ways of not taking responsibility for our steps on the Mother, for the decisions we make and for the things we do... or for the impact we have on others by these things. You have likely heard a teacher say it is important to be mindful, which to me means to stay aware in each moment of my actions, reactions, and impact thereof. I do not find this easy. Being unconscious is easy. It was my constant state until after my divorce at age 30. Waking up was difficult and continues to be difficult. OhShinnah is fond of saying "The work doesn't slow down just because you become enlightened."

What has worked better for me is to dedicate the spaces I live in and work in as Sacred spaces and to put things there that have been given the job of holding that energy for me and reminding me that I did that. Therefore, whenever I move, one of the first things I do in my new place is a House Blessing. At the end of the blessing my house has an energy tuned to the Sacredness of my Intent in my life, and no other energy is welcome there. There are red tobacco ties in the corners that dispel the dense energy of conflict, and prayer feathers in the 4 directions to call in the blessings of Spirit. Plus when I see these very obvious things, I remember what I did in the blessing and my actions are more easily led to support my intent than when I am unconscious of it.

This is also the concept behind putting an Earth mound in the garden. Here is a specific area to say Thank You to the Earth Mother for blessing our garden and for providing abundantly for us and for all the people of everywhere should they choose to receive it. Placing it where I need to walk in order to go to the garden reminds me of these things each time I walk there. It makes it easier to remember to be mindful of the beingness of the plants growing

there and of the animals in the nearby pens. It reminds me that all life is Sacred and honoring that helps me honor my life.

In my bedroom, I have placed altars in the 4 directions to bring in blessings for my life and help me remember even my bedroom is a Sacred place. I have 4 generator crystals under the corners of my bed to bring me the Earth's energy and teachings. Sleeping in this grid of Sacred Energy for the last 30 years has, I believe, accelerated my growth and my awareness of my dreams.

When you decide you want to dedicate larger areas of your living space to Sacredness, be mindful of this intent, and of the placement of your reminders. Bring beauty into these placements with artwork, pottery, plants, crystals, rocks and whatever helps you connect. The healing bundles you make can live on these altars and be fed by the Sacredness you call in.

For extra protection of your intent, you can put a protection circle around the boundary of your area (your yard, your house, your garden or whatever) by walking your boundary sprinkling a combination in equal parts of seasalt, tobacco, and cornmeal, while praying thankyou for the protection of your intent and your life.

We have done that all around our 4 and a half acres here at ChCh several times in the 9 years we have been here.

Then you must be mindful of others who visit, of not inviting those who would not respect what you have done. Also, many doings such as these need you to be quiet about them, not to talk about them with anyone who cannot honor what you have done. Rather invite them to quietly walk on your land and listen, as I have heard many times from newcomers here, to how "nice and peaceful" it feels and there will be requests for return visits. It is a good way to be of service to others, to have a place that feels good to them and keep your door open to them. It is not necessary to talk about why things feel they way until they are open to hearing what you say.

Then you will notice also the benefit to you of living in a place where the intent of living is clear and the energies are all working together to help you create your life the way you want it. The peace you ask for is there and you can order your thought and your decisions from a place of Spirit connection and not from the values of others who would keep you in turmoil. Your nights will bring dreams perhaps of visions and you can walk with Creator when you close your eyes. Believe this. This is also a Truth: You create your own life by what you think. You have heard that Faith is how God works in us. Believe this is True. Just Believe, because it IS true. Then you will experience it to be so. This is also called TRUST. This comes before the experience. That, as SunBear used to say, is just the way of it.

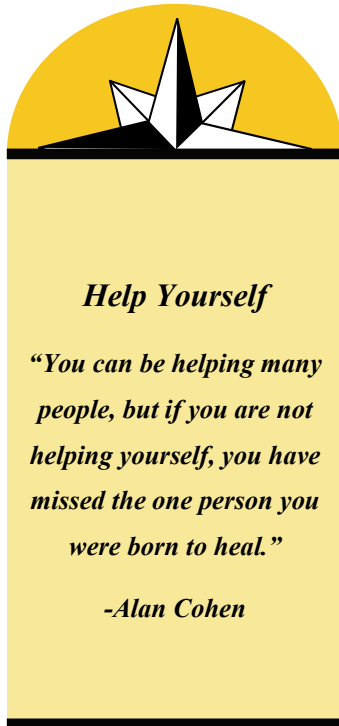
Think then of the other places you spend your time. My car is blessed also. Blessing feathers the men made in ceremony for all of us at Earth Renewal are hanging and there are crystals and rocks and a travel witch in my car. In my glove compartment is a little bag of cornmeal and one of tobacco for the thank you prayers I want to make when I am traveling.

I carry tobacco ties with prayers in them in my work bag. They help me remember to consider my work place a Sacred Place whether I agree with the philosophy they practice or not. And to remember that I am not in charge of my life and I am there only partly to finance the rest of my life, but also to be mindful of each moment's gift and challenge from Great Goddess. For this is another Truth: there are no coincidences. All is as ordered by the Creator of Everything. The object of Life is to Learn to Love and say Thank You, and each moment there will be a challenge to that and also a gift which will help you meet the challenge and Love it.

Therefore, you see, you can use your surroundings to help you in your goals to be connected to Spirit in all things all the time. Being Conscious about making —>

(continued from previous page) Sacred Spaces all around you is really good for reminding you You, too, are Sacred. Me, I am dense, thick skulled and sometimes incredibly naïve and dunder-headed. I need all the help I can get to see what is right in front of my face! These ways have helped me. May these ways also help you!

by Grandmother BuhMuh



### Help Yourself

*“You can be helping many people, but if you are not helping yourself, you have missed the one person you were born to heal.”*

*-Alan Cohen*

## Vote = Energy

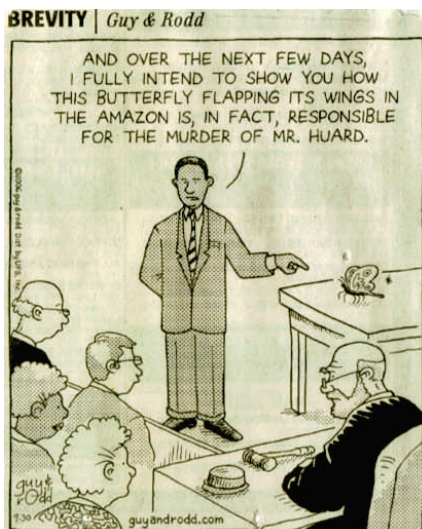
by Mahala

**As I mailed in my ballot this past November, I was reminded of the many opportunities we have to vote for the kind of Life we want.**

**We vote with our dollars every time we shop. Are we supporting large conglomerates who are shrinking our standard of living? Or are we voting for diversity and living wages, by shopping the small locally owned stores?**

**We vote with our feet and our intent by attending ceremony, and putting our energy into what is im-**

**portant to us. All voices are heard and all are important. Knowing this, we can make clear and conscious choices that support the perfect world we want to live in.**



## Men's Circle News

by Vision Wolf Dancing

As mentioned on the first page, the community sweat lodge was collapsed under the weight of the snow that fell here. We are now preparing to quickly rebuild that lodge, once Bright Owl is back from Idaho.

All in all it has been an extraordinary year for our Men's Circle. We've seen many new faces come into our circle, and I feel good about the work that has taken place this year.

My own life has changed by leaps and bounds...sometimes too quickly and profoundly for me to fully understand. This year was so amazing for me I cannot put it into words.

Last year at New Year's Eve here at Chaneeg Chaneesch, we had our New Year's Pipe ceremony and Bright Owl led us in setting our intentions for the coming year. As I sit at my desk and look up at that sheet of paper with my list of intentions, I see that 98% of those things came true for me. Those things that have not come true, did not come true because of my own resistance to Abundance.

Let's not forget my taking a new name. I didn't even write that intention down at New Years and it still manifested.

This year I was able to attend Tom Brown JR's Tracker School, and quit a job I hated to attend two extra weeks of Philosophy courses at Tracker School. Truly a dream come true! Despite leaving my job, I've been provided for by

Spirit. I have found work being self-employed, and have been able to meet my needs.

I met the woman and partner that I set my intention for that New Year's Night, and now we are together and growing in our loving relationship. She is the answer to my prayers to Earth Mother.

Blessings do not come without the lessons and struggles. My struggle has been for balance in my walk on the Red Road. It is difficult for me to balance Spiritual and Physical worlds. Bills have to be paid, the toilet has to be cleaned, and yet I would rather walk in the forest and speak with the trees.

Then there's times when I get kind overloaded on ceremony, like after I returned from the Montana Naraya (another dream / Intention come true). The energy was so big, so powerful, I'm still working on processing through it. When I got back I wanted to just cocoon but there were many demands on my time, and life goes on.

Through all of this, there were my brothers here in the Men's Circle. These brothers who I laugh with, cry with, and who share both pain and healing with me. We heal each other, we care for each other, and knowing they are there for me means more than I can ever express.

Blessings upon Derek our Lodge leader, Barry, Rich, Phil, Ed, Tom O., Scott, Terry, Mugwort, and Kirk. (And Barry's dog Snatch too)

# Naraya Fundraiser Success!

Bright Owl and Barry traveled to Ballard on November 11<sup>th</sup> to attend the Northwest Naraya Community Auction/Dinner. Bright Owl, who holds the energy of Grandmother for the NW Naraya, tells people about the big medicine to be found when you come to dance (journey, vision) around the Tree of Life. She advises you to listen if you hear the call to come. NW Naraya will hold their 3 day ceremonial Dance on Vashon Island on February 22-24, 2007. As always, fundraising is a necessary responsibility of any event planning.

Many Chaneeg Chaneesch community members donated items and hard labor for the dinner and the silent and LIVE! Auctions. Included were a hand-braided Pendleton woolen-scrap rug made by Barry and Bright Owl. Barry donated delicious, home-grown and homemade pumpkin bread, which sold in the silent auction in the first 5 minutes! Amy Fuchs donated a massage. SkyBear donated a beautifully hand-crafted ribbon shirt, which was a great hit when it was modeled in the loud and very competitive LIVE! Auction. Also a couple of her beaded bags. White Swan gave a framed print by Elder/Teacher and Ute artist Bear Boy LaRue. Also a Pendleton blanket.

Helen Heron Heart, bless her, brought gorgeous Fall leaves and nuts to decorate the tables. Wanda Moore was assistant chef preparing a dinner of both Coastal and Plains Native foods: salmon, buffalo stew, corn, salad, baked potatoes, and berry apple crumble. Sue Rooney was a true uncomplaining volunteer dishwasher and tirelessly washed pots and dishes for more than an hour and was totally soaked through to her skin before she left! Many other hands helped.

Clyde Hall, the Elder and vision-

ary of the Dance traveled from Ft. Hall, Idaho to be MC of the event. This auction was a re-sounding success financially and emotionally. What warmed the heart most for me knew that people took home exactly what Spirit planned for them. They took home a gift from the auction that they will use and see in their homes. Even more valuable are the gifts of appreciating each other, the gifts of working and playing, learning and laughing together in community.

by Kim White Swan



^ Above: Helen  
< Left: Clyde Hall, Favro, Tom



> Right: Bright Owl, Barry and Helen  
v Below: Conrado and Helen



(ED: Names were not known for everyone in the pictures. )

# Classifieds and Announcements

## REMINDER

Please feel free to go to my website and read the section "Applied Practical Spirituality"!! I just was reading it after years of not, and am totally surprised by what I read! It's good stuff!! Review, perhaps, for many of you but I really appreciated going through it again, I've been thinking of adding some stuff, but now I think I won't probably until after the move.

Anyway, here's the address now:

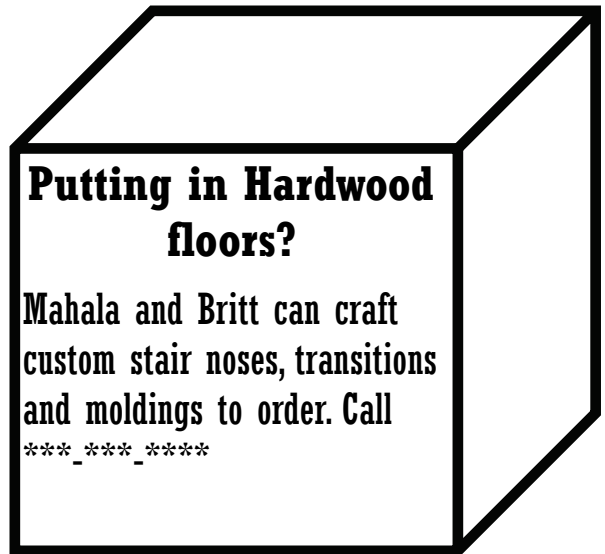
[www.chaneegchaneesch.com](http://www.chaneegchaneesch.com)

and go down the menu to Bright Owl's Nest. Ok?

Much love,  
Bright Owl



Never use money  
to measure wealth.  
—from Broken  
Trail



## 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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### Mahala

Shamanic Healing, Nikken Wellness Consultant, Products for Air, Water, Sleep, Nutrition and Fitness.

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

### 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

### Richard Kasden

Plumbing, Drywall, Electrical, Painting, Tile work and more.  
Computer Services, Database Building, and Training. \*\*\*\_\*\*\*\_\*\*\*\*



# Chaneeg Chaneesch Vision Statement

We of Chaneeg Chaneesch (CC) remember a long past and envision a long future for our community. Chaneeg Chaneesch means sanctuary; it is a place of safety, where none can be enemies. In this atmosphere where antagonisms are dropped and all are welcome, we have changed and grown. CC is open to everyone who wishes to come for ceremony, teachings, or to enjoy the blessing of this peace and acceptance. Over time, many have experienced great transformation.

We are grateful for this. Our vision for CC is that these transformations will continue, fostered by ceremony, community of chosen family, openness, and service to the elders. When we can maintain a land base here in Washington, we will. When and if we

cannot, those among us who are able and willing to lead Pipe, Moon, and Sweat will lead them, always with an open door. As we evolve into our growth here, there is a place for new ways of being together. New ceremonies may find a home and willing hearts here.

Always, wherever we are, we honor all the ones of our history who helped us nurture this family - Turtle, Jackie, Basha, Ellie, Skybear, Luanne, Mahala, Owlheart and others who were here in the early years with Bright Owl - and the teachers of Bright Owl - OhShinnah Fastwolf and Sun Bear - who gifted us all with the ceremonies.

With the departure of Barry and Bright Owl for Idaho, our community is growing broader and wider, and our commitment to Turtle Island has a chance to express itself deeper. There has always been a connection between these two places in the migration and hunting patterns of the indigenous people. Bright Owl will return to teach as needed or asked. New leaders are coming forward to take responsibility in the Northwest, and longtime students realize that they know more than they thought and are now ready to pass on what they know. The plan is to establish another land-base for Chaneeg Chaneesch in Idaho.

Spirit has told Bright Owl she is going to Idaho to "prepare a place for the people" to come when the Changes make things hard to stay in the cities, and also as a place for refuge, retreat, and sharing with those of the community here and with the Hoop there and with our sister community Moonfire in New York. There is work there for her to do.

As she grows into her role as grandmother, it is time for those of us who basked in her love and knowledge and Doing to pass on what we have learned, to embody

and carry on the teachings. This is the greatest honor one can show a teacher, and one we all owe her. We know we are capable of it. As in the past, many will come through our door; some will stay for a while and some will stay for longer. All are welcome.

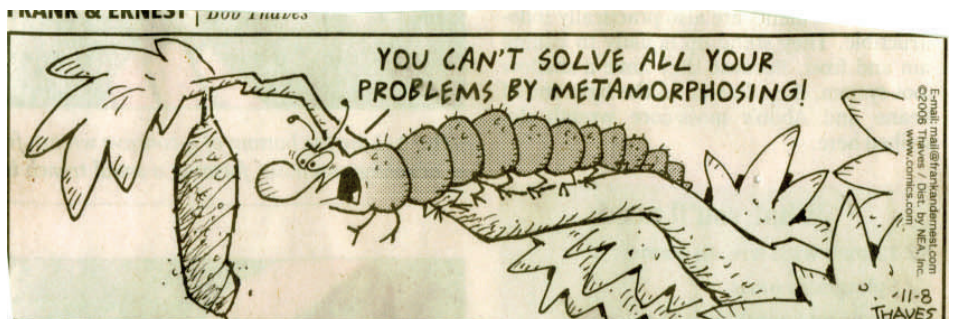
Finally, the spirit of CC is in all of us, it is all of us, and it is its own entity. Whether our own paths continue with CC or separately, we carry that energy with us for the rest of our lives. For this, we are all so grateful.

A ho!

Editor: *Thanks to Karen for taking the minutes for the council meeting and thanks to Amy for transcribing the minutes to create the Vision Statement.*

**"We humans must come again to a moral comprehension of the earth and air. We must live according to the principle of a land ethic. The alternative is that we shall not live at all."**

**~N. Scott Momaday, Kiowa~**



# A Circle of Gifts

Throughout the year, we hold the Looking Horse family in our hearts and in our prayers. Arvol Looking Horse is the Keeper of the White Buffalo Calf Woman Pipe. We honor his lifelong walk behind this Pipe at this time of year by gifting the children in his family (there are 3 dozen now, with one yet to come in January!)

Presently, our family across the Northwest is gathering and boxing the warm clothing, gloves, jackets and toys that become the gift box sent to each child.

Gladys Looking Horse helps us play Santa, supplying the sizes, special needs and dreams of her nieces, nephews and

grandchildren. She cares for her extended family with the strength of the Woman's Way, even as her brother Arvol Looking Horse does his work for all the people. Gladys wears many of hats, including her work at the newly reopened Oglala College in the Human Resources department. She encourages all within range of her voice to attend.

For almost twenty years, the first Sunday in December has been Elder Boxing Day at Chaneeg Chaneesch. We wrap presents and bake cookies to travel in the boxes sent to the Cheyenne River Reservation in South Dakota. Our community-family joins in the fun. Our friends who

walk through the kitchen and into the living room, where we hold our Ceremonies, see the familiar gifting baskets on the altar by the wall. This time of year, we have an opportunity to share abundance with others. In addition to the basket that assists with holding space for Chaneeg Chaneesch, the land and its people, there is a basket for the Elders. These donations cover heating expenses during the time of winter winds, the Looking Horse family Christmas and any extraordinary expenses we are honored to share in community.

Please stop by! Sample Christmas cookies; say a prayer of gratitude at the altar... and Always feel free to give from your heart

from what you have been given, so that abundance is spread around the circle, to return to you!

by Helen Heronheart

“Care take this moment.

Immerse yourself in its particulars.

Respond to this person, this challenge, this deed.

Quit the evasions.

Stop giving yourself needless trouble.

It is time to really live; to fully inhabit the situation you happen to be in now.”

--Epictetus

“You get the lesson ‘till you GET the lesson.” — Barry Bear



## Prayer Request

Please add your prayers to our Prayer board of gratitude:

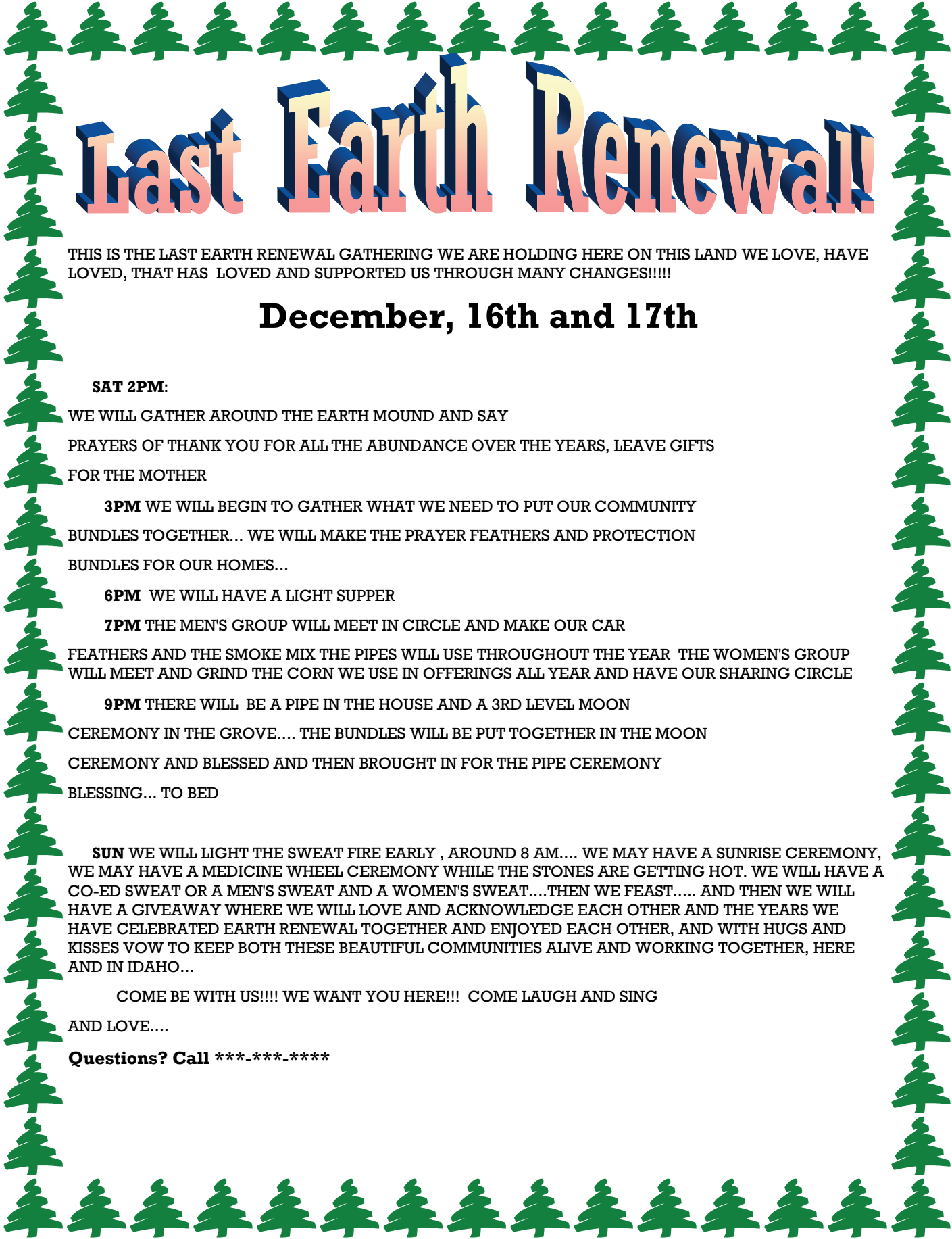
For the land here and the plants and trees here and all the learning and love that has happened here, and for the perfect buyer of this land who is coming into our awareness.

And please add your prayers for the land in Idaho that has been found there for all of us.



LOVE  
LIFE  
FAMILY





# Last Earth Renewal

THIS IS THE LAST EARTH RENEWAL GATHERING WE ARE HOLDING HERE ON THIS LAND WE LOVE, HAVE LOVED, THAT HAS LOVED AND SUPPORTED US THROUGH MANY CHANGES!!!!

**December, 16th and 17th**

**SAT 2PM:**

WE WILL GATHER AROUND THE EARTH MOUND AND SAY PRAYERS OF THANK YOU FOR ALL THE ABUNDANCE OVER THE YEARS, LEAVE GIFTS FOR THE MOTHER

**3PM** WE WILL BEGIN TO GATHER WHAT WE NEED TO PUT OUR COMMUNITY BUNDLES TOGETHER... WE WILL MAKE THE PRAYER FEATHERS AND PROTECTION BUNDLES FOR OUR HOMES...

**6PM** WE WILL HAVE A LIGHT SUPPER

**7PM** THE MEN'S GROUP WILL MEET IN CIRCLE AND MAKE OUR CAR FEATHERS AND THE SMOKE MIX THE PIPES WILL USE THROUGHOUT THE YEAR THE WOMEN'S GROUP WILL MEET AND GRIND THE CORN WE USE IN OFFERINGS ALL YEAR AND HAVE OUR SHARING CIRCLE

**9PM** THERE WILL BE A PIPE IN THE HOUSE AND A 3RD LEVEL MOON CEREMONY IN THE GROVE.... THE BUNDLES WILL BE PUT TOGETHER IN THE MOON CEREMONY AND BLESSED AND THEN BROUGHT IN FOR THE PIPE CEREMONY BLESSING... TO BED

**SUN** WE WILL LIGHT THE SWEAT FIRE EARLY , AROUND 8 AM.... WE MAY HAVE A SUNRISE CEREMONY, WE MAY HAVE A MEDICINE WHEEL CEREMONY WHILE THE STONES ARE GETTING HOT. WE WILL HAVE A CO-ED SWEAT OR A MEN'S SWEAT AND A WOMEN'S SWEAT....THEN WE FEAST..... AND THEN WE WILL HAVE A GIVEAWAY WHERE WE WILL LOVE AND ACKNOWLEDGE EACH OTHER AND THE YEARS WE HAVE CELEBRATED EARTH RENEWAL TOGETHER AND ENJOYED EACH OTHER, AND WITH HUGS AND KISSES VOW TO KEEP BOTH THESE BEAUTIFUL COMMUNITIES ALIVE AND WORKING TOGETHER, HERE AND IN IDAHO...

COME BE WITH US!!!! WE WANT YOU HERE!!! COME LAUGH AND SING AND LOVE....

**Questions? Call \*\*\*-\*\*\*-\*\*\*\***

Winter 2006- '07

Chaneeg Chaneesch

Phone: \*\*\*-\*\*\*-\*\*\*\*



We're on the Web!

<http://chaneegchaneesch.com/>

## 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...

## WINTER-

Winter is coming, Winter is here

Waboose the White Buffalo of the North

Walks in snow when all have gone in to

Be warm and renew, to consolidate the

Learning of the rest of the Wheel of the Year

To manifest healing of body and home, of work

Environment

To listen to Spirit and the Wisdom of the Elders

To sleep, and to Dream