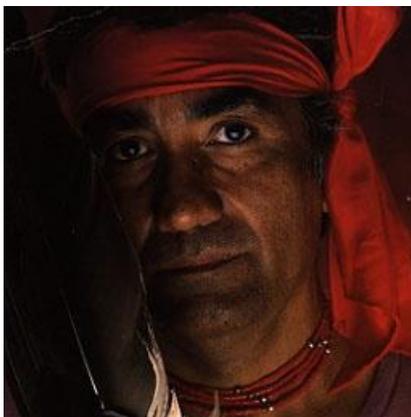




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### **Dancing with Joseph by Marina Budimir**



*Breath... Dreaming and dancing is a way to come into yourself*

When I dream, I often cannot recall what I actually dreamt although I know that I did dream something and at times I recall segments later. But when I do remember, it is very vivid. In the early 1990s I was awakened at three in the morning looking into the face of a Native American Indian with a long name that I did not quite catch. The only word I could remember was Beautiful.

I got up, switched on my computer and punched in “Beautiful Indian” thinking “Marina, you’re losing it. Do you really think this guy actually exists?” To my utter surprise I found the face and the name: Joseph Rael Beautiful Painted Arrow. I sat in a trance staring at the screen and a short piece of information on the Sun

Moon Dance posted by Miguel Kavlin in Bolivia. I saved Joseph’s face onto my computer and decided that what I wanted to do was Dance.

*Matter... When the time is right*

I spent the next couple of years saving up for Bolivia and looking for other dances in Europe, reiterating my commitment to dance to the face on my computer screen. The information I found was outdated and described dances that were no longer taking place. With time, I gave up my search and just let it go. And then in 1999 Joseph’s face surfaced on a flyer at my local restaurant and as I opened my mouth to ask for more information, what came out was “Sign me up. I’m dancing!”

*Movement... When dreams and wishes materialise*

It was not until 2000 that I finally danced my dream and fulfilled my wish and commitment and I have been dancing ever since. I danced my first Sun Moon Dance in Croatia in an arbour with 33 other dancers. As we moved to the tree and back, it was like Mother Earth breathing – in and out, in and out. Through the years I have danced through my fears and thought patterns and learnt to cherish each new sunrise. Dancing has given me a new perception of my life and how precious it is. It has taught me to let go of expectations and to be in the here and now, but also to be mindful of my thoughts, because they will materialise. As I danced my first dance, a voice said: “How about dancing all around the world?” So far, I have also danced in Scotland, Germany, the US and Brazil and each dance has brought new insights and experiences, friendships and a sense of oneness.

After my first Sun Moon Dance, I was told I could write to Joseph and ask for a name and so I did. It came in the form of an artwork with the name Beautiful Light. I placed it on the wall so it would be the first thing I saw when I woke up every morning. But it was not until 2004 when I attended my first Mystery School held by Joseph that I learnt that the sounds in my name are part of who I am and to a certain extent shape my life and destiny. It was then that I recalled that as a child I did not want my name. I wanted to be called Sonia, or Maya. Joseph’s book *Tracks of Dancing Light – A Native American Approach to Understanding Your Name*, which I bought that same year, brought me a deeper understanding and profound insights. The vowels in my given name also resonated in the other two I had wanted to be called.

A, purification, always trying to be perfect and purify things; I, awareness, always trying figure things out. The U in my surname, wanting to carry people or things in my life. (In my native Croatian my surname BUDI-MIR carries the meaning to be, or to awaken peace).

That same year, in 2004, I danced with Joseph and Geraldine Rael at the Sun Moon Dance in Pennsylvania, in beauty and light.