

Flight: A Living, Breathing Document of Consciousness

Volume 6 Issue 58 February, 2017



Articles and excerpts that will inform and inspire!

A Letter from the Editor:



This month holds a number of dates of importance to me. The first is February 2nd, which most know as "Groundhog Day", which I personally find to be ridiculous. I honour this day as Imbolc (pronounced "immulk"), which is an honouring of the seeds that are deep within the earth just beginning to stir so that in spring they can "hatch" and gestate. It is also a time of honouring the Light that begins to flood our world as the seasons progress in their change. On this day I like to do a ritual whereby I turn on all the lights in the house, light a candle and walk that candle through every room in the house chanting, "By all that's good and blood of kin, I welcome the Light and let it in." Just a little something that my grandmother taught me when I was a kid. The cover page of FLIGHT has an image honouring this time of year.

The next one is my birthday (yes, I do accept opulent gifts! Just kidding!) which, for me, is important as is all the birthdays of all people because celebrating birthdays is a way of celebrating the importance of a person's existence, all that they are, and all that they contribute to our world. I have gone through awkward moments around my birthday, and celebrating it is something that helps me to completely reclaim it as my own.

The final one is February 10th, which is the Full Snow Moon. Full moons always energize and charge me, and I encourage folks to put their healing rocks and crystals either outside for the charge of the moonlight/sunlight for 24 hours or on windowsills indoors where they can get the benefits of the sun and moon light.

I would like to thank all of my contributors for FLIGHT. Without your diligence this newsletter would be a LOT less than what it has been continuously developing into with your help. Thank you so much! Thank you to Sean Damien Hargreaves for agreeing to let me interview him for the article under Local Artists. If anyone knows of other local artists that might like to be interviewed about their artwork, please hook us up.

I want this newsletter to continue to go VIRAL, so please do forward it to anyone who may be interested. People can also get a free subscription to it by emailing me at deerhorn007@gmail.com.

Enjoy the read!

Trent Deerhorn

Editor

Deerhorn Shamanic Services *Floating* Drum Circle



With the impending lack of an affordable space for holding drum circles, Trent Deerhorn has come up with a dynamic solution in which the Drum Circle Community can participate! The Floating Drum Circle will now be available!

What is a Floating Drum Circle? It is a Drum Circle that is able to move from one location to another.

How does this work? Invite a minimum of 10 friends over for a drum circle in the privacy of your own home. Trent brings the supplies for the Drum Circle and the Ceremony.

Ceremony? Yes. As you all know, Trent's Drum Circles are Ceremony/Ritual based, which makes them both spectacular and unique. These celebrations can be in accordance to the phase of the Moon, or the Season, or whatever you choose to celebrate.

Who is in charge? You are in charge of the space and the people you invite and the number of people you can comfortably accommodate. Trent is in charge of the circle once it begins.

What if I don't have 10 people? It is important to have the minimum of 10 in order to be financially feasible for Trent to lead the circle. *Upon your request* in advance of the registration date, Trent can share the date and time and contact number with his contacts who can then contact you to see if there is enough space.

Who pays? Each person pays their fee (\$20) **ahead** of the date of the Drum Circle. If the fee is not paid **3 days in advance** of the circle, the spot goes to the next person in line on the waiting list. The host/hostess collects all fees and pays Trent **before** the circle begins on the date set. Hosts/Hostesses get the Drum Circle free of charge.

Children in attendance must be strictly monitored by their parents.

Any damaged supplies must be paid for or replaced by the one who damaged it (or parents if it is a child) **by a similar article of equal or greater value.**

What is the method of payment? **Cash only.** This makes it much easier for the host/hostess to collect.

To arrange for a Floating Drum Circle in your home, please contact Trent Deerhorn at deerhorn007@gmail.com or at (306) 978-5300.

Ongoing Events

Community Sharing Circle

@ Noon Daily



Balance Within™

ENERGY & WELLNESS CENTER
www.balancewithinwellness.com
 300 3rd Avenue South
 306-651-7227

Monday to Friday

Daily Meditation 24:00
 From 12:05 to 12:35pm

Aum Mantra Meditation
 Hand Mudra Meditation
 Metta Bhavana Meditation

Hosted by Sheena of
 Aum Tare Ray of Healing
 and Meditation
 By donation.

Saturday

Community Sharing Circle
 From 12pm to 1pm

Hosted by Trusted Members of
 our Communities
 By donation.

Free Mini Sessions
 From 1pm to 2pm
 Offered with love.







100% FREE

SOULworks is a FREE service for anyone who is seeking healing and support. We are more than just a healing centre, we are a community.





SOULworks is owned and operated by Lauren Heistad. Lauren is an intuitive spiritual healer, inspirational speaker, psychic medium, founder of SOULworks and author of her book "Activating your SOULworks: A Healing Journey".



3-2228 Ave. C N., Saskatoon — www.soulworks.pro — 306-652-5555



Spring Forest Qi Gong

A gentle Healing Exercise and Meditation Practice Group

Tuesday Evenings 7pm to 8pm

SOULWorks Sanctuary

3 - 2228 Ave. C. North, Saskatoon

Suggested \$10 Donations for room rental accepted

For more information contact: kathymdempsey@gmail.com

Skype and Face Time with the SHAMAN!

As part of my Shamanic Practice I have, for years, provided long distance healing work for people. This sometimes comes as an energy treatment and sometimes as a telephone counselling session. Well, now there is even another option available! We can now Skype a session, or, if you have an iphone or ipad you can download an App called "Face time". Once you have that, for our counselling and energy sessions you can speak to me face to face! If you are interested in this option, simply email me at deerhorn007@gmail.com or phone me at (306) 978.5300 to make arrangements. Blessed Be!



Upcoming Events



Send some Sound Waves of Healing to the Planet!

World Sound Healing Day 2017

Join Katherine Dempsey of Amythyst Therapies and Trent Deerhorn of Deerhorn Shamanic Services for a evening of Sound Healing for our world.

Experience a Crystal Bowl Sound Bath, a Drumming Circle, Gong, Rain Stick and Rattle Healing

Followed by Trance Dance.

Date: February 14th, 2017

Location: SOULworks Sacred Healing Center 3-2228 Ave. C North Saskatoon

Time: 6:30pm - 9:00pm

Tuition: \$30.00

Cash Only at the Door

Heal the Planet as we Heal ourselves.

Heal Ourselves as we Heal the Planet!



CONGREGATIONALIST WICCAN
ASSOCIATION OF SASKATCHEWAN



SKY RIVER TEMPLE

Imbolc Ritual

Public Ritual

Sunday February 5

2:30pm

Rusty MacDonald Library

225 Primrose Dr

Saskatoon, SK

Potluck social to follow

(no nuts/legumes/seeds/soy)

FREE to attend

DONATIONS welcome

Paranormal Experiences

These stories are intended to help expand awareness of whatever is "out there" that is not necessarily of this realm. Some of the stories may be frightening and some may be heart warming. Each one must be true and we are going to go out on a limb here and trust that whatever is sent in is, indeed, true to the experience of the writer. We do not want to have anyone telling someone else's story. This must be a first hand encounter reporting. It does not matter how long ago the event took place. What matters is the ***sharing of how this event has affected you since then.***

The story should be no more than 10 paragraphs long. Only one story will be published per FLIGHT issue. We look forward to hearing from you!

The Visitor

By Trent Deerhorn

When I was 13 years old I had the most frightening thing happen. I was sound asleep in my bed. I was woken up by the sound of the front door slamming. I expected that my parents would shoot out of bed and find out what was going on. But they didn't. Neither did my siblings. The house was completely quiet. I could hear the clock ticking on the piano downstairs...*that* quiet. Then whomever it was that entered our house began coming up the stairs. The stairs were wooden and creaked. It was as if the person had steel toed boots on and was basically stomping with each slow and steady step up.

My heart was racing. I was terrified. I wanted to hide under my bed or jump out my second story window. But I couldn't move. I couldn't figure out why no one else in the house was hearing this. Sixteen long, slow, stomping steps and he was at the top of the stairs. I could barely breathe. I wanted to call out to my parents, but my voice would not come through. I wanted to run to the closet and hide in there, but my body was paralysed. I listened as the footsteps came down the hallway to the other side of my door. I could feel a tear run down my cheek as the doorknob slowly...ever....so....slowly began to turn. My heart pounded in my chest. I was sure that I was going to die...and I could do NOTHING about it.

The door swung open and there was a large, dark figure standing in the doorway. Its eyes glowed with green fire. Each step it took into my room and around to the side of my bed weakened me even further. It stopped and looked down at me. Its eyes got brighter and it opened its mouth and let out a sound that I can only describe as a high pitched siren whaling so loud it would burst stadium lights. My ears hurt so bad I thought that they would be bleeding. A beam of light shot out of its eyes into my third eye in the center of my forehead while, at the same time, something was being sucked out of me into its mouth...like a mist into a vacuum. At that moment I passed out. Everything just went completely black.

I woke up the next morning with a start. I bolted out of bed and ran to the mirror. I checked myself for any bite marks or anything. The only thing I could see was that my eyes had dark shadows under them. I shook it off as just a nightmare.

Until it happened again the next night. And the night after that. And the night after that...for 2 weeks. I was in trouble, but whenever I went to say something my voice would waver and fade.

Then my mother asked me one morning if I was doing drugs. I could not believe that she would ask me that because I never had and never intended to ever do that. At first I was arguing the point, then realized that there was nothing that I could say that would make me sound innocent of a crime that I did not commit. I started to feel tears running down my face. She sat down at

the other side of the table and said, "I know you are not lying. I can always tell and you very rarely lie unless you are protecting someone else. So please...tell me what is going on. You look like you are on drugs. You have become hallowed and your face is sunken and your eyes have dark circles under them all the time. What is happening for you? What is happening to you?"

Suddenly the entire thing just burst from my lips. I wasn't sure I was making any sense whatsoever. I stammered and sobbed and shook like a leaf as I told my mother about these nocturnal visits from....SOMETHING...and what it was doing with me...as far as I could remember because I kept passing out.

She took me by the hand and said, "I believe you." Those were the most precious words I could ever have heard at that moment. I broke down and cried my eyes out. Then she said, "I don't know what to do about this, but I do know someone who might. I will call her today."

I pulled myself together enough to catch the bus and go to school. When I came home from school there was a woman I had never met sitting at the kitchen table talking with my mom. My mother introduced her and told me that she was a witch from the Moose Jaw area and that she was very skilled at vanquishing demons. She was going to teach me how to vanquish this particular kind of demon. Up until then, I did not believe in such things. I have since learned that they do indeed exist.

I did everything as she had taught me. The demon did not return. Until one day when a symbol that was placed on the outside of the front door, years later, got painted over by someone who did not know anything about what had gone on. I did not notice when I visited that following weekend. I just went into the house and walked right past the now non-existent symbol. That night though, it returned. I was older now...and now...I WAS

ANGRY. I checked on all the symbols and wards that had been placed with the spell I had been taught and found the one that was missing. Immediately I re-did the entire spell and in doing so replaced the symbol on the door. The demon never returned. I visited the farm house years after the farm was sold. It was run down and uninhabited. But I did notice that all the symbols were still in place and the house was empty and quiet.



Household Hints and Handy Tips



**Use cupcake cases to cover drinks glasses
in the summer
and prevent flies and hornets from
dropping in.**

Thought for the Day:

There is only one courage and that is the courage to go on dying to the past, not to collect it, not to accumulate it, not to cling to it. We all cling to the past, and because we cling to the past we become unavailable to the present.

Bhagwan Shree Rajneesh - *Walking in Zen, Sitting in Zen*

Lessons of Lifetimes: The Process of Remembering

By Claire Netzach

There is believing in the possibility of past lives, and then there is experiencing the remembering first hand.

In my early practice of believing, I acknowledged it as a possibility. I was open to it, but had no proof or direct experience one way or another. I had a flicker of hope when my aunt told me stories of going to see a past life regression therapist, but still, I had no direct experience with it.

Then I fell in love with my soul mate, and a waking up process began. I felt something I had never felt before, which was the hand of something greater than me in the budding of that relationship. My rational mind was saying, "This is not part of the plan!" while some other part of me knew there was no other option but to give in to being swept along by this force. Fate, you might call it.

Early in our relationship, I wrote a poem for him, which suggested that this was one of many lives, in multiple forms, where we faced the world together. It wasn't until many years later when we began our shamanic work together that it was confirmed by someone who is more experienced in identifying past lives that this was indeed the case.

Nothing helps you gain perspective on the day-to-day minor annoyances you experience with your spouse than discovering that you have been in relationship with this person dozens of times in past lives, and doing important work together in those lives.

My husband may be forgetful, and may not be the most handy person around the house, but he is also a warrior of the light, and my knowing that earns him endless forgiveness in this life. So does learning that some of our relationships were not exactly happy endings. As we strived to rely less on our past life guide and more on our own ability to remember, we discovered some uncomfortable truths.

My husband had learned that in one of his lives, he had lived in China, where he was stabbed in the back by a jealous lover. One day we were at our favourite Szechuan restaurant, and as I dug into my spicy fish and Szechuan green beans, I said, "Wow, I love this food so much. It is just so comforting to me. It nourishes me right down to my soul."

He narrowed his eyes, looked at me quizzically, and said, "Maybe it was *you* who stabbed me in the back."

I gasped and covered my mouth. "Oh no! That would be terrible!"

He knew it was true. And on some level, so did I.

What can you say at that point? “Sorry?” I tried. And then, “Wow, thanks for coming back to me.” At that point, I experienced a profound level of gratitude that the love we shared was deep enough to overcome the understandable desire to walk away from someone who had betrayed him so deeply in the distant past of another life. A few months later, we found a way to work together to heal the energetic wound he had experienced and carried with him since that time, and our relationship had a chance to deepen further in that healing.

I discovered during my own past life work that a great and malignant block had been attached to my soul during a particularly traumatic end during the witch hunts. It wasn’t until that block was removed and healed through soul retrieval that I began having more memories of who I truly am.

You never know where those triggers can come from. At one point I was having dreams of being chased by a man who wanted to kill me. I didn’t know anything else about our relationship or why he wanted me dead. A while later I was talking to a priestess friend on the phone. I mentioned that the space between us felt vulnerable to eavesdropping and interception. She suggested that the next time we spoke, we could call on the priestess lineage to guard and protect our conversation. Mention of the priestess lineage struck a chord in me that vibrated right to my core. After we hung up, the memories came back to me fast and furious. I realized how powerfully that block had affected all my deepest memories. I also realized that I probably didn’t survive the encounter that created that block in my body and my memory. And with that thought, I remembered that the damage had been done by a priest that served the dark, trying to get something from me that he wanted. And as I reeled with that memory, I realized that the priest was an incarnation of the man in my dreams.

Once I was practiced in trusting these memories, in believing they were true memories and not just an overactive imagination, or any of the other things we are encouraged to tell ourselves in this skeptical day and age, these memories started to come back in other ways, and not always so dramatic or frightening. I realized that appetites for certain foods probably spoke to past lives in some way. Asian food (as in the Szechuan example) has always been my go to for comfort food or when I’m sick, and I love to cook it. I also love Indian food, but I am less interested in cooking it, which I sense speaks to my being of a higher caste, where others cooked for me, when I was alive in India.

While taking an exercise class recently, we did an exercise using two long, heavy ropes, where we had to repeatedly lift them over our heads and slam them down in front of us. Another participant noticed how powerfully I slammed those ropes down. I joked, “I was a stagecoach driver in a former life!” When the exercise was over and I set down the ropes, I thought to myself, “I *was* a stagecoach driver in a former life.”

Through opening myself to the lessons of lifetimes, and believing in the process of remembering, I have learned so much more about myself. Certainly, not all of it is easy to face, such as realizing you have murdered your soul mate in a past life, but the more of my deep past that I own, the more of my future I can claim. It has changed my relationship with my immediate family, my extended family, and deepened my spiritual commitment.

Had I not done this work, I would not have been so connected to my reason for coming to earth in this life. As a priestess, lifetimes ago, I sustained a severe soul-level injury that kept me from my path, and even from coming back as a woman, for centuries. But this is my true form, and my true calling, and I now own it and am working in service to the Divine Feminine, alongside my fellow priestesses.

I believe each of us has soul commitments that follow us from lifetime to lifetime. It takes belief and some hard work to discover them. Believe me when I tell you it is completely worth it. If you've always wished your life would vibrate with meaning, heed the call of your soul, and start the process of remembering.

Sacred Tools and Instruments by Trent Deerhorn



The Cauldron

This is one of the prime staples of magical workings and definitely a must have in the altar department. The Cauldron is a three-legged cast iron pot, most often with a lid and with a handle (for hanging over a fire place fire or camp fire). The three legs, acting like a tripod, prevent the Cauldron from easily toppling over.

The Cauldron, on a practical level, is used to make soups, stews and broths. On a magical level it is used to create potions and to burn substances in, creating, for example, an incense or some other infusion.

The Cauldron represents the womb of the Great Earth Mother. So when spell casting it becomes extremely important to act ethically and responsibly, because whatever goes into the Cauldron for a spell will definitely manifest in our world. The Cauldron can be used in fire rituals to burn away things that we wish to relieve ourselves of, in that if we write on a piece of paper that which we wish to purge and offer it to the

Cauldron in a fire, the flames will burn away those energies from our lives. The flame of the Cauldron can also be used to make offerings of gratitude into in ritual and ceremony.

It is important to always "cure" your Cauldron before the initial use. Place the Cauldron and the lid on a cookie sheet. Preheat your oven to the highest possible temperature. Use vegetable oil or coconut oil to rub all over the surface of the Cauldron and the lid, inside and out. Make sure that it is well coated in the oil. Place in the oven on the cookie sheet and bake it until there is nothing but a small drop of oil in the bottom of the cauldron. Remove from heat and let sit to cool. Once cooled take a paper towel and absorb the remaining oil, and rub it all over the Cauldron and lid. Polish it up if you will. Now your Cauldron is cured and ready for use and the heat of the fire that you may ignite in it will not harm the iron surface. Remember to clean your Cauldron after every use. You can, if you wish, re-apply a small amount of oil to the inside of the Cauldron after each cleaning.

Rock Talk

by Ave Riddler

Double Terminated Crystals

Double termination can happen naturally, or be man made by cutting or carving the mineral. Typically these are a single crystal (short or long) that ends in two sharp terminations on the ends, though some double termination crystals will form as a long grouping of crystals with separate termination points. Double terminations are not exclusive to the quartz family of crystals, and can be found in many types of minerals, in some cases the termination points of the mineral are less sharp than quartz, so may look to be smooth.



Working with these crystals you will find they are excellent at both directing and removing energy at the same time. These can be used when removing illness from a person by holding the point of one of those terminations to the place of dis-ease to send in healing, while the second point can help cycle the dis-ease causing energy to be drawn out. The formation of the terminations on both ends creates a bridging between the energy of sending/receiving, and creates a cyclical more harmonious exchange of energies. You can also place the double termination crystal lengthwise on an area needing to be aided, a good example if you are suffering wrist pain from repetitive tasks, lay the double terminated crystal on the wrist to draw

the pain into the body of the crystal which will then disperse the energy from both tips (if using in this method you don't want to direct those points up into your own body!)

Also useful to create any sacred space/circle energy, if you place double terminated crystals around an item or person in a ring it will generate an energetic field. By bringing a continuous flow of energy from point to point of the crystals, this can create an energetic "barrier".

When making a crystal grid, you may want to use double terminated crystals between the central crystal and the outer rings; this would help charge the other crystals involved while also clearing them at the same time. The double terminations can also act as an extension for an energetic focus, if you have a focal crystal with a set task, then form a line of double terminated crystals, the focal crystal can be used exclusively for the task required while the double terms can clear and charge the focal. This can be helpful if the work required maybe be lengthy.



One thing I have done in the past that is a fun and feel good experience, hold a double terminated crystal towards your heart, and have a loved one stand on the other side of the crystal with the point towards their heart. I have also used double terminated crystals to help me focus when studying, one point towards the subject you are working on; best if it is a book, and the other towards your brain.

Local Artists:



Creativity Meets Passion

An Interview with Sean
Damien Hargreaves

by Trent Deerhorn

Last November I found something absolutely fascinating on face book. It was a photo of a sugar skull collection that an artist had decorated/created. Those who know me well, or those who just view my personal page on face book, all know that I have an absolute obsession with skulls...and sugar skulls are my favourite. I was completely in awe with the intricate detail that was on these skulls. As I scrolled through the photos I thought to myself, "I wonder how much one of these would cost?" Then I thought, "I wonder who this artist is?" So I private messaged Sean Damien Hargreaves and asked where in the world he was located and does he sell these fabulous creations? The reply made me almost squeal with delight. He was in a small town just outside of SASKATOON!!!! It did not take very long (about 3 minutes or less) for me to order one of the decorated sugar skulls to be done for myself. Of course, seeing as how it was right before the Christmas rush I was going to have to be patient and wait on the creation. It was well worth the wait. But as I waited, I kept in contact with Sean, who has become a new friend.

The day that the skull was ready we met at a local coffee shop for the "exchange" and sat together and chatted for close to 2 hours. During our visit I set the new sugar skull right out on the table so that I could completely admire it. Others in the coffee shop definitely noticed it, and some passed by and complimented the artistry. It is always good, I find, when an artist can hear those kinds of positive affirmations from total strangers. Sean's energy glowed at the praise, and rightfully so. He is incredibly talented, but also a humble man. During our conversation I got to see deeper into what makes him who he is. He is a deep thinker, yet very passionate in his approach to life and to life's many struggles. I feel blessed to have crossed paths with this person and so I felt it was important to write an article featuring Sean and his work. He agreed to answer some questions for an interview. So here is what we came up with. I hope you enjoy.



Q: What do you feel is the driving force behind your creations?

A: Passion. I love the entire process of imagining, creating and completing a piece. Every brush stroke, penciled line, inked outline, or airbrush pass is done with intense passion and thought.

Q: How does the creation of your pieces of art feed you on a soul level?

A: If you're doing what you love, using every bit of your educated or self taught skill, and bringing even the smallest spark of imagination to fruition, you're feeding your soul. Certain pieces also come straight from your soul as well, so it could be said it's a never ending circle of give and take.

Q: How would you describe the process you go through in creating one of your decorated skulls?

A: EVERY Sugar Skull, or decorated skull, starts with a full color 2D drawing. Every stencil for the hand painted flourishes and patterns, is hand drawn and cut. All acrylic jewels are sorted and hand-picked from the thousand I have on hand ahead of time. It is not uncommon for me to literally hold and stare at one of the 'blank' unpainted skulls until ideas/designs, flourishes and jewellery come to mind, allowing me to see ahead to the finished piece. I NEVER do the same skull twice and I'll never create and sell a skull I wouldn't be proud to add to my own collection.

Q: Why skulls?



A: This is the most common question I get asked. I'm definitely capable of all sorts of other art & styles, but I'd be lying if I said I didn't have some sort of skull based artwork on the go, or on the back burner of my mind at any given moment. I have no fear of death, I see it as just another stage of life, I don't see skulls as the dark foreboding figure, representative of our impending mortality. At one point in life, all that we are, thoughts, character, morality, intelligence, the

electrical pulses of life and dare I say it, our souls, is housed in and protected by our skull. Some religions believe that the eyes are the window to the soul, so when I look into the eye sockets of a skull, I can't help but think "who were you?" "what type of soul used to reside here?". Now, I don't use actual human skulls for my work obviously, but, I can still try to give mine the "feel" of the soul I imagine lived there at one time. Yes, I have a flare for the macabre, but it's not always the intent, especially when it comes to my brightly colored and decorated Sugar Skulls etc.

Q: How long on average does it take you to create a decorated skull?

A: It varies, but usually the whole process will take up to two weeks of work, keeping in mind that I normally have two-three other pieces on the go at the same time. If I have the dedicated time for just that skull, I can usually produce one in a week.

Q: How should people contact you if they are interested in getting you to create one for them?



A: The best way to reach me is by visiting and "liking" my Facebook art page: www.facebook.com/Art.By.Sean.Damien/ and clicking the "Contact Us" button, one of my multiple personalities will reply as quickly as possible. Make sure you set it to receive updates etc in your news feed for the very latest creations by hovering the mouse over the "Like" button. I do not take calls/texts and I'm in the process of building a website, which may take a while given my precise ideas of what I want for it and from it.

www.facebook.com/pg/Art.By.Sean.Damien/videos/?ref=page_internal

From the Flower Spirit Cards by Melanie Eclare



Oriental Poppy: My message is one of abundance.

Abundance is a state of mind. If we are open to the belief that we truly deserve abundance in all areas of our life, then it becomes effortless to manifest what we want. The rich and luscious Oriental Poppy flower spirit enhances this belief for us and makes us feel the power and vibration of self-belief, self-worth and the possibility of limitless abundance in our lives. This is a brilliant chance to open up great opportunities in the future. Now is the time to bring about change to actualise your own dreams, letting go of all the old beliefs that are stopping you from achieving your heart's desire.

Choose one area of your life in which you would like more abundance and take a few moments to look at your current belief system. Write down any negative thoughts you have about what it is you want, for instance: '*Creative people never make any money*' - whatever comes up, put it down. When you've finished, write a positive statement next to each negative belief; for example: '*My creativity is an infinite source of financial abundance*'. Do this in all areas of your life you want to change. Once you really start to believe the positive statements you've created, the whole energy around your abundance consciousness will change and you will realize more and more in every area of your life.

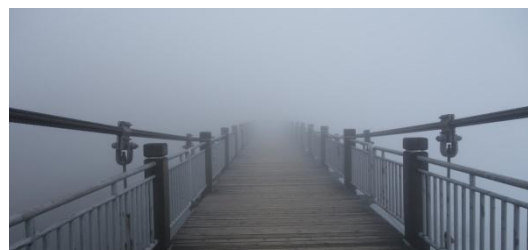
Remember the message of the Oriental Poppy spirit: to believe in and value yourself, and know that anything is possible. So start dreaming and open out to a whole new world of possibilities.

Poetry

CROSSING

by Gail Fulkerson

The bridge spanning the chasm lies just ahead,
Marking the end of the serpentine trail.
Mists roll up, blurring the bridge's outlines; the deafening sounds of a powerful water fall fill
your ears.
The trail behind you was erased while you were distracted.
Turning back is no longer an option.
Breath is gone, heart is still,
No more light behind your eyes,
Yet visions and memories still float silently before them, before disappearing like so much
smoke.
You have arrived at the place of final crossing; taking your first tentative steps, feeling the
bridge solid beneath your feet.
Emboldened, you take another step, and another.
Sparks of light begin to flash; you look in all directions to find their source,
Only to discover the shimmering effervescence is radiating from you.
You can feel the sparks as they flash around you, faster and faster, reflecting the fullness of the
colour spectrum - and more.
This is your spirit disengaging from its corporeal confines.
Total disconnection is imminent.
A popping sound, then silence.
An exquisite floating sensation as your human form is discarded, revealing what you are:
Energy.
Pure and powerful.
The bridge is behind you, no memory of having traversed it.
The mists swirl and the bridge is gone.
A sense of finality permeates the scene.
You cannot return and take up your life
Where it left off.
It is done, and
The bridge is no more.
Deep sighing, as though from a great distance reaches your ears;
The sounds of loved ones mourning their loss.
Up ahead, someone is calling you.
Moving in the direction of that voice you know,
There is a slight shift in the air at your back,
Perhaps an Angel's breath,
As the Veil closes gently behind you.



Your crossing is complete,
And new adventures await.

Thoughtful Quotes by Nikola Tesla:

From www.magicalquote.com



There are many great scientists, but certainly one of the greatest is Nikola Tesla, who is often referred to as "the man who invented the 20th century". He is less famous than Albert Einstein or Thomas Edison, but his contribution to mankind is simply immeasurable.

Tesla was a quiet and modest inventor, a genius who lived and suffered for his inventions and who did not receive the majority of recognition for his work. This mysterious man brought to the world a system of alternating current (what powers every home on the planet), radar, radio, x-rays, transistor, and many more things that we are using in the present. However, as the years pass the significance of Tesla's inventions are increasingly gaining in importance.

13. Our virtues and our failings are inseparable, like force and matter. When they separate, man is no more.

The Problem of Increasing Human Energy, in Century Illustrated Magazine (June 1900)

From 365 Zen daily readings by Jean Smith

Intelligent practice always deals with just one thing: the fear at the base of human existence, the fear that *I am not*. And of course I am not, but the last thing I want to know is that. I am impermanence itself in a rapidly changing human form that appears solid. I fear to see what I am: an ever-changing energy field. I don't want to be that. So good practice is about fear. Fear takes the form of constantly thinking, speculating, analyzing, fantasizing. With all that activity we create a cloud cover to keep ourselves safe in make-believe practice. True practice is *not* safe; it's anything but safe. But we don't like that, so we obsess with our feverish efforts to achieve our version of the personal dream. Such obsessive practice is itself just another cloud between ourselves and reality. The only thing that matters is seeing with an impersonal searchlight: seeing things as they are. When the personal barrier drops

away, why do we have to call it anything? We just live our lives. And when we die, we just die. No problem anywhere.

- Charlotte Joko Beck, *Everyday Zen*

Things you may NOT have known about Canada:



**CANADA HAS FEWER PEOPLE THAN
TOKYO'S METROPOLITAN AREA.**

Reflections from the Shaman's Hut by Trent Deerhorn



The Purpose Behind Failure

We live in a world that is both overly harsh and overly enabling. The world can be an extremely beautiful and frightening place. There is a meme going around social media that goes something like, "Tell everyone that the world is beautiful...but scream it at them in German....because the world is also frightening." I feel that this meme sums up our world on many levels.

I have noticed that, at least in the Canadian public school system, there has, over the last number of years...alright decades...developed a tendency that, although well-meaning, is inherently destructive. This is the tendency to stream children from one grade to the next, without them having learned or mastered what was in the curriculum in the previous grade. When this practice first came along, it was implemented so that children would not feel a loss of self-esteem by having to repeat a grade. The theory was that it damages the child to feel like they have failed.

There are a few issues that this encompasses. The first of which is...did the teacher do his or her job? And if a child is not getting the subject matter, perhaps it needs to be taught in a way in which that child *can* learn it. Not every child learns the identical same way. For example, I have a friend who struggled with geometry. He had difficulty seeing a one dimensional drawing and thinking of it in a three dimensional manner. But once he could see it in a three dimensional model he totally rocked that geometry like no one's business! Some children are feeling oriented. If you can relate apples and oranges in a feeling manner, they can get the concept that they are different, even if they don't see much difference in the appearance of the fruit. Now, if a child has not had the subject presented in a manner in which they can relate, they will struggle and most likely fail that subject.

I remember when I was in grade 3 I had an oral reading assignment given to me that I was trying to prepare for. I had dyslexia and reading out loud the text before my eyes created a short circuit. I would stammer one word at a time. A family friend overheard me practicing and came into the living room where I was doing my homework. He said to me, "What is it you are reading about?" and I told him the story that was being read and what it was about and that I was supposed to read this paragraph out loud the next day. He observed that when I just told him about the story I spoke smoothly and fluently and that when I was reading it out loud I was struggling. So he picked up the book, read the paragraph to me out loud, and had me repeat it. I did so word for word...but was still a bit robotic with my voice. So he then said, "I have an idea," and took me to the music room. He said that he knew that I like to sing because he has heard me sing with my family band. So he played a tune on the piano and had me sing the paragraph along with the tune. I did it! He then had me sit there and listen to him read the paragraph while he mimicked his voice using the piano keys, going up during questions and down at the end of statements and lilting the middle of the sentences. I caught on very well. To this day, I use that technique when reading out loud. I read FAST so I read the sentence ahead of the one I am speaking and use the singing voice to speak the words. I remember what the previous sentence was while I repeat it in the singing voice as I am also reading the next line. That is how my brain works. It is not the wrong way. It is the way it works for me. But the public school system was failing me at that point because no one thought outside the box of how to teach me how to read out loud. And I do recognize that a teacher has upwards of 30 children in the classroom and therefore cannot afford the required one-on-one time to each student. That is a funding issue. We need either more teachers in the classroom, or more classrooms with smaller numbers of students. In my opinion we could do a great deal for the public school system if we actually used the bonuses for politicians and channelled that money straight into our youth education programs.

So back to the streaming from one grade to the next. What does this actually do for a child? I have noticed a number of things with people who have been stream lined through the grades. First off, there tends to be a lack of motivation. Why try if you are just going to be allowed to proceed anyway? Second, there comes a sense of entitlement. Of course I deserve a gold star! I did, after all, SHOW UP. Like that is something to view as an accomplishment. And then there is the undercurrent of self-shame that a person gets when they know that they have been rewarded for not actually doing anything. They know that they did not accomplish anything at all. And they know that those rewarding them know it as well. That creates shame. And if those rewarding them actually took them aside and said, "Look, you are not doing well with this and I can see that you are struggling, so let's find a way together that will help you to understand this material and rock the hell out of it," then the child would actually have a sense of accomplishment.

When I was in university if an assignment was 1 minute late I would get docked 10 marks immediately. Now in university students are told things like, "It really doesn't matter what day you get it to me as long as you get it to me," and being late with it doesn't cost them a damn thing. I am sorry, but this is NOT how the world functions. In the outside world, if you snooze you lose. Period.

Do we really want our world to one day be run by a bunch of overly entitled under achievers? I think not. So sparing their feelings has, in my opinion, gone way too far. There are kind ways of helping those who are struggling. They don't have to be belittled or condemned. They simply need help to find the way that works for them to master the material at hand. Yes, this takes time. And time is money. Well, the public school system is one that is funded through our tax dollars. We can and should start demanding much more excellence from the schools, and from our politicians to provide excellent funding so that the excellence can actually be achieved. To heck with the "everything should be beige so that the children are not over-stimulated" crap. Bring back colour and stimulation and something that will spark an interest in learning. There is a place for Zen practice in life...the elementary classroom is not that place. Perhaps as a separate room for any student to visit and sit and breathe with a meditation instruction, sure, but not as a way of stimulating a passion for learning in our world.

And this brings me to the actual title of this entry. You see, there is indeed a purpose behind failure. On a very basic level, it manages to naturally cull the herd. We could not have survived the last number of centuries since the Ice Age if we were all with our noses in our cell phones. We had to become intelligent and resourceful. We have lost that, sadly, and so we are now in a state of high risk of a rather large culling. Young people more often than not do not even know how to grow their own food. That, to me, is pathetic. And it is not their fault. It is the fault of every system that has been inflicted upon them that has been designed to create a co-dependency upon that very system for basic needs such as food and shelter. We wonder why they don't know enough to pick up after themselves when they leave a room to go to bed at night. The truth is, if they have never been given reason to take responsibility for their own well-being and their living environment, we have only ourselves to blame. The cull will happen. And, thanks to us and a generation or three before us, they may not make the cut.

The other reason for failure is that of SUCCESS. This is the one that I really enjoy. You see, each time a person fails at something, they have learned something more. What they have learned is NOT that they are failures and should just give up. What they have actually learned is one more way in which to NOT do what they are trying to do. That gives them an edge over absolutely anyone who has never tried it. Trial and error is a very effective learning tool. We are not always in a position to "hire the task out" to those who know how. We often have to actually research, self-educate, and attempt whatever it is. And this brings a HUGE sense of accomplishment. This is how someone who achieves great things approaches everything. If I do not know how to, it is important to find out how it is done and make an attempt. Do we really think that our ancient ancestors always knew how to shoot a bow and arrow? That device for hunting had to be INVENTED, then it had to be TESTED, then it had to be MASTERED, and then it had to be SHARED. This meant that many people would more easily be fed and survive the harsh winters. And so it is with anything that will actually assist us in our survival.

Failure also enhances common sense. If, for example, we forget to put on winter gear when we go out in -30 degree weather, we are going to freeze. Oh, but my car is heated so I am ok. Then the car breaks down. Oh, but I have my cell phone, so that is ok. But then the cell battery dies. Now you are left underdressed in sub-zero weather having to walk somewhere to get help, or flag down some stranger who is hopefully a good Samaritan and will actually help and not just abduct you and kill you in their basement. Common sense, people. Common sense.

So failure is not a bad thing. It can be a very strong motivator for survival and success. And I think that we need to acknowledge failure more often in order to help ourselves and others to learn a more masterful way of accomplishing the task at hand.

You can read more of the Reflections from the Shaman's Hut on Trent's website
deerhornshamanic.com

Things to Know

13. People who laugh a lot are healthier than those who don't.

According to the Farmer's Almanac 2017:



Sweet Sweet Cherries

Sweet cherry trees (*Prunus avium*) have beautiful flower and delicious fruit. They are vigorous growers, but most varieties need to be cross-pollinated to bear fruit. For this to occur, you need to grow two different varieties of cherries close to each other. For example, "Rainier", a sweet yellow cherry, and the dark red "Bing" will grow well together. For a small backyard, look for dwarf cherry trees specifically propagated for smaller spaces. The dwarf trees will even grow in large containers.

February 2nd: Imbolc/Candlemas

If on Candlemas Day it be shower and rain, Winter is gone and will not come again.

February 10: Full Snow Moon

A snow cover moderates the soil temperature and protects the crown (where new growth originates) of many perennials.

February 26: New Moon

Force spring flowers indoors: Cut forsythia, dogwood, or crabapple branches. Before placing in a vase, mash the cut ends to encourage the branches to absorb water.

Tidbits and Tickles:

When a co-worker opened his express checkout line at the supermarket where we work, his first customer bought a large bag of dog food. They soon discovered they were both proud Rottweiler owners and launched into a discussion of the breed's virtues. When the next customer stepped up, he plopped a box of dishwasher detergent on the conveyor and deadpanned, "Mine's a Maytag!"

Ask the Shaman: With Trent Deerhorn



Q: *Is there anything to this concept that everyone is a mirror of oneself?*

A: To a certain degree, yes. But, like so many other things, people take this philosophy way too far. It is one thing to recognise, for example, that we are all children of the divine. It is another to think that everyone acts that way....because they don't. That does not mean that YOU are misbehaving. They are. So why check yourself when it is them with the poor behaviour? That does no one any good at all. To look at an alcoholic totally trashed and terrorising their family and think to yourself, "Gee, what is it in me that this is reflecting back to me?" makes you a navel gazing idiot. It is NOT ABOUT YOU. How about asking, "Gee, what can I do to help that poor family?" and "Can we arrange an intervention?" or even, "Do we need to call the police on this idiot?" It can also set you up for a lifetime of being a doormat if you refuse to recognise and allow others responsibility for their own messed up actions.

Having said all that, we do need to look now and then at what it is that attracts us to certain things and people. If we are always dating losers, then the only common denominator there is ourselves. If we are always letting ourselves be taken advantage of or passed over for the promotion or raise at work, then we have to look at our own sense of self worth. Sometimes we need to not just stand up for ourselves, but also demand proper treatment. We won't be able to if we are constantly second-guessing our motives because we might hurt someone's feelings because we aren't recognising that they are reflecting something to us that is within ourselves. And sometimes we need to recognise that the "mirroring" theory can actually do us harm because we are making everything about US instead of taking appropriate action where needed. Did I hear someone say "Ego"?

Forum:

We want to hear from you! Your feedback is important to us. Email your comments to deerhorn007@gmail.com and they will be published in the Forum Section!

Of Volume 6 Issue 57:

Vicki Wrote: Your Spirit of Yule story in the Paranormal Experiences gave me chills!

Samantha Wrote: I cannot believe that I went to read a spiritually based newsletter and found out the easiest way to clean a toilet bowl! That amazes me!

Richard Wrote: Now I know why I like the drum so much!

Kelly Wrote: I love the Rock Talk segment! I am totally into rocks and crystals and completely digging this!

Candice Wrote: I really enjoyed the article on Vipassana Meditations. Thank you, Vicoria Rideout!

Jay Wrote: Claire Netzach...The Joy of Believing....LOVED IT!!

Bethany Wrote: Trent, your advice column just keeps getting better and better. I love the way you think! I love the way you say things when presenting concepts. I love the way you stand up for children and women and minorities of all kinds. Thank you!

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