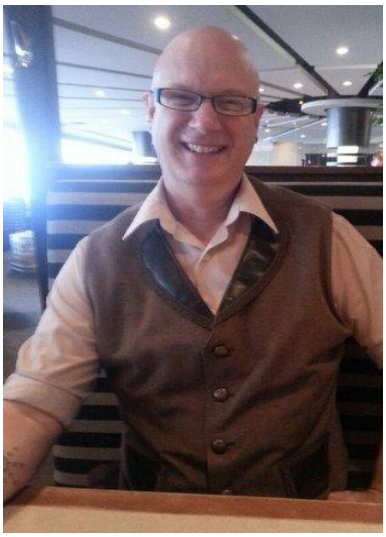
FLIGHT: A Living, Breathing Document of Consciousness

Volume 5 Issue 52 August, 2016

A Letter from the Editor:



This month's issue ushers in a new column, Sacred Tools and Instruments, written by yours truly. I felt it was time to move away from the Power animal column for a while, as I had already done one from each month around the medicine wheel and one for every letter of the alphabet. So now on to something new. Now folks can learn about some of the meanings and importance of sacred tools that one would commonly find at an altar or a medicine wheel.

I thank all of my contributors for their diligent and hard work in keeping their articles written and in on time so that this newsletter can evolve into amazing information sharing. You guys all rock!

Please feel free to forward this newsletter to friends and family who may have some interest in the material. I like when it goes Viral and I end up getting appreciation letters and emails from around the entire planet!

Enjoy the read!

Many Warm Blessings

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

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

Sacred Earth Medicine

Presented by Katherine Dempsey of Amythyst Therapies

And Trent Deerhorn of Deerhorn Shamanic Services

August 20th, 2016

2pm -8pm

Location: Dempsey Acreage, Batoche, SK

Experience the Divine of the Sacred Earth beginning with Qi Gong and Yoga practice (led by **Victoria Rideout** and **Stephen Kessel** of **Yerrama Yoga Sanctuary**) and leading into Medicine Wheel Teachings and Blessings followed by a Drum Circle, a Full Moon Ceremony and a Moonlit Crystal Bowl Sound Bath.

This is an excellent opportunity for participants to receive energetic blessings for themselves, friends, family, and precious objects (totems and power jewelry).

When we connect with Nature we connect with the Divine.

Tuition: $250.00 (GST included) by Registration Deadline of **August 6th**.

Early Bird Special of $225 (GST included) before **July 23rd**.

To register contact Trent at (306) 978.5300 or deerhorn007@gmail.com

Visa, Master Card, or Cash

Crystals and Healing Stones Workshop

Join Shaman, Trent Deerhorn, of Deerhorn Shamanic Svcs, at the sacred Bluehorn Healing Center, Nut Mountain, SK, (near Kelvington) for a day of exploration and discovery.

Learn the basics of crystal and healing stone energy.

Learn how to apply the energies of crystals and healing stones to yourself and to others, both in meditations and in healing sessions and ceremonies.

Bring your own collection of healing stones and crystals to program and activate, and some will be available to experience if you have none.

Learn how to communicate with the consciousness of crystals and healing stones.

Discover the sacred journey of connection that this consciousness brings.

Date: Saturday, September 10th, 2016

Time: 10:00am - 4:00pm

Tuition: $150/person (GST included)

Registration Deadline: Saturday August 27th

For information and to Register, contact Kate Althouse

(306) 327-9099 or email to bluehornhealing@icloud.com

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!

Boundaries

By Penny Guest

I lived with a man for a while but when he became abusive I ended the relationship much to his dismay. He smoked a pipe with a very distinctive smelling tobacco. After he passed away, and many years after our connection was severed, I would smell this tobacco off and on.

I had three gals come over one day to cleanse my home and we were sitting in the living room when one of the gals started arguing quietly with someone. Finally she said she had to mention this because the spirit would not leave her alone.

She asked if I knew someone by a specific name and I said yes. That was *his* name. She said, "He wants you to acknowledge him and he wants to be with you because you were not able to be together when he was alive." I told her I was not interested in him at all.
She said he became very angry and the only way she thought this would be resolved was for me to tell him out loud that I was not interested. I told him I didn't want anything to do with him and he was to leave me alone and get on with his journey.

I have never smelled the tobacco smoke since that intervention.

Household Hints and Handy Tips

Use ice-cubes to lift out indentations made by furniture on your carpets.

Sacred Tools and Instruments by Trent Deerhorn

Feather

In magical and healing work, one of the most important tools is the feather. In all honesty, it does not really matter what size it is, but I do find that the longer it is the easier it is to use, as long as it is not from a bird such as a Heron, because those feathers are quite flimsy on a physical level. Most people can accomplish working with goose, swan, and turkey feathers with ease because of the length and the strength of the feather. Feathers must be sheds, not plucked from the poor bird. So stop your children from grabbing the tail feathers of the peacocks at the zoo right now please. That is an abuse of the bird.

Feathers are traditionally used in smudging (whisking smoke from sage, sweet grass or incense)

ceremonies. The smoke carries negative ions which begin the healing and purification of the energy field. Feathers can, however, also be used to sweep off blocked energies from the physical, mental, emotional and spiritual bodies as well. If used for such a thing, it is important to cleanse the feather immediately after the sweep by either blowing white light across it or by running it through smudge smoke.

When the tip of the feather is placed on a chakra it channels energy into the chakra. It is not at all important to actually touch the physical body when doing this. It can be accomplished with it being in close proximity. Those who work well with the element of air can blow the energy along the feather into the chakra. The feather can also be used to spin each chakra in its appropriate direction, as well as to flip blocked energies out of the chakras.

If you find a shed feather, it is important to pick it up with a gloved hand, as many microbes can be on the feather which can infect humans. Immerse the feather in rubbing alcohol for about 30 seconds to sterilize it physically. Then place it on a paper towel to dry. Do NOT run water over the feather. Once sterilized, bless it with smudge smoke, decorate as you see fit, and remember to thank the spirit of the bird from which the feather came. When we take that step often the spirit of the bird that it is from will become one of your helpers when working with healing energies and with magic.

Stone of the Month: by Ave Riddler

Yellow/Golden Tourmaline

One of the rarest of the single color variety of tourmaline, it still forms in the classic crystalline formations with the vertical striations on the surface, and has a MOHs hardness of 7 - 7.5. The color ranges from pale yellow to amber.

This tourmaline works best with the solar plexus chakra, enhancing personal power. It's connection to the solar plexus helps to actualize creativity and initiative. Yellow tourmaline can help repair damages done to the solar plexus chakra caused by earlier trauma, even from past lives.

Golden tourmaline can help the timid find the courage and self conviction to face challenges. It can also help create an energetic "shield" against others who may intimidate or inspire fear in others. This tourmaline can help survivors of situations in which the abuse of power did occur,

helping one to rediscover their worth and strength.

Golden tourmaline connects with the personal cycle of one's life, helping a person through the stages of development towards personal growth. Useful for intellectual pursuits, golden tourmaline can lend clarity to thought, helping one to achieve goals with creative problem solving.

Physically golden tourmaline can be used as a support in treatments for disorders within the kidneys, liver, ulcers, stomach, spleen, and gall bladder. Useful for reducing excessive amounts of acid in the digestive system, it can act as an aid with treatments for acid reflux, and irritable bowels.

Paraphrased from “LOVE IS IN THE EARTH – A Kaleidoscope Of Crystals by Melody” and “THE BOOK OF STONES – Who They Are And What They Teach by Robert Simmons and Naisha Ahsian. With personal add- ins and details by myself (Ave)

Thought for the Day:

Our relationship with our ego is key to implementing our intentions and being successful in this reality.

You cannot exist here without one…unless you are a complete robot.

From the Flower Spirit Cards by Melanie Eclare

Corncockle : My message is one of spontaneity!

The perfect pink Corncockle flower spirit brings us the gift of spontaneity. This message encourages you strongly now, in this moment, to change. It is easy to become safe and comfortable in a daily routine that lacks spontaneity. It is time for you to break free from the mould that you have created for yourself and find a free form of expression. Begin to notice the ways you are

rooted in your habits by trying to break your routine for just one day. Be prepared for wonderful things to take place in your life and open yourself to exciting new opportunities that spontaneously present themselves.

This flower spirit indicates that changes will come about within and around you. You will start to witness incredible coincidences and chance meetings that will lead to new opportunities. Just expect the best and it will unfold for you. This will give you a peace and harmony that you have only dreamed of before. Whatever your safe routines were, begin to drop them. Live life more fluidly, in the moment, and connect to a deep source of spontaneity and joy within. See how positive changes manifest throughout your life.

Your attitude to life at the moment is very important - as miracles unfold before you, grab them spontaneously rather than holding back in resistance and fear. All is for the very best, so move forward happily and feel yourself as a part of the whole process of change.

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.

7. Every living being is an engine geared to the wheelwork of the universe. Though seemingly affected only by its immediate surroundings, the sphere of external influence extends to infinite distance.

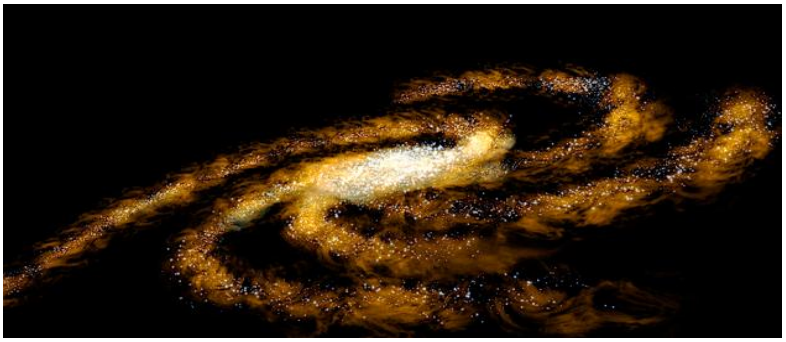
From 365 Zen daily readings by Jean Smith

When talking about zazen, I like to use the metaphor of the moon on the lake. Our thoughts and emotions are like the ripples and waves that disturb the reflective surface of the lake, so that we can't see the moon. Of course the moon is always there, even if we can't see it, and it's also important to see the ripples. But we still need to see the moon clearly to know it's there. So in meditation, when we let the ripples of our thoughts and the waves of our emotions settle, it's as if we have cleared the lake so that the moon can appear.

Bernard Glassman and Rick Fields, *Instructions to the Cook*

LIMITLESS

by Gail Fulkerson



People create, within the limits of their own understanding,

from the oceans of energy surrounding us.

We ourselves are manifestations pulled from the same place;

energy shaped, molded, animated,

plucked from the daydreams of an unknown creator,

then sent on our ways to exceed all expectations.

We go along, allowing our awareness to expand.

Perhaps we become conscious

of what and where we are: pinpoints of energy pulled from energy.

It and we are inseparable and neither one of us will ever die.

It may seem so, yet the moment our light winks out in one place,

we light up again somewhere else within its vastness.

I stand where energies converge,

feel it all flow and surge through me: hot, cold, electric.

The sound is both cataclysmic and silent,

running through every molecule and atom of my being.

Energy attracts more energy;

faster and faster it gathers in my heart centre,

morphing into a powerful ball of light and sound.

Critical mass is reached; the ball of light

explodes,

streaming out with the fury and intensity of countless suns,

illuminating its trajectories in all directions.

I appear skewered upon this beam of golden-yellow light.

It jets from my eyes, ears, nose and mouth;

from the ends of every hair on my body;

from the tips of my fingers and toes.

It screams away to unknown places, transcending space and time,

bending and stretching our imaginations and understandings

of what it means to be human; what it means

to be born of energy and to swim unfettered within it.

Sparks fall from the light beams - a shower of stars

seeding new life in new forms - making fresh discoveries

wherever and if ever they land.

It travels onward with no indication of slowing or dimming.

So far away now, beyond sensing.

Will I ever get to its end or is my light merely

another thread in the Grand Weave, destined to join with others

in a tapestry not of my making?

It feels like a limit placed upon the limitless by the limited.

Your own path is laid out before you. Go if you dare.

Take your first step upon the heart path created just for you.

Be thrilled and terrified by what you find along the way.

Reflections from the Shaman's Hut by Trent Deerhorn

Music and Healing

I love music. Well, I should likely say that I love SOME music. There are some forms of music that, although musically correct, will grate on my nerves. I won't go into bashing those types of music because that is not what this article is about. I want to write today about how music heals us. In my practice I use musical elements in several different forms. The first is the ambient music that I have in the background while doing the energy healing. It is usually in the form of some kind of Adagio (meaning slow) sounds. So for example I might use something that is zen in sound, or perhaps Indigenous music that is slow and meditative, or even Egyptian meditation music.

In addition to that, I will incorporate my own voice in chant that moves energies. With my voice I may pair the sound of the drum and rattle, or a singing bowl, or even a shruti box (like a mini harmonium). What I incorporate is entirely dependent upon what an individual needs in

order to run a particular energy program through their energy field, thus affecting healing on many levels.

But what do we listen to on a daily basis? How does that affect us? The answer is that whatever we listen to affects us deeply. That is why I choose to not listen to the news at supper time. I cannot stand the indigestion that all that negative energy creates within my body. If I were to choose music to listen to for enjoyment, it would most likely fall into the category of Smooth Jazz, Classical Guitar or Spanish Guitar...all of which create excellent background sound. But if I were to have a party, then the music goes more into Rock style...the more upbeat the better. It is about what energy I want to have swirling around and why.

As I am writing this, I am listening to my copy of one of Norah Jones's CD's called Norah Jones...the one with "I don't know why" and "The Long Day is Over" on it. I find it extremely relaxing and it also stimulates my own creative expression.

Have you ever sat and listened to a really good choir and almost been moved to tears? Or have you ever gone to a rock concert and come out totally pumped? That is the power that music has on us. It is part of the energy of the entire universe. It is not just all silence out there. There are very recordable sounds that take place in the stellar verse. It might not sound like the theme music for Star Wars, but the sounds are definitely there. And sound never dies. We might not be able to hear it anymore, but it travels and moves and can be hears by sensors long after the human ear can no longer perceive the sound. It is said by one of my spiritual teachers that if you snap your fingers the sound is sudden and brief to the human ear...but that sound will travel to the stars. I believe this to be true. I have lived in a high rise apartment and I can personally attest that it is much noisier on the 20th floor than it is on the ground. Sound does not only travel...it travels UP. So of course my snapping fingers will be heard somewhere in the stars!

It makes one really sit back and wonder...just how powerful is the music we listen to? And how long does the effect last? Considering our bodies are made predominantly of water, and that water creates a "skip" effect with sound...how much skip to we receive on a daily basis from sounds that we have not even yet heard or that we never do hear? There could be things affecting our health and well being that we don't even comprehend. I know that humming lights will drive me nuts. So will some forms of music that grate on my ears like a washboard with a cheese grater attachment. One is only left to assume that some of the positive sounds can also have an equally positive effect on our energy bodies.

Here is a wonderful exercise for those of you who enjoy bathing in a tub of water. Gently submerge your ears below the water. The whisper something. It sounds so much LOUDER than when you do it without being submerged. Now whisper positive affirmations to yourself. Feel

those move through you. Now hum softly. Feel that sound move through your water body like waves of goodness. It become addictive. And now, speaking of doing that, I think I might like to go and play in the tub!

Things to Know

7. There are three things the human brain cannot resist noticing - food, attractive people and danger.

According to the Farmer's Almanac 2016:

An Herb to Remember

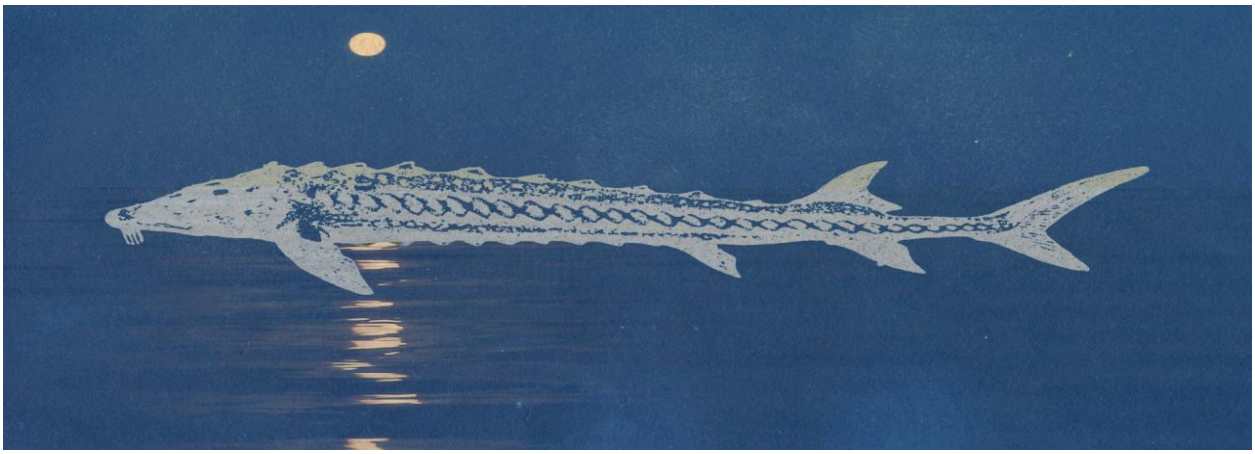
Rosemary (Rosmarinus officinalis), native to the Mediterranean, is a pungent and distinctive woody herb with a sweet, resinous flavor. It grows well in sandy, well-drained soil in full sun and is ideal for a rock garden. Generally, rosemary has blue flowers and blooms from early spring through early summer. Rosemary is a perennial evergreen shrub in mild-winter regions. In northern areas, bring the plant indoors during the winter months and put it in a south-facing window. In cooking, rosemary is often used with poultry and lamb dishes and in stews and soups.

August 11 Dog days end.

Water plants early in the morning. Less water will be lost to evaporation from winds, and the refreshed plants will be better able to face the heat of midday.

August 18th Full Sturgeon Moon

Make sure that potatoes are not escaping into the sunlight. Hill soil to cover them or add mulch.



August 27th

Divide and replant crowded bearded irises now so that they have time to grow new roots and flower buds for next year.

Tidbits and Tickles:

A customer was continually bothering the waiter in a restaurant; first, he'd asked that the air conditioning be turned up because he was too hot, then he asked it be turned down because he was too cold, and so on for about half an hour.

Surprisingly, the waiter was very patient, walking back and forth and never once getting angry. So when a second customer asked why he didn't just throw out the pest the waiter replied, "Oh, I don't care. We don't even have an air conditioner."

BAD WOLF

(For all the Whovians out there!)

Ask the Shaman: With Trent Deerhorn

Q: My partner is flirtatious. That is just a part of her personality. She flirts with everybody. When we first met I really liked that about her. But after some 20 years of it, I am getting really tired of it. It is like she has no "Off" switch with it. I have been completely embarrassed by her flirting quite openly with me in front of her family and friends, but she has also flirted with people like my father and my boss, which makes things completely uncomfortable on so many levels. It also makes THEM uncomfortable, as they have expressed to me. How do I deal with this? What are the protocols in terms of long term relationships and flirtations? I have never been "uptight" about stuff like that, but it is becoming unbearable and I am afraid that it is going to start affecting things like upcoming promotions at work.

A: First, I am a bit surprised that there is no indication that this has been discussed with her in the past. Although sometimes these things can have a "slow build", there is usually SOME

conversations about boundaries and parameters. So I am going to give the benefit of the doubt here and believe that some discussion has taken place?

Secondly, there is usually a general rule of thumb that if something you are doing is negatively affecting your partner, then you stop doing it. So if she knows that this bothers you, or that certain aspects of it bothers you, then she should be stopping that behaviour so that it doesn't damage your relationship.

Thirdly, if she is putting your professional relationships at risk with this behaviour, it makes me wonder why she would do that to you, considering that it would also hurt her and whatever family the two of you may have.

So my suggestion is that the two of you get some marriage counselling with a strong focus on this. You never know what may actually lie beneath this behaviour. It is possible that this was learned very early on as an attention seeking activity, or as a defense mechanism. It is possible that there are ill feelings that she is harbouring towards you and that this is how she strikes out. It is possible that she does not see her behaviour as flirtatious or if she does that she may not see it as harmful. If she truly cares about you and the relationship she will be willing to look at this in a serious manner and not make it all about your personal insecurities, because no matter how secure someone is, if their partner is sabotaging their livelihood or the relationship with this behaviour, then it isn't about that at all.

From the Garden

by Lyndon Penner

It's Not a Sunflower

"What's that perennial that looks like a sunflower but isn't a sunflower?" So read a text a gardening friend sent me today. The plant he was referring to is the false sunflower, known scientifically as *Heliopsis*. The name literally means “it looks like the sun”, and this is a fair enough of assessment of a plant with brilliant golden-yellow flowers. There are 15 species but only *Heliopsis helianthoides* is cultivated. Found throughout eastern and central North America, this is a highly variable species that ranges from

18-48” in height with flowers that may be single or semi-double. It has become a popular garden plant for a number of reasons, and generally named cultivars are a better choice than the species.

False sunflower is a great plant for prairie gardeners whether you are new to perennials or have been growing them for years. Highly adaptable, it just wants a sunny spot with average, well drained soil. In too moist or too rich a location, it will become floppy and require support. Some place with lean, rather poor soil will result in a better plant. Once established it is extremely drought resistant. The blossoms are very showy (brilliant golden yellow) and produced in great profusion over a long period. Usually starting in July, the false sunflower will bloom well into September (especially if deadheaded) and often into October as well. It is a great plant for use as cutflower material and is also very attractive to both bees and butterflies. No pest or disease issues, either. It’s really the perfect plant, and it can also deal with strong wind and bounces back quickly after a hail storm. If not deadheaded it will self seed (a little too freely in some gardens, if you ask me) but it establishes quickly and it’s a nice plant to share with friends, especially if they have a hot, sunny area where they need to put something big and robust. Most false sunflower cultivars grow around 3 ft. tall, but some are a bit smaller or a bit larger. They are also really good choices for acreage and farm gardeners.

‘Summer Sun’ is by far the most popular variety, with large, semi-double (or sometimes fully double) blooms of a brilliant gold. If you buy a generic variety of Heliopsis somewhere, this is probably what you’re getting. ‘Loraine Sunshine’ is a striking (if odd) cultivar with the normal golden flowers but with intense silver variegation through each leaf. The flowers are smaller and somewhat less profuse than other types, but it is a very interesting foliage plant and many gardeners find it quite intriguing. Seedlings may be variegated like the parent, partially variegated, or not variegated at all but it will definitely self sow if allowed to. ‘Prairie Sunset’ also has quite small flowers, but the golden blooms are often marked with a curious reddish

You can also follow Lyndon on his Blog at jadecypress.

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 5 Issue 51:

Jacqueline Wrote: I have had similar experiences to Gail. Nice to know I am not alone in my weirdness.

Bruce Wrote: **Thank you Vicki for helping kids, your own and others, to speak their truth and for giving them safety in doing so.**

Ron Wrote: **Trent, your advice column never ceases to amaze me. You are so insightful and balanced in your advice. Thank you. I learn something every time I read it.**

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All ads must be in by the 20th of the month PRIOR to the issue that the ad is to be placed in. No exceptions. Send to deerhorn007@gmail.com.

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Do you have a yearning to share information with people? Write an article about your area of knowledge or exploration. I accept article submissions right up to 6pm on the 20th day of each month. Your article could appear in FLIGHT: A Living, Breathing Document of Consciousness within a week or two! Concerned that you may not be a great writer? No worries. I'm the Editor! I can make you look like a ROCK STAR! Send submissions to deerhorn007@gmail.com.

Blessed Be!