

FLIGHT: A Living, Breathing Document of Consciousness

Volume 5 Issue 53 September, 2016

A Letter from the Editor:



Summer in Saskatchewan is way too short. It seems like just yesterday that I was planting seeds and looking forward to when they would sprout. Here I am suddenly at the end of August and beginning of September and looking at all the autumn cleanup in my garden that there is to do. Where did the summer go? I think that, with all the rain we have had this year, it seems that what I equate as "summer", that being sun and warm and beaches, has not been happening all that much. Believe me I am going to be soaking up as much as I possibly can over the next while so that I can feel like summer actually happened.

This issue is quite sweet. The articles and contributions of poetry and such are excellent. There are many avenues one can access in terms of information and inspiration. This little newsletter is one that I find has quality that you won't necessarily find in other places. It is such a delight to see the writings come in for the submissions. I know that many see my job as an editor as one that is not easy. This is true, but it is one that I find fulfilling. I actually get a "sneak peek" at what others are not going to see for days or weeks! And when I send it out I always make sure to give the whole thing one more read through before doing so. It is like having a second helping at Christmas dinner!

Enjoy the read everyone!

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

Community Sharing Circle

@ Noon Daily

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.



Balance Within
ENERGY & WELLNESS CENTER
www.balancewithinwellness.com

300 3rd Avenue South
306-651-7227

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.



SOULworks

Healing Centre



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

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

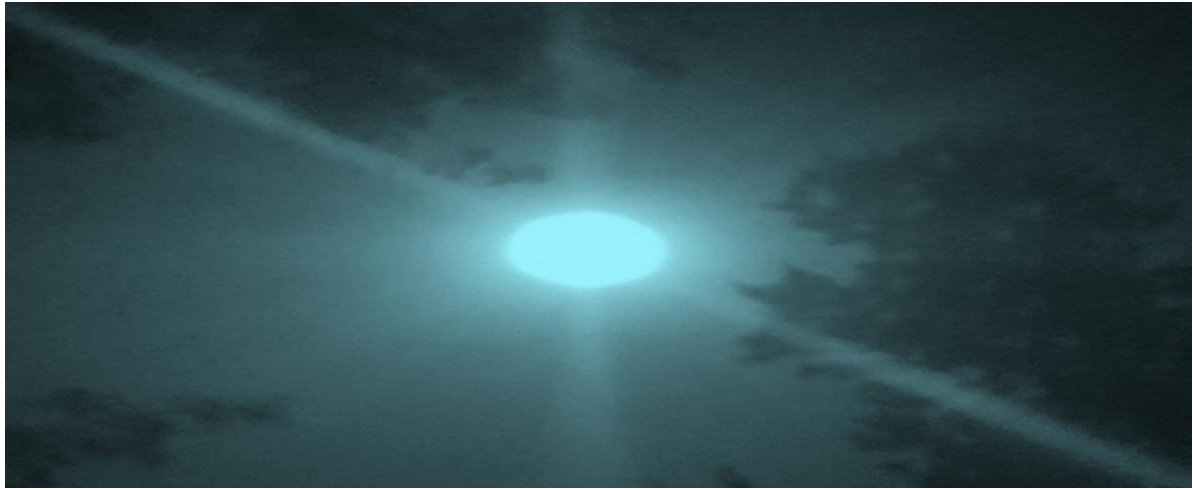
Time: 10:00am - 4:00pm

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



Harvest Moon Drumming Circle

A Celebration of Gratitude

You are invited to the Sacred Earth Medicine Wheel to honour the Harvest Moon and Mother Earth in a Celebration of Gratitude

Drumming Circle Facilitated by Trent Deerhorn

Date: Sunday September 18th, 2016

Time: 7pm to 8:30pm

Location: Sacred Earth Medicine Wheel

Dempsey Acreage near Batoche

Preregistration Required by September 11th, 2016

\$20/person

Bring a rhythm instrument, extras will be available for those who do not have any.

Contact Katherine Dempsey katherine@amythyst.ca 306-371-2889

CONGREGATIONALIST WICCAN ASSOCIATION OF SASKATCHEWAN



SKY RIVER TEMPLE

Autumn Equinox Event

Sunday September 25th 2016

2:30 pm

Gabriel Dumont Park

Saskatoon, SK

Saskatchewan Crescent between 8th Street and Taylor
Road entrance has two big gates with buffalo on them.

Please bring bug spray, sun block,
and a nut/legume free snack to share
There may be a mini workshop presented.

Free to attend

DONATIONS welcome

Come celebrate community with us!

<https://sites.google.com/site/cwasask/>

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!

Times Remembered

By Penny Guest

From 1988 until 2000 my husband and I drove to Arizona for the winter and when we were south of Page overlooking a valley that is the Navajo nation I always felt like I had come home. I never knew what it meant but I felt safe and relaxed.



On our last trip home in 2000 I insisted on stopping at the side of the road to pick up a “rock” or piece of the valley. It sits in my living room and when I pick it up it vibrates. I share it with you in the form of a picture.

In April 2006 I attended a weekend workshop titled “Living Your Great Story”. It was a very emotional time for me ~ my husband was dying and I was trying to figure out who I was and where I was heading.

The picture was created at that workshop.

The assignment was to create a string and ink (black areas) painting and fill it in with chalk to resemble something. We were to relax and let the process happen. I titled the painting ‘Mother and Child’.

In 2008 I learned that in a previous life I had been a medicine woman in the Navajo nation.

How and why did all these situations occur? Why was everything so familiar? How many of us have seen or done something and then said: “I've seen this before!”? Is it paranormal or intuition?



Household Hints and Handy Tips



Prevent soil from escaping through the holes in the base of flowerpots by lining with large coffee filters.

Sacred Tools and Instruments by Trent Deerhorn

Singing Bowl



I remember when I was first introduced to a singing bowl in this lifetime. I was working at the Heart and Soul Healing Center in downtown Saskatoon. There was a man who came to the Center and who had singing bowls that he was selling. These were crystal singing bowls. They were, at the time, also incredibly expensive. Just like technology these days, one has to wait until the item becomes more commonplace to be able to afford it. Although I could not afford to purchase one, I so very much wanted to have one.

The gentleman had me lay down on my back and he placed one bowl on the center of my chest, where the Heart Chakra resides. Then he played it. The sound, which is like a long and lasting humming vibration, resonated throughout my entire body. I was suddenly transported to a past life where I was being healed with this type of sound technology. I was laid out on an altar

of sorts on a bunch of hides. I could not move because I felt so weak. There were 4 Tibetan monks around me and we were all in a cave-like chamber that had alcoves upon alcoves, each one containing a metal bowl. The 4 monks began to strike these bowls with soft mallets, and as they did it created this sound wave of harmony and resonance that swept through my entire being. A fifth monk then entered, walked over to a position above my head, took hold of my cranium and whispered to me in Tibetan, "Now...remember!".

Suddenly I was back. The bowl was on its last small sounds that still trickled through my being. I felt so amazing and energized that I almost floated off the floor where I was laying down. Years later, a friend said to me, "I have this crystal singing bowl that I have only used for salad. I am wondering if you might like to have it and put it to use in your healing practice?" Did you all get that part about the SALAD??? Well, of course I jumped at the opportunity. I asked him how much he would like for it and he said, "No, I don't want money. I just get this feeling that I have been taking care of it until the two of you were ready for each other or something."

A few days later, when he delivered said bowl to me, I almost lost my mind. This was the VERY SAME BOWL that this gentleman had used on my years before!

So why is the singing bowl so sacred? First off, sound heals. That in itself is sacred. But when you combine that healing sound with intent, you bridge the gap between the Tonal and the Nogual (the known and the unknown). A singing bowl can open energies in a body to receive healing energy to that location. It can flush out with its sound waves blockages that have been stored in that location for years and even for lifetimes. It balances chakra systems and harmonizes all the energies within. It can also create harmony between the self and the world at large. It has been known to connect people to the sound frequencies of their Spirit Guide voices and of Nature Herself. It can be used directly on the body, or off the body, or as an altar piece to help connect with higher consciousness while doing ritual work. Overall, it is one of the most valuable pieces of Sacred Tools and Instruments that you will likely ever use.

Thought for the Day:

The most effective way to achieve right relations with any living thing is to look for the best in it, and then help that best into the fullest expression. J. Allen Boone,
Kinship with All life

Stone of the Month: by Ave Riddler



Beryl

We now leave the world of tourmaline to discuss Beryl. This is a family of minerals that covers a large group of diversely colored and well known gems including aquamarine, emerald, and morganite. I covered emeralds the year I wrote about the birthstone of the month, so will focus on other forms of beryl.

Beryl forms as prismatic crystals, sometimes forming pyramid shaped terminations, it can have striations along the crystal also. Beryl has a MOHs hardness of 7.5-8 so you will find it is very durable.

Today as the trees start to change I will write about a less well know beryl, the golden/yellow coloration.

This beryl provides independence and initiation within actions and thought, while offering the support and guidance from the universe. Working with golden beryl while practicing ritual, including ceremonial magic, will encourage one to succeed even if courage falters. This energy helps one to understand there is no obstacle that confidence and conviction cannot help resolve, while ensuring that one does not closed themselves off to the solution.

Golden beryl works best with the solar plexus chakra but can also help open and activate the crown chakra. It helps to act as a bridge between intellect and instinct, while also stimulating adaptability and vitality.

Physically golden beryl can be used as an aid in treatments of disorders of the heart and spine, as well as during treatments to the cranial portion of the head, making it useful while undergoing treatments for concussions.

Paraphrased from "LOVE IS IN THE EARTH – A Kaleidoscope Of Crystals by Melody", with personal add- ins and details by myself (Ave)

Poem of the day

SEASONS CHANGE

By Gail Fulkerson

Late August

The outer limits of leaves and blossoms

Take on darkness

The unmistakable evidence of imminent

Death

A reminder to us all that the fullness of
Summer is momentary and soon spent

Stirred from their rest by errant footfalls on grass
Bloodsuckers rise
Fill the shadowed air
Hordes upon hordes of tiny-winged annoyances
Attack and feed upon our bodies
Slaves to their compelling thirst
Their high-pitched battle cries echoing
In our ears

The heat of sun-warmed days
Drawn from the earth by cooling winds
That sweep the moisture before them
Fallen from a sodden sky
Collected on blades of grass
And spider's webs
Refreshment for all

Light fades faster in the evening skies
The dark bleeds quickly now
Moonrise chills to the bone

The killing frosts will be upon us
When dark holds sway over the light
The first mortal touch in late August
Set into motion
The inexorable change of seasons

And so it shall ever be



From the Flower Spirit Cards by Melanie Eclare



Aquilegia: My message is one of Innocence

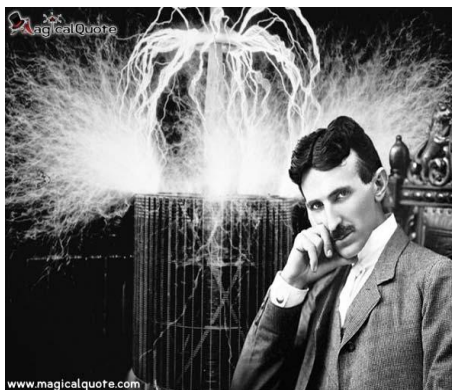
Deep within all of us is the perfect unblemished innocence of Source. When we are born, we each begin a new journey along our life's path and gradually we forget where we came from and the purity that lies at our core. The sweet spirit of the Aquilegia flower is bringing us back to an awareness of a higher power, as we begin another journey back home to reconnect to that innocent perfection within; our true selves.

Take time now to focus on the sensitive invitation of the Aquilegia flower spirit to bask in a state of purity and innocence. Free yourself from all preconceived notions of who you are and all the parts of yourself that you judge severely and unkindly. Let go of your adult critical mind and recall the innate understanding of our Creator that is within. Allow that feeling of purity to resonate throughout your being. Know that this connection and peace is always there, it is just a matter of remembering to look.

Take heart from Aquilegia's message of innocence and know that the flower spirit is helping you to recall your own inner beauty and perfection. Revisit a childlike innocence and inquisitiveness in your daily routine. Bring it into your relationships and feel how much easier it is to communicate and express yourself when you come from a place of innocence. Honour and love that side of yourself and know that this is where enlightenment dwells, in your pure connection with Source.

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.

8. This planet, with all its appalling immensity, is to electric currents virtually no more than a small metal ball.

From 365 Zen daily readings by Jean Smith

According to Zen teachings, each individual has the capacity to change his or her own consciousness, and as the one body is "all creations without restriction," it follows that changing one's consciousness is changing the collective whole. This reasoning has been used to advocate meditation as the supreme political act.

Helen Tworikov, Zen in America

Reflections from the Shaman's Hut by Trent Deerhorn



The Art of Painting

I have been very busy of late painting the interior walls of my practice. I usually do only one wall per weekend so that the task is not overwhelming. That also allows for less physical disruption of the space each time. I have discovered that there is an art to painting and that this art is actually a metaphor for life itself. Here is what I have discovered:

1. Prime things well before application. Without proper preparation there will be numerous coats of paint needed. This gets expensive as paint is pricier than primer. In life if we don't prepare ourselves properly we have to revisit the same issues over and over again. Therapy can get quite expensive.
2. Don't take too much paint onto the brush. When you do it gets very sloppy. This also means that in life we have to not take on too much because our lives, as well, will then get very sloppy.
3. Don't spread the paint too thin or you will have gaping holes in the paint job. In life we also must remember to not spread ourselves too thin. Energetically spreading oneself too thin creates holes in the auric field.

4. Reach into all the crevices. We can't expect paint to cover where it is not placed. Just like all the levels of consciousness that we have, there are crevices here and there that we must look at and attend to, otherwise they become glaring examples of a job poorly done.
5. Repeat when necessary. Two coats of primer, two coats of paint and the job is complete. Without that preparation and repetition, the job is shabby at best and the old colours will bleed through. Just like when our old baggage issues bleed through into current relationships.
6. Allow proper time for curing. Paint has to cure before anything can be put onto it. That means proper drying time between coats and about 5 days to a week before hanging anything on the wall. In relationships people often don't allow themselves the time it takes to cure after one relationship ends and another begins. So the new relationship is bound to have the old relationship bleed through and no one will be actually healing in any way.
7. Give a good roll. By that I mean first in one direction, then in the next to spread the paint well. But in life it can mean either to give it your "all" or to...ehem...did I hear someone say something about hay?
8. Have the proper tools. It is important to have a decent set of tools to work with no matter what we are talking about. A fine edging brush is extremely important, the right type of bristles on both that and the roller brush is a necessity, the proper extension handles when necessary, the proper rolling pan AND rolling pan liner so that you can interchange colors without having to stop and clean the rolling pan, and the right kind of paint cup that has a magnetic area near the lip so that your brush doesn't fall over and spill everything as soon as you set it down. This is all metaphor for life skills as well. We have to have physical activity for our bodies, emotional intelligence for our relationships, reason for our thoughts, and openness for our spiritual consciousness. Without those tools we make a royal mess of our lives.
9. Remember to do the edging first. This includes corners, trim etc. If you edge properly the rolling gets much easier. Again, refer to number 7! Edging can be the painters version of foreplay.
10. Choose your colours well. Just like a relationship, your colours are something that you will have to live with. They should not be too bright or too dark otherwise you risk making yourself either hyper or depressed. They don't have to be pastel by any stretch, but the softer the colour the easier and more long term you will enjoy it...just like a gentle relationship as opposed to an intense one or a depressing one.
11. Clean up your tools and your messes. Everyone drips paint now and then. Some like to put down tarps etc to catch that. It has been my experience that by the end of the paint job when the tarps are lifted there is often a drip or two that went undetected underneath the tarp. By the time it is found it is dry and miserable to clean. So I like to go "tarpless" (the painter's version of going "commando") and keep a damp cloth nearby to dap up and wipe up any drips. When done while the paint is still wet, it cleans up incredibly easy. And proper cleaning of your painting tools will extend the life of said tools. So when we make a mess in our lives, we need to actually put work



into it and clean it up. We can chuck it all up to experience and lessons learned, but in order to properly do so we have to be able to actually do the work involved in the learning.

12. Put love into it. When I am painting I am consciously putting love and affection for that wall, that room, my home into the act. In order to do that, I have to paint slowly. I have to be fully present in the moment. I don't rush anything. I relax by listening to pleasant music so that I slow down and enjoy the process. This way, it becomes so much easier to enjoy the total result. And being present and enjoying the moment is what makes all of life worth living.

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

Things to Know

8. Right-handed people tend to chew food on their right side.

According to the Farmer's Almanac 2016:

Hidden Treasures



Ground cherries are a low-growing relative of the tomato and tomatillo. Like tomatillos, the tiny ground cherries have a papery, straw-colour husk, which is peeled off before eating. These 1-to-3-foot-tall mini plants grow well anywhere that tomatoes would grow, even in poor or sandy soil. The bushes may spread up to 2 feet in diameter. Because they self-sow, a new crop will pop up year after year. The sweet, yellow-orange fruit can be eaten fresh or frozen, canned, made into pies and jams, or dried like raisins.



Full Harvest Moon September 16th

The longer a pepper stays on the plant, the more intense its flavour will be. This is especially true for hot peppers.

Autumnal Equinox September 22nd

"Autumn is a second spring when every leaf is a flower." Albert Camus, French writer (1913-1960)

New Moon September 30th

On cold nights, lightly spray plants with water to protect them from damaging frost.

Tidbits and Tickles:

After a day of fishing in the ocean, a fisherman is walking from the pier carrying two lobsters in a bucket. He is approached by the game warden, who asks him for his fishing license. The fisherman says to the warden, "I did not catch these lobsters; they are my pets. Every day I come down to the water and whistle, and these lobster jump out and I take them for a walk, only to return them at the end of the day."

The warden, not believing him, reminds him that it is illegal to fish without a license. the fisherman turns to the warden and says, "If you don't believe me, then watch." He then throws the lobsters back into the water.

The warden says, "Ok, now whistle to your lobsters and show me that they will come out of the water."

The fisherman turns to the warden and says, "What lobsters?"

BAD WOLF

(For all the Whovians out there!)

Ask the Shaman: With Trent Deerhorn



Q: I find that I am very attracted to drumming and to drum circles. What is it about this that is so enthralling? I find it is like a magnet to my soul or something...

A: To answer this I would like to first off explain why it is that I lead

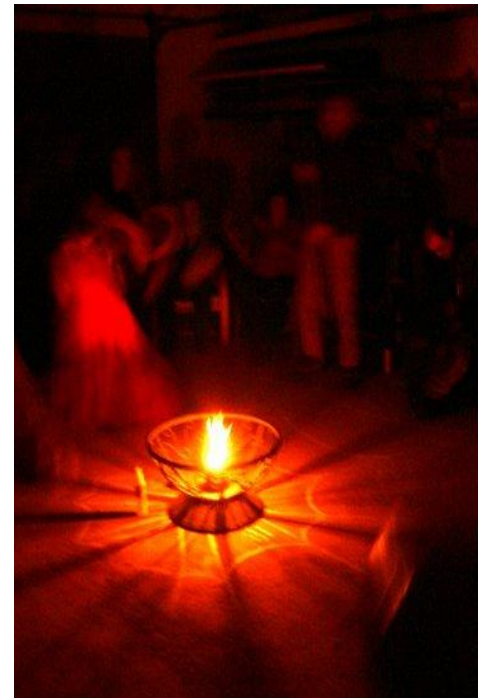
drum circles at all. I was called by Spirit YEARS ago to do this. This was before they were even a "thing". Since then there are more and more popping up, not just locally but world-wide.

First off, drumming synchronizes the left and right brain hemispheres and increases alpha brain waves. Those brain waves lead us to a "threshold" within our consciousness, one from which we can access any level and state of consciousness that we choose. It is like being in the in-between place where you are not awake and yet you are not asleep. This place can also be accessed through meditation.

Secondly, drumming connects us to the heartbeat of Mother Earth. Yes, She does have one. That is a scientific fact. And the vibration of the drum resonates within that heartbeat rate. So as we drum we connect to Nature, to what is natural, to who we are as beings on this earth.

Thirdly, drumming helps us to access our inner ability to do a shamanic journey, a sort of experiential meditation where an altered state of consciousness is achieved and from that our ability to access the Upper, Middle and Lower realms of consciousness happens. That way we can glean "medicine" for ourselves. It is pretty much helping us to commune with Source, or whatever the individual's concept of that may be.

Last, but certainly not least, it is FUN. Although my drum circles are more ceremonial than others, there is ALWAYS room for song and dance and free expression within it. When the voices begin to blend there are often "others" who sing along that everyone can hear. They may not be seen, but they are definitely heard. And their songs are healing and comforting. All of this blends our intellect with our creative and primal selves. That is why so many are drawn to it. Those who feel uncomfortable with it are usually the ones who are afraid of their primal selves and see it as something evil, which it is not and never was. Once people get tuned in to that simple fact and allow themselves to explore, they discover that there is something so intimate and enriching about a drum circle that they become regular attendees.



From the Garden

by Lyndon Penner

It is nearly 1030 PM and I have just come in from gathering seeds. Have I mentioned how much I absolutely *love* seeds? I love all their shapes and sizes and colours. I love that one tiny seed contains all of the DNA and necessary genetic material to make a whole new plant. I love that I feel empowered as I gather seeds. Gathering seeds has always felt to me like a political act, particularly when I am gathering seeds from native plants. I have been filling endless containers full of seeds lately. My desk is covered in envelopes full of poppy and columbine and violet seeds. I'm not sure what I am going to do with them all, but I have been hoarding them like that dragon hoarded all that treasure in 'The Hobbit'. Also I have been getting very emotional while gathering seeds lately and I have no idea why. I was on a steep slope this evening with the last of the day's radiant apricot-rose light illuminating the pads of several dozen native cactus and I wanted to sob. What's wrong with me lately? Native grasses were moving slightly in the wind, and it was warm and calm and insects were singing and there were grassland birds going about their business and I wanted to sit down and bottle this moment, take all of this beauty and store it in a jar, and open it on some desolate winter night when the wind is howling and my soul hurts. How can I feel such joy and such sorrow at the same time? I am constantly a puzzle to myself.

Somebody asked me recently if I could meet God and tell him one thing, what would it be? I thought about it for a moment and replied that I would probably tell him that I am a huge fan of his work. Whoever or whatever God might be is not up to me to interpret or try and figure out, but when I am out there gathering seeds, I sometimes feel close to God. I grew up in the church, and from the time I was very small we heard the story of the garden of Eden. God's first project after creating the world was to plant a garden, which incidentally is exactly what I would have done. I would, however, have skipped this whole creating people nonsense. Why would you ever create humans when you could just have trees and ferns and grasslands and moths and hummingbirds and endless flowers? Why create something that would so devastate the beauty you had created? All through the gospels, Jesus goes around healing people and changing their lives and doing all these miraculous things and the people respond to this by brutally executing him. Why would you bother with a group that was so obviously a lost cause? The earth is filled with mountains and forests and oceans and rolling grasslands and tropical islands and humans do everything in their power to kill and steal and destroy it. Why would you ever bring anything into existence that would undermine all the magnificent work you had done? If ever I were to sit down with God, I might ask him what he was thinking when he did that. (Also, why create tapeworms and ticks and other parasites? Because that is just gross and

unnecessary.) I am the last person in the world who should be asking questions about theology, but never the less I am feeling philosophical this evening. Seed collecting apparently does that to me.

Trevor Herriot is one of Canada's (and perhaps the world's) finest writers and I have been re-reading his book called 'The Road is How'. If you've not yet read it, please do. This man is a brilliant, eloquent writer with the soul of a poet. He speaks in this book about our relationship with the land, and specifically the Canadian prairies. How often do we touch the land, how often do we physically connect with it? I often think about the land. I think about the highways I drive on and I think about what once existed under the concrete parking lot at the Home Depot down the road from me. Do I now shop in places that whooping cranes once stood? Am I putting gas in on the very spot where sharp tailed grouse once danced? How old is the land, and can it be healed or restored or put back as it was? Should we even try? I think about the bison who once roamed this land in the millions, unhindered for thousands of years. I have often thought about how broken and fragmented and splintered the prairies now are, and I have tried to spare myself sorrow by telling myself that the land has been changed and altered but not destroyed. Why do I feel so deeply connected to my past when I walk on virgin grassland? Why do I feel such anger and resentment when I think about Europeans coming over here and turning perfectly stunning ecosystems into a patchwork of farms and fields? I think this while being fully cognizant of the fact that I eat beef, I eat grain, and I drive on highways. I have benefited from the hard work of my ancestors and I live an easier life than they did because they made a way for me. I can see a canola field in full bloom beneath a blue prairie sky and find myself breathless from its beauty, and a moment later I can be seething with rage that canola now stands where once burrowing owls nested and coyotes raised their young. I am an enigma to myself, and I have trouble reconciling the world as it is with the world as it was or as it should be. I have a First Nations friend who I sometimes have discussions with about these matters, and she made a statement that I couldn't know the earth as her people did *because I was white*. This enraged me. I was born here too, just as she was. I am, in a manner of speaking, as indigenous as she. I do not believe the earth grants special favours based on how long your ancestors have been here. I know only that I am a son of the prairie, and that the feel of the wind and the leafing out of the aspens and the flowering of the buffalo bean stirs something in my spirit that is deep and primal and very old. I am sure the colour of my skin does not matter. The time period in which my ancestors arrived here does not matter. I know when I touch and feel the earth that something moves inside me; something that defies explanation and cannot be defined or analyzed or placed in a container. Prairie is part of who I am, and I can both weep and wonder at that which I have inherited.

Touching the earth with your bare feet is something I can encourage. There is an intimacy in stepping into the garden in bare feet. The soles of my feet in contact with soil feels good to me.

Standing in a grassland with my feet and legs touching and surrounded by ancient species of grass feels good to me. I did that this evening, briefly. Going about in bare feet in a coulee is not always the best idea- one might step on a sharp rock or a rattlesnake or something equally perilous. I'm not saying you should hike with no shoes on, but find a spot and caress the ground with uncovered feet or hands. In many religions and cultures, one removes their feet when they stand on holy ground. Is a coulee any less sacred than a church or a temple or a synagogue? I say not. I have seen the water used for anointing and baptism and I have seen the little birds splashing in puddles after a rain and I will tell you which water I think is the purer of the two. I have seen the altars in the churches covered in garlands and flowers and I have seen wild roses weeping their flesh coloured petals over sun-baked asphalt beside the highway. Which is holier?

We have only so much time in this world, and there are only so many mysteries that we are going to solve. I suppose we needn't have all the answers. We needn't try to find out what it all means. Go out and gather seeds. Touch the earth with your bare hands. Be grateful for the wind in your face and the fact that little fragments of true prairie still exist. Consider the bison who are gone, and the small herds of them that still remain. Think deeply on the song of the coyote and ponder the sharp spines of the cactus. I am contemplating the graceful and elegant movements of the heron as he hunts for prey by the river, and I am going to wake up tomorrow and toss all my questions into the sky once more. It seems to be something I do a lot these days. Some of them will come back to me as answers, but many of them won't, and it doesn't matter which ones because what is important is going to reveal itself, and everything else is just details.

You can follow Lyndon's blog on [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 52:

Brian Wrote: Thanks so much for the good sharing and caring continue-oms, dear Trent!

With sincere chants and cheers!

Joanna Wrote: I absolutely LOVE the concept of a Sacred Tools and Instruments section! Thank you for thinking of that!

Cindy Wrote: Gail, I love your writing. You have a way with words that crafts a pipeline to my soul.

Angelica Wrote: I very much enjoyed your Q and A in Ask the Shaman this month. That is something that my partner and I have been working on for a long time.

Bethany Wrote: I have never seen Yellow/Gold Tourmaline before. Thank you Ave for that educational experience!

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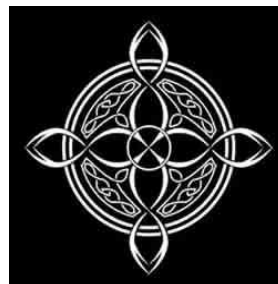
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