

FLIGHT: A Living, Breathing Document of Consciousness

Volume 5 Issue 54 October, 2016

A Letter from the Editor:



As I write this today it is the Autumnal Equinox. You can actually smell the change of season in the air. The leaves are turning and as I walked out front of my house today I found that most of the leaves on the tree out front have fallen! Looks like the rake will be put to good use this year.

There are changes in the season and changes in the world. I find that change is the only thing that is constant in our world. Life ends and another one begins. Changes in political structures from the civil to the national and international are happening right in front of us. Some folks are changing careers and some are changing things up in their relationships. This sets everyone into a state of transition. Remember to breathe through each change. Keep grounded and keep loving.

Enjoy the read this month! There are a number of really nice contributions this month. Thank you to all who contribute in your own ways. Without you this newsletter would definitely lack. Please feel free to circulate this newsletter to whomever you think may enjoy it. And if anyone wishes to have a free subscription, please let me know at deerhorn007@gmail.com.

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



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.







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



Serendipity Flowers and Stuf

727-A 22nd St West, Saskatoon.

*Trent Deerhorn will be presenting at 3pm on October 8th on the topic The Importance of Clearing and Blessing your Space.

Lots of presenters, lots of Crystals, lots of great vibes!



ZUZAK

Introduction to Polarity Processing



Class: Introduction to Polarity Processing

When: 10 classes (1 hour) Class will run Friday evenings or Saturday late afternoons
Mid October to Mid December, 2016, Exact Times TBA

Where: Balance Within Wellness, 300 3rd Avenue South, Saskatoon, SK

Tuition: \$333 plus GST for the course, required text (hardcover \$45 or ebook \$15)

To Register: email Loriann Zuzak at info@loriannzuzak.com [306-262-0083](tel:306-262-0083)

Description: Good and bad. Superior and inferior. Victim and tyrant. Control and loss of control. Rich and poor. Right and wrong. As a passionate student of polarity processing, I am offering this class as a means of sharing a method which has personally brought me much peace, balance, integration and wholeness in my thinking and perception of the world around me. Using Leslie Temple Thurston's The Marriage of Spirit as our guide, we'll work through the basic framework for the practice and experience the powerful shifts this processing method can bring to your internal thought patterns. This work can help identify quickly your most disowned aspects, hidden inside the polarities that you experience as most "charged". The processes allow for many "ahas!" and once you've identified them, they never hold the same power over you that they had before. There is true liberation in this work if you're willing to be honest with yourself. You will experience a whole new level of compassion for the people around you when you do this work as well.

The class will involve weekly reading, personal reflection, journaling, story-telling and processing.

Review: "Your presentation today was fantastic and powerful. Thank you."

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 Bedroom

by Ave Riddler



I can recall as a child feeling this odd sensation when I would try going into my grandfather's bedroom. While in the doorway I would feel like I was trying to walk through jello. I recall I would bull through that weird feeling and just go in for whatever reason I needed to, most often with a few cousins.

Years later I gained a better understanding of what that feeling was, and I would quietly say I was not going in to be a pest, or to disturb anything, and that jello doorway would fade and I would be free to go in. The realization was that the bedroom still belonged to both my grandfather and my deceased grandmother.

For a while, once I understood what I had been feeling in that bedroom doorway was, I thought about trying to help my grandmother move on. My thinking was it must be hard on both her, and my grandfather (who remained a widower) for her to linger in the house like she was. I had a very vivid dream one night while thinking about her lingering, in that dream she told me she lingered to watch her family grow. After that dream I would still feel that jello doorway feeling in the bedroom, but I started greeting her while still explaining my reason for going into her bedroom.

Years later I was with my family in that house, we had gathered to remember and pay respect to my grandfather after he passed on. The family had laid out some simple jewelry and things like key chains or pins from my grandfather's business on the bed in the bedroom. The idea was if we saw anything that made us think of either grandmother or grandfather we could take it home with us. I went into the bedroom, my sorrow making me forget to greet her as I walked through the



door; it wasn't until I was at the bed that I realized I had not felt that jello feeling in the doorway.

I felt peace knowing that she had moved on once her husband and friend had joined her.

Household Hints and Handy Tips



To sharpen scissors, simply cut through sandpaper.

Sacred Tools and Instruments by Trent Deerhorn



The Athame (Ah-thah-may)

The Athame is an important tool in sacred work. Although some may automatically fear it because it resembles a dagger, it is not used as such. The Athame is a 2-sided blade with a sharp point. The blade on the

Athame is dull. It does not need to be sharp at all because it is not used for cutting physical objects.

The Athame that is pictured here is my own and it is made primarily from Buffalo bone, which is something that I consider to be quite sacred. I have attached beads to the leather which represent Wind and Water. The crystal bead on the handle is clear quartz and serves as a "seeing" tool.

The Athame is used in healing and ritual as a form of connecting aspects of consciousness. There are many ways of doing this. For some, it involves using it to channel energies much like a magic wand, for others it may involve altar work such as stirring a cauldron or energizing tea leaves. I use mine to stimulate my third eye and open levels of consciousness. It is a rather heady experience and does require some grounding work as well, so once the third eye is stimulated enough I use the Athame to draw energy up from the earth to ground me as well. The sharp point is held to the third eye between the eyebrows very gently. The energy transference is immediate. Then the point is directed to the earth and draws that energy upwards into the handle. The handle is then held to my heart chakra in the center of my chest. The calm stability of the earth then flows through me with comfort and ease. Then, if appropriate, I gaze into the quartz bead at the top of the handle. This allows me to visually "see" answers to immediate questions I may have. At the very least it allows me to center and calm.

I have also used the Athame to sever toxic energy ties, liberating the energy system from the effects of toxic individuals. The point has also, at times, been used to stimulate pressure points throughout the body to open the flow of energy that has been blocked up, thus creating smooth transitions into wellness.

Athames come in a variety of forms. Likely the best way to find one for yourself is to begin by doing an internet search of images of athames. Visually you will find that some appeal to you more than others. Once you see these lovelies in person, then you will be able to "feel" the energetic connectedness that comes in varying degrees, depending upon the person and the Athame. The one with the most connection is the one that is more meant for you.

Some Athames, such as mine, come with a hilt in which it can rest and/or be worn on a belt. It is important to remember to not attempt to use the Athame for harm. It is not meant for aggression or for physical attack. This is a tool of Spirit. Whether it carries with it more elemental energy involving, Fire, Water, Earth or Air, it is still a spiritual tool that must be respected.

Thought for the Day:

Let there be more joy and laughter in your living. Eileen Caddy God Spoke to Me

Stone of the Month: by Ave Riddler



Morganite

Morganite is a member of the beryl family and has the same MOHs hardness of 7.5-8, which means you will find it is very durable. Beryl forms as hexagonal prismatic crystals, sometimes forming pyramid shaped terminations, it can have striations along the crystal also. Morganite differs from other forms of beryl by color, ranging from soft light pink, peach, to deep rose; this color is caused by manganese within the mineral.

Morganite works best with the heart chakra and helps bring love into one's life and helps maintain love that is already in your life. This gem can help one realize the equality in relationships. Morganite can help one to communicate from the heart center. This heart energy can be directed outward towards the heart center of the Earth to help us heal the wounds there. A major difference between the heart energy of rose quartz vs. Morganite is that takes that heart energy out from our own heart center and connects it with the divine.

Morganite can help one to better connect with their guides and angels and receive wisdom from these divine forces, while furthering their understanding of their own personal realities. This helps expand and gain alignment of the spiritual self with the personality. By helping one connect with their guides and angels Morganite can help us find what we truly need in our own personal growth, instead of what we think we need. From this self-awareness one can continue to heal and release fear, resentment and anger, helping to rid one's self of attachments from past relationships that have ended badly. If trauma to the heart center has shaken one's faith in their idea of the divine, Morganite can help reconnect and sooth that disconnect.

Morganite can help release old pains, and sorrows, bringing with it a sense of lightness from the lifting of those lingering burdens. One will have those long ago traumas surface into their consciousness to be relived before they can be released. There is a feeling of peace and joy emanating from Morganite that can calm and ease the reliving of those traumas. These gifts can make this gem a valuable tool when undergoing any inner workings, or emotional healing work.

This gem can stimulate self-control, teaching one to act with love and compassion while gaining a better understanding of self. Morganite can also help bring forth patience and a reverence for life. With a better understanding of the self, and one's true needs Morganite can help prepare one for new healthy relationships devoid of past harmful patterns.

Physically Morganite can be used as an aid in treatments for emphysema, asthma, and tuberculosis. It can provide oxygenation at a cellular level, rejuvenating and enhancing disordered systems, including the heart and lungs.

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)

Poem of the day

POPPIES BY CLAUDE MONET 1873

By Gail Fulkerson



Dabs of crimson and orange on canvas
Symbolizing
Blooming poppies
Spilling giddily down a hillside

A young boy in a sailor suit
Clasping a handful of blood red flowers
Trailing absentmindedly after his Mother
She carries a parasol
Slung provocatively over her shoulder
Teasing the wind to take it up
And fly her far far away

She appears faceless
Walking carefully

Between the poppies
Praying her boots do not
Bend the stems or crush the blooms
Beneath a careless step

The little sailor boy
Tiny dots of blue paint for eyes
The suggestion of a nose
A wisp of brown hair shaded beneath a sun hat
Sporting a poppy red band
The artist himself is the child

A mother and child sit atop
The red-dotted hill
They too seem faceless
Looking down in judgement
Of the parasol wielding mother
And her sailor-child

An idyllic scene
Plucked from a boy's memory
Immortalized on canvas
Decades hence
Betraying not a hint of this
Artist's life

This long remembered
Stroll with Mother
The walk down the hill together
Sunshine on their heads
Warm breezes playing in
The curls in their hair

Memories
Disguised as poppies
Spilling giddily down the hill
Falling quietly over the edge
And into the silent abyss.

From the Flower Spirit Cards by Melanie Eclare



Cerinthe: My message is one of creativity

The passionate message from the spirit of the deliciously waxy, blue Cerinthe flower is one of pure self-expression and creativity. In its open expression of blissful presence, it shows us that to be fully present with one's own pure creativity brings with it a deep understanding of self and

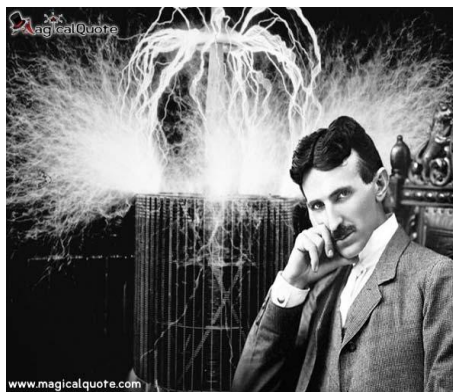
a greater connection with life itself.

In this modern world, we may sometimes feel we are surrounded by chaos, so it is vital that we each find and nurture our inner core. This will give us a solid base from which to go forward in the craziness of our hectic lives without being knocked off balance. The sublime beauty of the Cerinthe flower is within us all - if we can but accept this we will have made a giant leap in faith and understanding. To help us even more to hold our heads high, to feel that we belong and to know that we are connected with everything that is, we must access our own creativity. If we can do this it acts as a reflection of the beauty within us and helps to nourish and strengthen our own core.

We are all creative - acknowledge the ways that you can develop your own creativity. The Cerinthe flower spirit calls on you to open new doors to self-expression. Your inner beauty and creativity are crying out to be acknowledged and activated. Be inspired by the Cerinthe flower and begin to access your own infinite source of pure creativity.

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.

9. Though free to think and act, we are held together, like the stars in the firmament, with ties inseparable. These ties cannot be seen, but we can feel them.

From 365 Zen daily readings by Jean Smith

Zen practice is sometimes called the way of transformation. Many who enter Zen practice, however, are merely seeking incremental change: "I want to be happier." "I want to be less anxious." We hope that Zen practice will bring us these feelings. But if we are transformed, our life shifts to an entirely new basis. It's as if anything can happen - a rosebush transformed into a lily, or a person with a rough, abrasive nature and bad temper transformed into a gentle person. Cosmetic surgery won't do it. True transformation implies that even the aim of the "I" that wants to be happy is transformed....We have to be open to the transformation that life wants us to go through...We think we're going to be a wonderful new version of who we are now. Yet true transformation means that maybe the next step *is* to be a bag lady. Charlotte Joko Beck, *Nothing Special*

Reflections from the Shaman's Hut by Trent Deerhorn



Weekend Warriors and Popcorn Elders

There is a rather disturbing trend that is happening in our community, and in many other communities throughout the country, and perhaps throughout the world. I have noticed it for a very long time, but have not been heard when pointing it out...until recently when the community has finally begun to wise up a bit. People often have this misconception that if you are from somewhere/anywhere else in the world, then you are automatically much more knowledgeable than anyone who is local. "Experts" will come into the community from pretty much anywhere else, give a weekend course in something, go on their merry way and have absolutely no concern about all the emotional debris that they have left in their wake in the people who have attended their course. Then the local healers are left having to clean up their mess. In the meantime, those who took the course are suddenly thinking of themselves as "experts" in a field of work that they have only just encountered and for the sum total of a weekend. They now have their "Level 1" of such and such, or their "Level 2" of so and so. Suddenly, with the sum total of 12 hours they have an ego the size of a football stadium and an attitude that they know more than anyone else who has been working for over 30 years in a similar field. The Weekend Warriors end up creating an onslaught of damage as they stumble around in their new-found field "helping" those around them. Again, from this the locals who have been practicing for YEARS end up being the ones helping their "patients" pick up the pieces. It becomes exhausting. But god forbid anyone challenge the professionalism of the Weekend Warrior! Then suddenly YOU are the one with the ego that is bruised by someone else's expertise!

And then there are the Popcorn Elders. These are people who either decide that they are now in an “Elder” status in the community (usually based upon nothing more than age instead of actual experience and wisdom gleaned from said experience) or who have become “assigned” by some supposed “elder” who has drifted through and told them that this is now their assignment. I have watched what was a pretty functional spiritual community become destroyed by the latter. Now, one could say that the mere fact that this happened shows us that the community “needed” such a challenge in order to “shake things up”. I do not agree. That is like the empty, hollow words of “God has another plan” or “Everything happens for a reason” being used to console someone who is bereaved. No, the community did NOT need that nonsense. And how DARE you, as a supposed Elder drifting through, take it upon yourself to “assign” ANYONE to take on a job for a community in which you do not live, and in which you did not even consult with the Elders that are already there. Eldership is not something that is assigned. It is something that grows. I liken it to making a chili or a stew. It might taste pretty good on the day it was made, but the NEXT day it will taste even better as the flavours have had a chance to actually set in. Wisdom takes time to develop. Knowledge can be gleaned anywhere. How to incorporate that knowledge into daily practice is where Wisdom comes in. The recipe for a chili or stew can be assembled by anyone at all. The flavours have to have time to fully unfold.

Three years ago I had a very personal experience on this. My wife had died just a couple of weeks past, and I was finding myself in need of some support. I did not want to go to a support group for bereaved people that was organized by the volunteers at a local funeral home. I was quite young to be a widower, and I did not feel like I wanted to be with a bunch of senior citizens talking about my feelings on the matter of losing my wife. I am likely completely misconceived about what the support group attendees would be in terms of age category, seeing as how I never went. But at the time, those were some of the thoughts that were going through my head. And I also found out that none of the volunteers were actually trained in bereavement counselling. They had just taken on that roll of leader as a way of perhaps processing their own grief. I could be completely off base, but to me that sounded like the blind leading the blind. It just did not appeal to me.

Then I heard about this shaman who was in town and was putting on this healing circle for men. Two things DID appeal to me with that. First, it was a shaman. I am a shaman, so I felt that we would likely have a good basis of “speaking the same language”. Secondly, it was for men. I felt that this would be a safer place to expose myself and my grief than some group that had women in it as well. Why? Because I had already, in the course of just a couple of weeks, experienced this twisted sort of “consoling” from some women who barely even knew me. They seemed to think that hitting on me was an acceptable way to show support for me in my grief. A friend of mine told me that his mother called those types of women “casserole whores”, which meant that they would show up with a casserole to make sure a widower was eating but they actually wanted to get in his bed. If anyone had told me about this before I became a widower, I would have thought that they were completely out of their minds. By the

third time I was physically removing some woman's hand from my butt I realized that this is a "thing" and one that I had to avoid at all costs. And so I felt it would be safer with men.

The circle was wonderful. I felt awful that a fair portion of it seemed to get focused upon me and my pain. I thought that it was going to be more of a mutual thing, but the shaman saw that I was hurting very deeply and so he provided us with a healing ritual to help me process that, and to actually teach the other men a constructive way to show support and compassion. For this I will always and forever be grateful.

And then, at the end of the evening, I found that I and another participant (we were both the oldest of the group by a number of years) were being asked if we would continue being the Elders of the group and provide time/space for the group to meet. I can only speak for myself about how this felt, as I am not the other person who was asked. So here we had just spent about 2 hours, with an unintended focus on my grief and pain, and I was feeling very vulnerable and fragile and grateful. Suddenly there is the assignment being given to the two of us. I felt like I owed the men in the group for their investment in my personal well-being. I felt obligated to say "yes" and totally ignore the fact that I was not in any condition to take on yet another circle (I already was an Elder for 2 other continuing circles in the community). So I said yes, I would do that. And I did. And it was somewhat fulfilling to do so for a number of months. But soon I hit a brick wall. The group was more focussed on blending with the women's circle than they were on doing their own work. I suggested that we need to first take things deeper and do some of our own healing before "blending" with another circle. As soon as I suggested that, from then on the meetings got delayed or re-directed because of one thing or another. It became perfectly clear that this group was not interested in going deeper as much as it was interested in spreading out and blending. I finally had to come to the realization that, although this was something that was going to happen, I did not have to take part in the misguided actions of that. So I withdrew.

I then found out that the very same shaman, as well as another who had also drifted through town, were in the habit of telling people that they were the ones to carry the mantle and provide leadership for the spiritual community. And some of whom they told that were definitely ready for that role. But a number of them were not. And there was so much lack of communication going on because these shamans did not actually inform EVERYONE as to whom they had assigned. Suddenly there were power plays going on and disruptions in the community that needn't have happened. Some were on an ego trip and others were hesitant to even step into that assigned roll because they did not feel ready to go there, and yet others were ready and were getting all sorts of blow back from those who were on their ego trips. It is very distressing to watch this take place within a spiritual community. It ends up becoming anything BUT spiritual. And so, like so many times before, I found myself, as did others in the healing field, sitting back, assisting those who wanted our help to heal, and waiting for all the dust to settle. I don't know if it has even completely settled yet, three years after the fact.

Sometimes those shamans come back into town. Fine. Whatever. But for the most part they are NOT HERE. So they really don't have an ear on the ground when it comes to what our community actually needs. They THINK that they do, but they really don't. They created a bunch of popcorn elders, and I have a feeling that they might also be popcorn elders themselves. If they were not, they would have known that this is completely inappropriate behaviour, and they clearly did not understand that at all. I think that the actual healing work that they each do is wonderful. But the "assigning" of elders is completely misguided. One of them actually took exception to being called "Brother" by one of my friends, who calls every man he connects with a brother. The shaman felt that this was an assumption that my friend had that would seemingly disrespect him as an Elder. Pardon my bluntness here, but if you are all about status and not about heart connections then you have no place in the roll of an Elder, so back up.

I truly think that people need to get beyond their misconception that just because someone is from somewhere else they are automatically so much more learned and wise than anyone who is right here, always has been right here, and is so completely available to the community. I am not just speaking of myself. Our community has a great number of very qualified healers, each of whom gets tossed aside like a dirty tissue as soon as someone else comes through town. THAT is disrespect. THAT is complete ignorance. There is absolutely no wisdom in these behaviours, no honour, and no respect even for the individual self, because what people are doing to themselves is setting themselves up for deep pain that was completely not needed in any way. I suppose that the ego rush is worth all that. But that then calls to question if they are actually serious about doing their work in any way, or if it is just another "high" to make them feel elevated in the moment? Seriously, if you are going to approach your healing with such disrespect, you might as well just go back to using recreational pharmaceuticals. That will do you about as much good.

My suggestion would be that if someone is drifting through town and you want to see them and see if they have anything constructive to offer, then absolutely do that. But at the SAME TIME you might want to consider maintaining your connection to the healer you are already working with and invest in yourself in a way that is ongoing, and not just a weekend "trip". That person who has been working with you for a while now, THAT person is here, RIGHT HERE, for you and has been from the beginning. The one drifting through town, as much as he or she may have good intentions, is NOT here for you on a day in and day out basis. They are only passing through.

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

Things to Know

9. Putting dry tea bags in gym bags or smelly shoes will absorb the unpleasant odor.

According to the Farmer's Almanac 2016:



Recycle and Reuse: Unique containers and hanging baskets will perk up any planting in your yard. Look for objects in your garage or basement that you can repurpose. Paint old wicker baskets or metal trash cans and use them as containers. Rubber boots in a variety of colors become fun hanging planters when mounted on

a fence. An old pair of leather boots makes a perfect planter for succulents. Plant annuals in a drawer of an old bureau or place a potted arrangement on the seat of an old chair. The possibilities are endless.

October 16th Full Hunter's Moon:



To prevent diseases from overwintering, remove any rotten fruit (called "mummies") remaining on fruit trees and rake up fruit and leaves that have fallen.

October 30th New Moon:



Wood ashes are a good source of potassium and will help to neutralize acidic soil. Mix them into the garden soil after you have harvested this year's crops.

October 31st Halloween:



Don't try to sell pumpkins to a gardener. *Romanian Proverb.*

Tidbits and Tickles:

The nursery school teacher had spent half an hour dressing her charges for outdoor playtime, pulling on boots, zipping and unbuttoning coats, matching mittens and gloves. As she finished struggling with Jennifer's boots, she let out a sigh of relief. Then Jennifer tugged on her arm. "These boots aren't mine, teacher."

With a groan the teacher knelt down and pulled off the boots. "Do you know whose boots these are, Jennifer?"

"Sure. They're my sister's. Mom makes me wear them anyway."

BAD WOLF

(For all the Whovians out there!)

Ask the Shaman: With Trent Deerhorn



Q: How important is a family line to the spiritual connection one feels with particular traditions?

A: The genetics of family lineage is extremely important. So are the experiences that all of our ancestors have had as well as the knowledge and wisdom they have gleaned in their lives. Sometimes we incarnate into the same family line a number of times. But in between we often incarnate into other family lines. This truly does make us All One.

So the simple answer is "extremely important". The more complex answer goes more like this. We sometimes incarnate into a family that does not carry the same spiritual awareness as do

we. This makes it challenging because then we have to sort out what is *THEIR* spiritual traditions and what is more *OUR OWN* spiritual traditions and awareness. Now it gets even trickier because there are some people who actually believe that a certain race has more of a "right" to certain practices than does another race. They count others who practice their spiritual traditions as among those who "appropriate" their culture.

Personally, I do not buy into that one little bit. Spirit does *not* do Race. Spirit does *not* do Culture. *Humans* do. Who is to say that someone born in the Bible Belt of the deep South and born into a Christian family is not *supposed* to respond to his/her calling to practice a different spiritual tradition? If they resonate better with one over the other and respect that to which they have been called, then by all means follow THAT path. There are many paths up the same mountain, so pick one. There is *NO RULE* that says that because you are a particular race you *MUST* choose only a path that many of your race has chosen before you. To think this way is to project racism into spirituality and that is completely not acceptable.

You will also find many who bridge traditions...and do so exceptionally well. You will find combinations such as a Pagan Wiccan Buddhist and such. That happens. That is completely acceptable. That is completely *normal*. When we go to a grocery store there are aisles with vegetables, aisles with meats, aisles with spices, aisles with condiments. Are we supposed to nourish ourselves with one and only *one* aisle? No. We will end up malnourished. We pick and choose what is right for us, what feels right for us, and what nourishes us. THAT is what will lead us into a state of enlightenment far faster than all this nonsense of "you have to do it this way and *ONLY* this way."

So find your path. There are many. There may be many for you. Some will feel more resonant and congruent than others. That is alright. Work with what works for you and don't worry about what other people may think, because if they are judging you for your spiritual path then they are not actually thinking of YOU at all.

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 53:

Alan Wrote: I never knew drumming had such benefits! I will have to attend at some point.

Richard Wrote: Loved the article on painting.

Cindy Wrote: I really enjoy the poetry section. Please keep that going!

David Wrote: I am learning so much already from the Sacred Tools and Instruments!
Thank you!

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