

FLIGHT: A Living, Breathing Document of Consciousness

Volume 5 Issue 55 November, 2016

A Letter from the Editor:



It never ceases to amaze me how good this newsletter is becoming. I am so grateful for the contributors and for the fact that I have the honour and privilege to work on this type of project. It warms my heart to see the feedback that comes in for the Forum section...you, the reader, letting us know what is working for you about the newsletter, help us to continue to produce quality work.

This is a project of love, healing and creativity for all of us who work here on this. Some of the contributors I have never met in person, but are people who, whenever we are in the same part of the world, will be first on my list of get-togethers. I thank you all!

Please feel free to forward this newsletter on to whomever you may think might enjoy it. It is free. My mission with this is to help as many as possible and get the information out to the world as quickly as possible.

Subscriptions are free so if you would like to be added to the subscription list, just let me know at deerhorn007@gmail.com and it will be so!

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

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

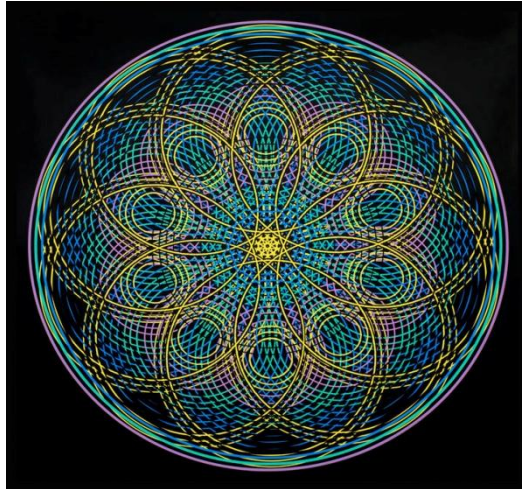
Skype and Face Time with the SHAMAN!

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

Explore the Power of Healing Sound with Katherine Dempsey



You will Learn:

Science of Healing Sound
Personal Healing with Vocal Toning
Sound Healing with Sacred Geometry and Crystals
Healing with Crystal Singing Bowls

Bonus: Featured speaker Shaman *Trent Deerhorn* will join us to discuss Shamanic sound healing

Date: November 19 and 20th, 2016

Time: 10 am to 4 pm

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

Tuition: \$350

Crystal Singing Bowls will be available for purchase

Preregister by November 5th, 2016

Contact Katherine [306-371-2889](tel:306-371-2889) katherine@amythyst.ca

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!

Household Hints and Handy Tips



To prevent your eyes watering while chopping onions, wipe the chopping board with white vinegar (which won't affect the taste of the onions).

Chapters ...

SEAN DAMIEN HARGREAVES

This story doesn't start at the beginning, it fades in from an awful black, smack dab in the middle. It's not even a full story, just chapters from my life that I now offer you. It may frighten you, it may sadden you, it may anger you, it may inspire you and light the way from your own terrible blackness. I make no promises and less apologies. I don't want you to think of me as some pathetic attention whore, I'm simply writing this to make sense of things for myself and if

I help, or reach just one person who finds strength and meaning in what I've said here, I'll be happy. No matter how much it seems like, or feels like it, you are not alone.

I've been involved in a never ending hostage negotiation with myself for years, my mind being the hostage, the ill-equipped negotiator and the highly volatile captor. Neither side had given an inch, while the hostage just wished himself dead in order to end it all. I used all my considerable pain, my rabid hate and my furious love, to fuel my all consuming rage, living like a junkie off of it for years. I only felt alive when I felt that static electricity of anger caused by the constant friction of my existence. I couldn't have known I had begun to emotionally rot from the inside out. Those feelings/emotions could only stretch so much before they gave way, snapped and knocked me down with the recoil. Yes, I was living, but if the quality of your life is missing or misplaced, are you really living? I bottled up the seeds of despair for years, and when I finally tried to plant them, I rooted myself down to the bottom of a pit I would spend the next 10 years or so trying to claw my way out of. I was starved for joy or happiness, yet when it was placed in front of me, I couldn't enjoy it, a wave of nauseous self loathing always drowning me. I wanted to scratch and rip my eyes out, but how else could I look in the mirror and tell myself just how much I hated myself. By this time in life I had lost 3 close friends, had watched another suffer for years with a life threatening illness, lost one of the loves of my life because of my own infidelity and then lost my family because I couldn't forgive myself for, or forget the infidelity and I outright failed to be a man for my son and his mother. I failed to be a man ... that's one of the hardest things I've ever had to admit to myself and it's still hard to think about, let alone write about it. If anybody else had said it to me, I'd have punched their teeth loose, so it makes sense that I've mentally kicked the shit out of myself for thinking/saying it. I have never recovered from that. I've marinated in my own venom plenty when it comes to that topic. I don't think a man can, or should be, forgiven for that. We all have our crosses to bear, things that will haunt us the rest of our lives, this cross, MY cross, weighs heavy on me. You'd think that would be the proverbial rock bottom no? I can assure you, it was most certainly not. Now, I will never claim to have been a stand up guy before all of this, I abused alcohol like it was my job, had a few issues with drugs, broke the law when I felt like it, I could be narcissistic, cocky, cold, calculated, mean and belligerent. I tried to live like the 'rock star' I wasn't and never would be. I WAS the attention whore I mentioned earlier. Having said that, I like to believe that I had some marginally redeemable qualities, things that helped me forge some of the life-long friendships and good relationships I had, but if I were to try and list them, I fear I'd be reverting back to being narcissistic. How's that for a double edged sword? Now, I had become a withered husk of all that I had ever been. I drank all day, almost every day, right down to mass amounts of Bailey's in my coffee while at work. I was terrible to those forced to be around me. I was living on booze, coffee and nicotine, I wasn't sleeping or eating properly and I had literally

withered down to 130 lbs. I was, for all intense purposes, killing myself, yet holding on to life out of spite and a dark desire to take some with me. Almost everything to do with my life had become toxic, and while I don't want to say it was mostly my fault, it was mostly my fault. Sure, there are things in life outside of your control that most deal with in a healthy, capable way. I was not healthy, I was not capable and I was most definitely no longer in control. Other than my time/visits with my son, there was no joy in and no purpose to, my life. So, the rock bottom I thought I had hit, the fucking floor dropped out of it, sending me willingly, closer to hell.

It's at this point where things become equally strange and terrifying. I became a Chameleon. I know some of you are asking, 'how the hell did you become a lizard?', while others know all too well what I mean. I started trying to 'blend' in with people, even though I really wanted nothing to do with them by this point, other than harming some of them. I put on my human camouflage, smiled and waved, went through the motions, but I was dead inside. I'd look at those around me, rightfully happy about things/moments in their lives and the concept was now foreign to me. After my Chameleon act wasn't cutting it anymore, I started to phase myself out, pulling away from anyone and everyone. I went from outgoing and mildly happy, to withdrawn and miserable. I disassociated from myself. My mental health was severely compromised to say the least and I was well on my way to self destructing. It was around this time, I realized I had no fear of death, I'm not sure if I ever did, but with the Reaper in your head 24/7 for years and years, you become numb to the idea, the totality and finality of death. My mind was relentlessly telling me how and why I should end my life. It bargained, it schemed, it pleaded, it would try and trick me into believing it was the ONLY way to escape myself and this life. I would go into my now somewhat medicated sleeps focused on and mentally willing myself to die in my sleep. I was actively planning to kill myself. To read it after I've written it, it's an ugly thing to think and say, but again, if you're suffering and in pain both mentally and physically, where is that quality of life? and are you really living, or just some melancholy ghost, dead before your body knows it?

My medication hit me so hard at first, I was shaking like I had Parkinson's Disease and it actually made my suicidal thoughts worse! I was malnourished, still smoking, paranoid, suffering from insomnia, diagnosed with Manic/Severe Depression, severe Anxiety and Anti-Social Personality Disorder, being force fed the maximum doses of Venlafaxine and other depression treating meds whose names I can't spell or pronounce and anti-psychotics for the voices in my head, particularly the ones telling me to kill myself. It's funny and not 'ha ha' funny, to treat a suicidal person, they give you enough meds to kill 3 people just to try and get a proper balance and monitoring of your medication intake and results. There were days I really didn't know who I was, like literally, I didn't know who I was. You could have tried to engage in conversation with

me and even though the lights appeared to be on, there was nobody home, except that ghost lamenting over my inevitable death, in the back of my mind. I know I can and often try to write eloquently for those who read my writings, but know this, there is NOTHING eloquent about depression, anxiety and being anti-social. It is hideous, lonely, debilitating and soul crushing, not only for you, but all those who love and care for you as well. You feel as though you're trapped inside yourself, with the worst of yourself, and it's a fight to the death of yourself. You'd clamor for happiness, amazement, hope, love, light, family and friends, if only you could climb out of bed and find the energy and ability to care, and when any of it does come, you don't know what to do with it, you can't process it like everyone else, so you just put on that grinning idiot mask and hide for as long it takes until everything and everyone around you is gone.

If that weren't enough, then you get those sickeningly happy people saying 'just pull yourself up, cheer up, you're okay, everything will be fine, be thankful you got your health'. My fucking health?!?! pull the Unicorn horn out of your ass!!! if blowing sunshine up a severely depressed, anti-social, suicidal high risk person's ass was an actual treatment, big pharma would have pillled and bottled that suppository a long time ago. Then there are those who simply CAN NOT understand what you're going through. They want inside your head while all you want is out of it. They truly try, they attempt to educate themselves on the subject, talk to you about it, assume the things they've read or watched is exactly how you feel. Until you've been here, you will never understand it or how it feels. You can't know the loneliness, the pain, the self loathing, the complete exhaustion and the complete lack of any will to continue living. I've gone through and am still going through it and I still don't think I can, or have described it properly. This brings me to the last group of people, the hating doubters who think you're faking it all. The ones telling you you're lazy, that it can't be that bad, that because you're medicated you should be all better, or say 'well I have/had it and I'm all better now' They try and tell you it's 'convenient' and a poor excuse for how you're living, or not living. Allow me to dispel these assumptions, there is NOTHING convenient about it and as far as an excuse, an excuse stops being as such when it is indeed a FACT, a diagnosed medical FACT. If this is the position you take on people with mental health illnesses, you're not part of the solution, you're part of the problem. Let me reiterate that statement, **YOU ARE PART OF THE PROBLEM** and you need to get gone!

I'd love to tell you I'm all healed up, off my meds and back to being a fully functioning member of society. I'm not. What is different about me, or better if you will, is my desire to fight comes back in red hot flashes. My motivation has been my son and the unconditional love I receive from him. My life has a purpose and that is to be as best a father as I can be to him and show

him that same unconditional love he gives me. Keevan has been my guardian angel without him knowing it or even trying. Don't get me wrong, my medication and the people who love me have definitely played a huge role in me clawing my way partially out of that pit I was rooted in, but I can see the light now instead of being constantly shrouded in darkness. No child should be without their father and I intend to be around a long time for my son. I still live like a hermit, distancing myself from people/society, but I'm trying to change that even if it is slowly, or slower than others might like. I've made my peace with the loss of my 3 great friends and they will always be in my thoughts and heart. I am thankful my other friends health has improved to the point of being able to live and enjoy his life. I truly cherish the friendship I have with Keevan's mother. I try to end each and every conversation with friends and family with a heartfelt "I love you", because it's important to me that they know in case I were ever to succumb to my illnesses. I still have trouble 'loving' myself (get your mind out of the gutter) and taking care of myself, but again, I'm trying and have to accept that it will take time. It's like I'm learning to live all over again. I treasure every second spent with my son. I make a point of creating some art, or learning a new skill each day because we've all heard the saying 'idle hands are the Devil's workshop'. I take comfort in my near 9 years of sobriety and my year and some months not smoking. Nothing like getting sober to separate the wheat from the chaff. I'm still a bit of a macabre soul, I've always loved the darker side of life, the difference now being, I try to not let it imprison me and dictate my actions and emotions.

As of today, this is literally where I'm at in life and trying to live it. It feels like a rushed or forced ending to the life altering things I've written about no? Truth is, there is no end to this, I continue to write out and add the chapters to my life as I go. They won't always be looked upon favorably or fondly. Sometimes you have to go back and carefully proofread each word and feeling to guide you through to the next chapter. The past stories will always influence the future stories, but there is always a writers choice of a tragic, an anti-climactic, or a truly happy ending.

Thought for the Day:

Thoughts are things; they have tremendous power. Thoughts of doubt and fear are pathways to failure. When you conquer negative attitudes of doubt and fear you conquer failure. Thoughts crystallize into habit and habit solidifies into circumstances. *Brian Adams: How to Succeed.*

Sacred Tools and Instruments by Trent Deerhorn



The Bell

"Let the bells ring out! Let the banners fly! I am HERE!" In many ways the bell has been used through the centuries to announce the arrival of something or someone special. That is why churches incorporated them. It also became a signal to get your booty to church. But what it is actually based upon is the age old practice of ringing a bell to invoke or invite Spirit to be present.

It doesn't matter if that spirit is that of a god or goddess, or that of the fairy realm, or that of ancestors. Spirit hears the bell ring out. This particular bell is part of a set called a "Bell Dorje" which is a Tibetan thing. The bell itself has, in the handle, half of a dorje, which represents the lightning bolt. Traditionally, one would hold

the dorje in one hand and ring the bell with the other hand. Personally, I just like hearing the bell. It has a lovely deep tone to it. And I don't usually use the knocker that is inside the bell to ring it. That sounds too metallic for my taste. I use a wooden dowel that was formed on a lathe. It is soft wood and creates a beautiful soft ringing sound when striking it against the edge, or while swirling it around the lip of the bell, which then creates a continuous ring/hum. That sound can also clear the energy of an entire room or house.

I use this both as an altar piece and as a healing tool because sound does heal and sometimes that particular tone is exactly what is needed to move energy in a healing fashion. People also use bells to create sound for meditation and contemplation. They have also been used as a signal to draw one out of an altered state of deep meditation. Whatever the intent, the bell is something that can be incorporated in a variety of ways. But it doesn't even have to be as elaborate a bell as this one. A simple dinner bell can definitely do the trick.

Stone of the Month: by Ave Riddler



Goshenite

Another member of the Beryl family you will find Goshenite forms in the same prismatic crystals terminating with pyramid shaped points, with the same durable hardness of 7.5-8, and often has the same striations along the surface of the crystal.

What makes this form of beryl different from the others is the color, which is colorless; the lack of color is caused by a lack of other minerals within the makeup of this beryl.

A stone of truth, this gem can help if one is being influenced by outside sources.

This crystal can help maintain composure and self control during the surprises life send our way, providing comfort and the ability to revelation while working through those surprises.

An excellent tool for dream work, having Goshenite nearby while doing any dream work will create a vivid dream state, also allowing one to connect the dream message to their waking life.

Goshenite can bring stability to relationships; it encourages loyalty and compassion between oneself and another. This makes Goshenite a great tool when doing any kind of group work, either in friendships, partnerships or even work projects. This beryl can also promote fidelity, bringing respect and trust into its user's awareness.

This crystal provides stability to ones mental centers, enhancing logical thought, which makes it a great gem to work with while being a student. It also opens one up to persistence, bringing focus and determination.

This beryl works best with the crown chakra and etheric chakras, opening portals to the spirit realms. With a very high vibrational energy, it offers upliftment, and inspiration to its users. Goshenite can be useful for bringing forth creativity, and originality while bringing comfort and love to its user.

Physically Goshenite may be used as an aid in treatments of muscular structures within the legs. Holding Goshenite may also help ease pain from headaches, sinusitis, and brain imbalances.

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)

Poetry

Waiting to Go Home

by Trent Deerhorn

My mother washes dishes
in front of the kitchen window.

She looks outside and sees me,
across the farmyard and out on the trail that leads
through fields to the neighbouring farmer's land.

Her son is looking up at the sky,
spinning and whirling like a little whirlwind.
"You looked so happy and free!" she said to me,
when I came back in for lunch.

I know my mother is watching.
But I can no longer worry about what she sees.
I look to the sky, sorrow in my heart.
I begin to spin, whirling about,
first in one direction, then the other.
Tears roll down my cheeks.
I beg to come home.
I continue to spin, wanting to spin
right out of this physical body.
Hoping that the motion might help me



to leave.

I spin until I am so dizzy that I almost fall over.

I stand still. Then sit on the ground.

At that time, I did not know
that one day I would grow into....

This.

That one day I would find happiness.

That one day I would have a life
that was filled with joy and love
and a feeling of...home.



The boy back then,
and the man right now;
we both know that
no matter how happy or sad
and no matter how content we may become,
we are *all* still
just waiting to go home.

Dare To Breathe

Gail Fulkerson

Living with monsters that turn, unprovoked,
Where breathing is a risk sometimes too great.
Insurmountable.

Knowing you risk discovery and probable death
Should one of them turn their attentions toward you.
Yet you dare, every day, to breathe.
The sound and scent of every life giving breath you take
Wafted on tiny currents that smell of
Your daring
Will
To live.
Silent prayers, unceasing, that the monsters won't find you
Hoping they cannot trace
Your sound or scent,
And find you,
Laying there in the darkness;
So small.
So scared.
So alone.
Daring to breathe
The air the monsters claim
For themselves.
An act of treason.
You will surely die if they find you.
Run.
Run to your secret place.
Hide until the danger passes, and
Dare to keep breathing.

From the Flower Spirit Cards by Melanie Eclare



Evening Primrose: My message is one of love.

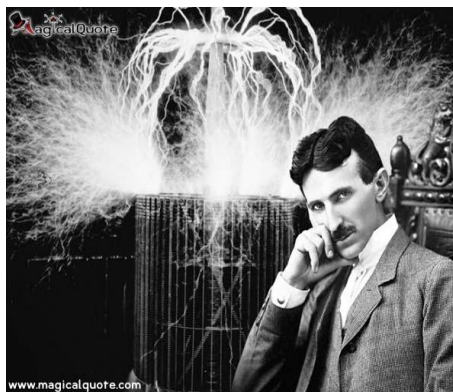
The generous, warm message of the Evening Primrose flower spirit is one of love. Evening Primrose tells you that there is a whole world of open-armed loving awaiting you. It is time for you to discard all your resistance to loving and being loved and allow it to happen, naturally, with no conditions.

Where are you resisting love in your life? Is there some part of you that doesn't feel lovable? Or perhaps you don't truly believe that you deserve to be loved? Well, the Evening Primrose flower spirit is expressing loud and clear that you do. Whatever has happened to you, whatever you do, however you look, it is undeniable that you are an incredible, adorable and amazingly lovable person - the sooner you feel, believe and understand this, the easier it will be for you to manifest the love of your dreams.

The first thing to do is to love yourself a little more than you have ever done, because if you can love yourself just one per cent more than you did before, then you will change your whole vibration, attracting to you a more loving response from everyone around you. So, the most important start is to accept who you are. Whenever you look in the mirror and berate your reflection or feel angry at yourself for not being whatever it is you want to be, stop, take a deep breath and feel love and compassion for that part of yourself. Feel love for all those parts of you that you have judged and criticized in the past, then notice how you feel about yourself. Good. Practice, practice, practise. Love is everything.

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.

10. In the twenty-first century, the robot will take the place which slave labor occupied in ancient civilization. *From A Machine to End War, Liberty, February 1937*

From 365 Zen daily readings by Jean Smith

We do not like always moving in the river, so we dig a hole and make a tiny little pool along the edge to get out of the ceaseless flow. Can you see how your life is like that pool? Not a living pool, full of vital processes, cycles of new growth and decay, but completely stagnant: so sheltered and protected that it becomes static; the life goes out of it, the living thoughts and feelings die. Certainly it is safe and secure....Then we wonder why we do not feel we are really alive and fully functioning....

We have created such insulation between the whole of life and ourselves - not just a thin membrane, but a whole suit of armor - because we do not want to face impermanence and experience suffering, especially the suffering of others.

Dennis Genpo Merzel, *The eye Never Sleeps*.

Reflections from the Shaman's Hut by Trent Deerhorn



Healing from the Heart

We live in a society that treats people as possessions and things as precious commodities. That is what is the most messed up in our world. Is it any wonder that people have a difficult time connecting with their heart center? To do so means that one must change one's attitudes and perspectives. This is most challenging in a world that wants the masses to just follow along and tries to crush those who want to rise and shine.

Connecting with one's heart center naturally flows into a healing journey, not just for the person who is doing the connecting but for those around that person as well. There is a ripple effect that takes place.

When healing happens, regardless of where it begins, it ripples through the person doing the healing and out into friends, family, community, nation, the world and beyond. That is because we are all intrinsically connected one to the other. We may see walls and boundaries, but those are only there in a social construct. What lies beneath them is a spider web of energetic connection to all sides, to the center, to the outer edges and so on.

We can live our lives oblivious on a conscious level to these connections and things will still work...but not as well. If we do this we will be governed not by what we know in our heart of hearts to be true, but by what others force feed us to believe is true. And they only feed us that stuff in order to manipulate and control us, thus giving them more power in our world than anyone should actually have.

As we attune to the connection with All that Is, we find ourselves understanding the many effects that our thoughts and actions have on the world around us. We find really cool coincidences that happen. I consider coincidences to be moments when our path and Spirit's path coincide, rather than the contemporary understanding of the word to mean "accidental". We are thinking about someone and suddenly they phone us. We are needing a parking spot close to a door because of the rain and one appears just as we pull up. We are wanting to find a deeper purpose for our lives and someone needs our help. These are coincidences that move us in the right direction. They affirm for us that our consciousness is connected to "something" bigger than ourselves, no matter what it is that we choose to call that "something".

We also can see more clearly the negative effects that thoughts can have on us and those around us. We have a fear of rodents and suddenly our house is infested with mice. We have a fear around affording fuel for our cars and suddenly the price of fuel goes up. We fear rain and suddenly we are in a drought. There are always two sides to a coin.

So when we are wanting to heal from the heart, what we are actually looking for is that deep understanding of the connection that is. We are wanting to have that connection ripple in positive ways. We are wanting it to create a "fine tuning" to all things positive. And it will do that. But to do so we must also remain AUTHENTIC. We cannot think that we are being positive while denying our grief or our anger. We cannot think that we are being positive by insisting that others only use positive terminologies. We cannot think that we are being loving when we are wanting to control the self-expression of those we love.

To be authentic we have to allow space of ALL of the ranges of experiences. Healing from the Heart does not in any way guarantee that negative things will not happen to us. Things happen every single day that can very much be experienced in a negative manner. Anyone who has lost a loved one to death knows this. But it doesn't have to break us. We can still heal from the heart while, at the same time, feeling the grief, sorrow, anger, frustration and so on. In fact, the mere fact that we DO feel those things means that we are already working on healing them.

As we heal from the heart level, we begin to become more sensitive both to our own personal needs as well as to those of others around us. This leads us to



take more responsibility in our lives. By responsibility I am not meaning "burdens". I am meaning the ability to respond to what is right in front of us. We sense when something may be needed, through whatever sensing capacities we possess, and we step up to that need and provide what we can. It may be that a family is on extremely low income due to layoffs and we deliver a dinner to them once or twice a week to help them out. It may be that we see that someone is emotionally hurting from a recent break up and needs some friendly support. It could be anything at all. We simply begin to respond because our hearts will not allow us to NOT respond. We can try to not respond, but that will create an incongruency within us that will feel torturous. To alleviate the pain, we respond with love and compassion. We respond authentically. We respond from the heart. We heal from the heart.

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

Things to Know

10. According to Albert Einstein, if honey bees were to disappear from earth, humans would be dead within 4 years.

According to the Farmer's Almanac 2016:



Backyard Cranberries

Lowbush cranberries (*Vaccinium macrocarpon*) are easy to grow. From late April through the end of May, plant these 4-to-8-inch-tall shrubs in full sun, using a 50-50 mix of garden soil and peat moss to which 10-20-10 fertilizer has been added. Six 3-year-old plants spaced evenly will grow together to form a thick mat and should produce during the first season. A light mulch of

sawdust or sand will help to root the runners. Flower buds open from late may to June and produce ripe berries from late September to early October.



Remembrance Day (Canada)

Plant big spring-blooming bulbs about 8 inches deep; small bulbs about 5 inches deep.



Full Beaver Moon November 14th

Fragile gardening pieces, such as ceramic pots and garden ornaments, should be stored indoors for protection from winter freezes.



New Moon November 29th

To prevent the spread of pests and diseases in the spring, store stakes and trellises in a spot where they will freeze over the winter.

Tidbits and Tickles:

Late one night at the insane asylum, one inmate shouted, "I am Napoleon!"

Another patient asked, "How do you know?"

The first inmate said, "Because God told me!"

Just then, a voice from another room shouted, "I did NOT!"

BAD WOLF

(For all the Whovians out there!)

Ask the Shaman: With Trent Deerhorn



Q: I am just getting started with learning about crystals and healing stones. My question is this. How does one choose a stone for yourself or for using in healing work?

A: I like this question. People often choose crystals and healing stones in different ways. One of the most important things is to pay attention to the subtle "signals" that a crystal or healing stone will give you. They actually DO communicate...if we know how to "listen". So one of the initial signals will be what I call "eye-appeal". We often discount how appealing something is to the eye and hesitate to "adopt" it based on the fact that we should not just purchase a stone because it is "pretty". Yes we choose our marriage partners because of just that initially! When something is visually appealing, that is the first sign. Someone else can look at the same crystal or stone and not even appreciate it and sometimes not even SEE it. So that initial visual connection is important.

Secondly, what does it do when you hold it? Do you get a "hit" off of it? Does it make you feel something emotionally? Does it feel much heavier than it appears? Does it feel like you are holding air in your hand when you know you are holding a 0.5 lb rock? Does it create a buzz in your palm? Does it change the heat level? How do these things make you feel inside?

Thirdly, research. There are lots of books on this subject, and there is even a column dedicated to this subject matter that my dear friend Ave Riddler contributes to this newsletter on a monthly basis (thank you Ave!). Find out what kinds of stones and crystals do what sorts of things energetically. Or you can also research it backwards and look at symptoms that are experienced and then find the types of crystals and stones that are energetically attuned to healing those symptoms.

Fourthly: When it comes to listening, there is also an audio aspect to that. I have had crystals and stones emit a high pitched squeal, or a sound resembling bubbling water etc. And I have had some of them telepathically speak to me in words that I understand, even if it is not in my own language. Never rule out the possibility that they may speak to you. And that

communication can also come in terms of things like shining lights etc. The possibilities are endless.

I have a LOT of crystals and healing stones in my healing room. While doing a healing they will let me know which ones volunteer to work with an individual's energy for the healing of that person. They call to me in a variety of ways. And sometimes I may think something to myself like, "Gee...I wonder what might help this to release or to heal?" and suddenly a crystal or healing stone will grab my attention. I place it on the person's body and VOILA! the energy starts to release and/or heal. It really is a beautiful thing. So pay attention to your instincts and intuition...it will guide you in the right direction.

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 54:

Janice Wrote: Thank you for advertising the Crystal Weekend. It was lovely and I would have missed it had I not seen that in FLIGHT. Lots of wonderful presenters and a beautiful space to hold such an event!


Michael Wrote: Ave...quite the creepy experience in "the bedroom". Well written!

Jeremy Wrote: Loving the Sacred Tools and Instruments section! Learning a lot from it.

Elizabeth Wrote: Morganite. I had never heard of this before! Thank you!

Vicki Wrote: Your article on Weekend Warriors and Popcorn Elders was spot on!

Classified Ads



Amythyst Therapies
Katherine Dempsey R.N.
Reiki Master
katherine@amythyst.ca www.amythyst.ca
Bay 3 2228 Ave. C. North Saskatoon, SK S7L 6C4
306.371.2889

Deerhorn Shamanic Services

Trent Deerhorn



Phone: 306.978.5300
deerhorn007@gmail.com
www.deerhornshamanic.com

Experience the difference a Shaman makes!

Dicki Lund
 Reiki Master, Intuitive Healer,
 Intuitive Readings, Meditation
 Facilitator, Qigong Facilitator
 Healing Jewelry at:
www.vickis-healing-jewelry.myshopify.com

www.vickilund.com 306 320 1813
 (Talk or Text)
 Available in vicki@vickilund.com
 Humboldt and Saskatoon, SK www.facebook.com/spirithaventherapy



MEDIUM-HEALER

RYAN HAUSER

(306) 270-0138

RYAN.HAUSER@SASKTEL.NET

Flight Newsletter Advertising Advertisements for Flight: A Living, Breathing Document of Consciousness

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.

Classified Ads:

FREE for article contributors

\$25 for business card size

\$35 for half page

\$45 for full page

Events: FREE for **Non-profit organizations** and **Article Contributors**

\$20 Profit organizations

Workshops/Classes

\$35 half page

\$45 full page

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.

