

# FLIGHT: A Living, Breathing Document of Consciousness

Volume 5 Issue 56 December, 2016

## A Letter from the Editor:



Happy Holidays one and all!

I think you will like this issue. Lots of great stuff in it!

See you in the New Year!

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](mailto:deerhorn007@gmail.com) or at (306) 978-5300.

## Ongoing Events

# Community Sharing Circle

## @ Noon Daily



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**Daily Meditation 24:00**  
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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.

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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".



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## **Spring Forest Qi Gong**

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**3 - 2228 Ave. C. North, Saskatoon**

**Suggested \$10 Donations for room rental accepted**

**For more information contact: [kathymdempsey@gmail.com](mailto: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](mailto:deerhorn007@gmail.com) or phone me at (306) 978.5300 to make arrangements. Blessed Be!



## Upcoming Events

## 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 Last Ride

#### By "Jazon"

I have often had prophetic dreams through my life. They come spontaneously and fleetingly, but when they do they are profound. As an example, one dream I had in the early morning hours was that my father was riding away on horseback down the lane at the farm I grew up on. The horse, Trixie, he was riding was one that had been dead for years, and he turned to look back at me and waved. I had a sense in the dream that it was going to be a long journey he was taking.

Later that week he was diagnosed with a form of cancer that was untreatable. He was ill for what seemed forever (to all loved ones having to watch him suffer through this) and at the same time for a very short period of time (just over a month). I was sitting by his bed one night in the hospital and I thought I heard him mutter something. I put my ear close to him so I could hear what he was saying. I asked him what he said. He was in that type of cancer coma where they are really not that responsive anymore. But he answered. Very faintly he said, "C'mon, Trixie, let's ride", which was what he always said to her when he got on her back. I felt the tears stream down my face as he took his final breath.

Since then I have experienced him visiting me in my dreams, telling me when I have royally screwed something up in my life (something he never did hold back on when that sort of thing would happen) and encouraging me to try harder, to go deeper, to become the man I have always wanted to be. I truly feel that since his passing we actually have a much closer relationship. I can simply think something like, "I wonder what Dad would think about this" and suddenly I can hear his voice cheering me on, advising me, scolding me, whatever it is that he seems to think I need...and he is usually right.

## Household Hints and Handy Tips



**Store bed sheets inside their pillowcases for easy storage and access.**

## Thought for the Day:

**You are given the gifts of the gods; you create your reality according to your beliefs.**

**Yours is the creative energy that makes your world.**

**There are no limitations to the self, except those you believe in.**

**Jane Roberts *The Nature of Personal Reality*.**

# Sacred Tools and Instruments by Trent Deerhorn

## Besom or Broom

A broom is used to purify rituals and celebration areas by symbolically sweeping away negative energies. Besoms are also used to protect against negativity and psychic attacks.

Rituals are often begun by sweeping the area with the besom. When purifying ritual and celebration areas it is important, while using it, to envision yourself sweeping away psychic dirt. This activity also serves to clear one's mind for the impending ritual.

Personally in my own healing practice I have actually used the besom to sweep off the individual's energy field, taking all the clutter away and leaving the cleaner starting point from which the healing can be done. It is also quite useful when sweeping away dark entities that have attached to the individual's energy system, feeding off of it. Earth bound spirits can also be assisted into the Light using the Besom to open the Veils through which the spirit can pass into the after-life.

Many styles are available at magical supply stores, and one can also construct one's own besom for ritual and healing use. The sky is the limit when it comes to the artistic and creative design of one's broom.

Many are hand held, so no more than a foot or two in length, and some are the size of the average kitchen broom, depending upon one's personal preference and the use for which it is being designed.



## Stone of the Month: by Ave Riddler



### Bixbite (Red Beryl)

The final member of the beryl family I will cover is very rare, and will end our exploration of how slight changes in a mineral can drastically change the gifts it offers. In the case of the red beryl the mineral manganese is part of the makeup of the crystal, causing the raspberry like color. Like all other beryls it has a hardness of 7.5 to 8, and forms in prismatic sometimes striated crystals terminating in small pyramidal facets. Some jewelers call Bixbite a red emerald, and it is considered one of the rarest of the beryl crystals.

Bixbite can help stimulate courage, physical vitality, passion, and strength of purpose, while helping one to remain centered, and compassionate. It can help one to find the reserves to complete old projects, as well as to contemplate new ones. It can help restore vitality to one who has been ill for long periods of time.

This mineral works well with the root chakra as well as the heart chakra, blending the energies of both. By blending these energies Bixbite can promote self-esteem, and self-confidence while offering a feeling of camaraderie. The connection it has to the base also means it helps to initiate Kundalini movement, helping to raise the energy of the base.

Bixbite may help one who is facing past traumas; opening the heart chakra to memories from the past that have been repressed, helping one to clear and release those harmful hurtful memories. By helping with these past hurts Bixbite can help restore self-love, bring forth clarity, while diminishing self-attacks. One of the messages of Bixbite is to accept when it is the right time to change one's mind or life path, helping one to move forward in their inner growth while releasing lingering negativity.

A stone for lovers, Bixbite can help bring to hearts into harmony, while promoting emotional communication, commitments, and adding fiery passion to the relationship. This beryl can aid while dealing with issues of co-dependence, providing a more balanced and mutual relationship.

Physically Bixbite may be used as an aid in treatments of leukemia and other cancers including of the bone marrow. This beryl may assist in treatments for infertility, as well as dysfunctions within the respiratory tract and digestive system. Used to compliment healing treatments Bixbite can strengthen the heart, liver, spleen, bone marrow, kidneys, pancreas, thyroid, stomach, and the sexual organs.

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

### PURE by Gail Fulkerson

Distillation removes  
Impurities  
That float like tattered clouds  
Within  
Radiant liquid  
The essence  
Of our essence

Powerful beyond measure  
It animates and inspires  
Urges us to express  
Our deepest reflection:  
Light

Light that heals  
Energizes  
Encourages and  
Loves

The marrow of our wisdom

Dive deeply  
Swim bravely into the places  
That earlier were too terrifying  
To behold  
Where essence  
Creates masterpieces  
In the folds of darkest recesses  
Glistening like jewels  
Waiting to be plucked  
From the breathless depths  
Riches beyond imagination

Return from  
Warm enveloping depths and



Teach the rest of us  
How to dive.

## From the Flower Spirit Cards by Melanie Eclare



**Hellebore: My message is one of perfection.**

Sometimes life throws up difficult experiences that at the time seem impossible to understand. When this happens we are liable to forget the bigger picture and get caught up in the details of our own complicated lives.

The spirit of the exquisite Hellebore flower offers the message of perfection, reminding us of a place of harmony and a knowledge that where we are, what we experience and how we relate to people is in perfect and divine timing. All around us is perfection and, although it may be difficult to believe this in the middle of our difficulties, the spirit of the Hellebore promises a future of understanding and compassion in relation to what has been happening.

Often, in challenging times, profound change takes place for the positive. If we are able to learn from our experiences and know that they are perfect for where we are on our journey through life, then we become more at peace. There is no need to compare our experiences with those of others, as we are all unique individuals.

Heed the message of the Hellebore and feel the perfection of the pattern running through your soul's journey. Become more accepting of the ebb and flow of existence and feel part of the delicate perfect pattern of life. See and feel perfection in yourself and everything around you. Give thanks for it and for the wisdom that you have gained along the way.



*Rhythm Co.*  
LISTEN. FEEL. PLAY.

## By JADE aka Cathy Chicoine

Rhythm is a fundamental component in all our lives.

In fact, before any single one of us set foot on this planet we were initiated as human beings through an intensive rhythm training program. Think about it for a moment...We begin to take shape in our mother's womb guided by the constant rhythm of her heartbeat until we form a tiny rhythm maker of our very own. Together with our mother, life pulses through us. Then, in the moments immediately following our birth, with our own heartbeats now keeping time, our second great gift of rhythm comes - that of the breath. Inhaling. Exhaling. And so it is...With breath and heartbeat our great rhythm journey has begun. It is how we all began our time here, without exception. And it is also how our time here will end.

The beginning, the middle, the ending, the beginning, the middle, the ending, the beginning, the middle, the ending. The great wheel turns in this constant state of change. We all find ourselves moving to these rhythms of life.

Regardless of our age, our history, colour or creed (system of beliefs) we all have this in common. We are, each and every one of us, having a human experience on a planet called Earth that is deeply rooted in rhythm. We are all right here. Right now. In the middle. NOW-HERE.

**Zen** is said to be a path to fully awaken to your original nature, which is present right here, right now.

**Rhythm** is defined as a strong, regular, repeated pattern of movement or sound.

When you hit the drum, you are placed squarely in the here and now.

When we come together to drum we harness the power of unity, creating more than any one person can accomplish alone.

Fellowship is defined as “the companionship of individuals in a congenial atmosphere and on equal terms.” So you might say that Zen Rhythm Co. is about creating fellowship between individuals uniting in rhythm, gathering in circles to create positive change in the world.

For too long the drums of war have been beating on this Earth. I believe we are the ones we have been waiting for. We are meant to be the change. The time has come, the time is now. If not now, when? If not us, then who?

Once upon a time, early in our human evolution, we found ourselves gathered together around fires for safety, warmth, sharing of food and the sharing of stories. Stories of birth, death, unions, exploration, survival, trials and thriving. Not much has changed! Just listen to any of our modern music to hear these same themes.

Then as any great pendulum swing dictates we have moved to the polar opposite side of that wild way of knowing to one of a domesticated sort where regardless of when the sun rises or sets there is the 9-5, Monday to Friday rhythm guiding much of the world. Regardless of the phase and rhythm of our own personal lives, the greater rhythm of this modern world carries on.

Yet we all came from this time where our survival depended on knowing where we were in relation to the seasons, to the natural rhythms of the Earth, its creatures and to our own cycles. We all come from the place where wood, bones, seeds, gourds, hides and other natural materials became the building blocks from which all current forms of music, art and culture have emerged.

So how do we now create balance?

We create a new way of being of course! One that honours both, our wild and our domesticated natures. And together we create the world as we wish to see it, one choice at a time. Each shift of one degree in our collective course will create an entirely newly manifested world.

We are currently undergoing some of the most rapid changes ever to occur on this planet (as far as we consciously know). Our ability to travel great distances in relatively short time has led to an unprecedented intermingling of cultures. Technology has both further connected us and simultaneously disconnected us more than ever before!

So the need for creating harmony among diverse groups of people who have the ability to work together towards a common goal and understand what it means to make space for one another, and to become more self aware, become better listeners, to be willing to share our unique gifts with the world and work towards creating something beyond what any of us can achieve on our own has never been more relevant.

Participating in recreational drumming activities can add to your health and wellness in many ways because it

- celebrates diversity
- creates unity
- relieves stress
- is invigorating
- stimulates creativity
- enhances one's ability to focus
- provides an outlet for self expression
- increases energy
- boosts metabolism
- builds community
- fosters cooperation
- reduces feelings of isolation
- is mood enhancing
- improves fine motor skills
- helps balance left and right hemispheres of the brain
- improves hand eye coordination
- boosts self esteem
- creates camaraderie
- boosts confidence
- leads to greater self empowerment
- is accessible and inclusive
- is fun and easy for any level from beginner to pro

So how about this...

By recognizing and expressing the needs of both our wild animal natures and the domesticated creatures that we have become, we create a peace within ourselves that can then extend to those around us. Transformation within is the only thing that will transform the world we see. With guidance and intention we can safely do this through the drum circle. Drumming connects us through rhythm. Vibration changes us through sound. Life Force heals us through joy.

We begin by remembering that we are all humans being.

We learn to LISTEN.

We learn to FEEL.

We learn to PLAY.

All Nations United in Rhythm.

Leaving this world a little better than we found it.

Creating Peace and Fellowship Among the People of the World, one drum circle at a time.

“Mirror, Mirror on the wall, I see myself in one and all.” ~ Jade

*Based in Saskatoon, Saskatchewan, Zen Rhythm Co. is a dynamic and creative rhythm-based independent business that designs and delivers engaging and motivational drum circles, team-building activities and drumming workshops. Serving businesses, non-profit organizations, community groups and individuals who are looking for a unique addition to their events or private functions. Zen Rhythm Co. specializes in connecting people, creating unique experiences and empowering individuals and groups through rhythm-based music making.*



JADE a.k.a Cathy Chicoine is the founder and facilitator. She has been drumming for 16 years and facilitating circles since 2006. She is a member of the Drum Circle Facilitator's Guild and also the mother of two girls. For full bio and more information on programs and services, history and experience please visit [www.zenrhythmco.ca](http://www.zenrhythmco.ca) email [info@zenrhythmco.ca](mailto:info@zenrhythmco.ca) or call 306 717-9696

"you may say I'm a dreamer...but I'm not the only one"

## Thoughtful Quotes by Nikola Tesla:

From [www.magicalquote.com](http://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.

**11. The spread of civilization may be likened to a fire; first, a feeble spark, next a flickering flame, then a mighty blaze, ever increasing in speed and power.** *From What Science May Achieve This Year, Denver Rocky Mountain News, January 16th, 1910*

## From 365 Zen daily readings by Jean Smith

### *The Four Great Vows*

I vow to help all sentient beings.

I vow to cut off all vexations.

I vow to master all Dharma methods.

I vow to reach Buddhahood.

The first vow is the most important. If you think only of helping sentient beings, naturally your own vexations will be lessened. If you have only helping sentient being in mind,

naturally you will learn all the Dharma methods. Finally, if you persist in helping sentient beings until there is no self, at that time sentient being also disappear. Then you will have attained Buddhahood, for at that point there is no discrimination, no sentient beings, and no self. These vows are made every day by all Buddhas and Bodhisattvas...

Ch'an Master Sheng-Yen, *Getting the Buddha Mind*



## **A Song for the Seasons**

**By Ave Riddler**

A few years ago I decided to challenge myself to write a chant for each of the solar holidays, and for their cross quarters. This has been an amazing experience and so far I have written one for more than half of the eight I challenged myself to bring to life. One thing poses a challenge and that is to try writing something I have not seen or heard in the past. There has been some difficulty to be found in

this goal since some chants are wedged deep in the memory, and you think you've created something new until a line found on the net jogs loose the half forgotten chant. I also try to not force the muse to put my pen to paper and spill out a new chant. This has been a project that has spanned a few years, and I am okay with that.

So far I have been blessed enough to share these chants with the CWAS Sky River temple where we have used these new chants within our rituals, which is an amazing and magical feeling to hear voices calling out words you bent together to create a focus. To hear a personalized set of words muttered, or sung, or exclaimed by a circle formed by members of your community and to see people you care about moved by the feeling and message of those chants, is magical. To move around the circle, or to clap, or drum while using those words to focus is beautiful.

As we move towards Yule and a time filled with music, songs and voices raised to celebrate the lengthening of the nights, and the eagerness with which we greet the suns returning light. I find myself looking forward to sharing the next chant, and hope that the winter solstice chant will resonate with those who share it in circle.

Here today I will share the one we just recently used for our Samhain ritual...

The bones of the Earth  
The roots and branches  
Reach into our hearts to teach us  
The bones of our selves  
Our ancestors and guides  
Reach into our hearts to teach us

## Reflections from the Shaman's Hut by Trent Deerhorn



### Super Moon...say WHAT???!

The Super moon is the moment when the moon is closer to the earth than it has been previously. At the moment of the Super moon in November, the moon was the closest to the Earth that it has been in almost 70 years! Is it any wonder that it looked so incredibly large in the sky. The photo of the Super moon is courtesy of my friend, JJ

Diebolt, a fellow magical practitioner. I feel that it captures the essence of the magical power of this celestial body. On the evening of the Super moon I co-ordinated with 3 of my friends to do a ritual to enhance compassion in our world. And then one of the friends asked if another of her friends could join in. The more the merrier. And then I mentioned it on a group page on facebook and suddenly there were several magical practitioners around the world co-ordinating with us in a network of positive vibes being sent out to our world, utilizing the intensified energies of the Super moon to broadcast peace, love, tranquility, serenity and compassion etc to everyone on the planet. Whether or not everyone, or even ANYONE, on the planet felt that, the essence of these aspects have been created and are part of the energy grid that surrounds our world. They are now enhanced and available to anyone who needs them or wants them.

There is a practice that I am quite



familiar with that teaches that once a spell is cast, one does not speak of the details of it. And so, the details of this spell will not be discussed here. What I am going to focus on more is the feelings that ran through me during the spell casting and afterwards.

As I assembled my altar with my crystals and candles and such, I could feel the magic growing. It was palpable. Suddenly I was aware that this was not just your average spell casting, and that I should be wearing my ceremonial robes. So off I went to purify and get changed. I also took a moment and stood outside and allowed myself to "charge up" with the light of the moon. Once done, I returned to the altar space to proceed with the ritual. As I spoke the chant, I found myself going in waves. A number of repetitions, then add more crystals to the altar layout, then a number of more repetitions of the chant, then add more to the altar and so on. This went on for about half an hour. During that time I found myself to be energetically charged to the point where it literally felt like sparks were emanating from my fingertips. I used breath work to create stability for the energy flowing through me, grounding myself and allowing the energy to charge the energy matrix grid of the earth herself. It was like becoming an electrical conduit for the universe to give the planet a positive charge. At the end, I was feeling quite relaxed and empowered and that there was a "right-ness" about what just happened in conjunction with all the other magical practitioners. It really was quite beautiful.

The moon is something that I am constantly aware of in my daily life. I feel the different energies with the different phases of the moon and I can tell when the moon is shining brightly, even if I am in a room with no windows. I can feel moonlight on my skin the same way I feel sunlight, but with less warmth and more of a tingling sensation. It always feels like the moon is filling me with her light and love. And when the New Moon phase is upon us, I do often feel like I am "missing something" in terms of the energy of the moon light. At the same time, it also feels often like that is a natural time for me to go within and find inner silence, which can, in a different, way be quite fulfilling.

**You can read more of the Reflections from the Shaman's Hut on Trent's website**  
[www.deerhornshamanic.com](http://www.deerhornshamanic.com)

## Things to Know

**11. There are so many kinds of apples, that if you ate a new one every day, it would take over 20 years to try them all.**

# According to the Farmer's Almanac 2016:



## December 13 Full Cold Moon

If stored onions begin to sprout, pot them up and enjoy tasty greens and an unusual houseplant all winter long.

## December 21 Winter Solstice

We are nearer to spring  
Than we were in September,  
I heard a bird sing  
In the dark of December

*-Oliver Herford, American writer (1863-1935)*



## December 24 Chanukah begins at sundown

Welcome pollinators into your garden next year by ordering seeds for herbs and native flowers.



## December 25 Christmas Day

*If the sun shines through the apple tree on Christmas Day, there will be an abundance of crop next year.*



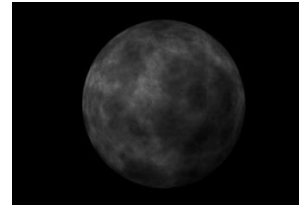
### **December 26 Boxing Day (Canada) First Day of Kwanzaa**

Check leaf undersides on your houseplants: The warm indoor environment is ideal for insect pests.



### **December 29 New Moon**

A north wind with a New Moon will hold until the Full Moon.



### **Winter Wonders**



Decorate your home with selections from the many winter-blooming orchids available, such as these. Phalaenopsis, "the moth orchid," is fast growing and easy to tend. It produces lavish sprays of white, pink, yellow, red, spotted, or striped flowers that last 3 to 6 weeks. Cattleya percivalia, "the Christmas Orchid," needs 5-6 hours of light per day. Commonly pale lavender, it also comes in white or other colors and has lips that vary from black-purple to orange-purple.



## Tidbits and Ticks:

Psychiatry students were in their Emotional Extremes class. "Let's set some parameters," the professor said.

"What is the opposite of joy?" he asked one student.

"Sadness," the student replied.

"The opposite of depression?" he asked another student.

"Elation," he replied.

"The opposite of woe?" the professor asked the young student from Texas.

The Texan replied, "Sir, I believe that would be a *giddy up*."

## BAD WOLF

(For all the Whovians out there!)

## Ask the Shaman: With Trent Deerhorn



**Q:** I am in a relationship where my partner has a subtle habit of belittling me. He will say things like, "That's crazy" or "You are far too emotional to talk to about this right now" or "In theory that could be nice but if you were to actually use reason in your thinking you would see the flaws". It drives me crazy to hear these things come out of his mouth in relation to pretty much everything that we are talking about.

We have tried counselling and he just comes from each session with the attitude that it was a complete waste of his time. We have been living together for 2 years and in that time it has, if anything, gotten more frequent and insulting. What should I do?

**A:** Why are you with him? Why would you WANT to be with anyone who treats you this way? Why have you not kicked his insulting keester to the curb LONG AGO? This is a matter of complete diminishment, it is extremely abusive on a mental and emotional level, and you do

not deserve to be treated like that. So please put your big girl panties on and get out of that situation. You don't need him.

## Forum:

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

## Of Volume 5 Issue 55:

**Gail Wrote:** Wanted to comment on two pieces I read in the November issue, which is fabulous, by the way:

Chapters, by Sean Damien Hargreaves, is a well written, gritty portrait of the darkness and loneliness of mental illness, and the toll it takes on the individual, their family members and friends. I applaud the courage it took for you to write your story, Mr Hargreaves, and share it with the world.

Waiting To Go Home, by Trent Deerhorn, shows me that we are never alone in thinking that, right now, we'd be much better off living anywhere else but in our physical bodies on this planet. It is in these moments that we forget our worries and emotional pains. Even if our respite lasts the length of a breath, it is enough for us to renew our strength and resolve, and acknowledge our willingness to complete the life we have. We are more alike than different in that respect.

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**Deerhorn Shamanic Services**

**Trent Deerhorn**



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All ads must be in by the 20<sup>th</sup> of the month PRIOR to the issue that the ad is to be placed in. No exceptions. Send to [deerhorn007@gmail.com](mailto: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](mailto:deerhorn007@gmail.com).***

