

# FLIGHT: A Living, Breathing Document of Consciousness

Volume 6 Issue 57 January, 2017

## A Letter from the Editor:



The New Year now begins, and with that so does the next Volume of FLIGHT! I can hardly believe that we are now in our 6th year! It seems like just yesterday that I made the decision to try out this form of connection with folks. In that time we have had many contributors, each of whom has put valued time and effort into creating something for people to enjoy and share. I thank you! This month we have 2 new contributors! I welcome you to our team and hope that you will continue to create your wonderful stories of inspiration. FLIGHT has also swiftly gone from being a little online newsletter that went out to friends and family to becoming more of a major online newsletter that travels via the internet world wide! That is always very cool to me! I find it fun, as well, when I receive email feedback from some place that has a completely foreign language, in that language, and have to use a translator to decipher what it says. I can only imagine what they have to

do just to read the newsletter! But I thank you all for your interest and your continued support. May 2017 bring you all many Bright 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



### 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](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



*Send some Sound Waves of Healing to the Planet!*

### World Sound Healing Day 2017

Join Katherine Dempsey of Amythyst Therapies and Trent Deerhorn of Deerhorn Shamanic Services for a evening of Sound Healing for our world.

*Experience a Crystal Bowl Sound Bath, a Drumming Circle, Gong, Rain Stick and Rattle Healing*

*Followed by Trance Dance.*

**Date:** February 14th, 2017

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

**Time:** 6:30pm - 9:00pm

**Tuition:** \$30.00

**Cash Only at the Door**

Heal the Planet as we Heal ourselves.

Heal Ourselves as we Heal the Planet!



**CONGREGATIONALIST WICCAN**  
**ASSOCIATION OF SASKATCHEWAN**



**SKY RIVER TEMPLE**

**Imbolc Ritual**

Public Ritual

Sunday February 5

2:30pm

Rusty MacDonald Library

225 Primrose Dr

Saskatoon, SK

Potluck social to follow

(no nuts/legumes/seeds/soy)

FREE to attend

DONATIONS welcome

## **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 Spirit of Yule

By Trent Deerhorn



When I was around 16 I was out on a date with my girlfriend. We went to a movie and during the movie a blizzard rolled in. After dropping her off at her house I proceeded to travel out of town to the farm where I lived with my parents. Unfortunately my car broke down on the side of the highway. There were not very many other cars on the highway (most folks had the good sense to just stay

home during the blizzard) and those who were there did not stop when I tried to flag someone down for assistance. I am assuming that no one trusted a male person in distress, but their motives might have been different.

Nonetheless, I found myself in a life-threatening pickle. I pushed my car as far over onto the side of the highway as I could and put the flashers on so that oncoming vehicles would hopefully see me and not run into me on the side of the highway. This was way back in the days when cell phones were something that were only seen on Star Trek. I was beginning to wish I had a device so that I could get Scotty to beam me up! Each time I saw a vehicle coming, I tried to flag it down. Each time they drove past. I resigned myself to the fact that I might not make it out of this sub-zero situation alive, beginning to plan to dig into a snow bank to stay heated and protected and all, and launching a prayer to Spirit for help.

Then I saw flashing lights in the rear view mirror. A tow truck pulled up beside me. I rolled my window down and he rolled his passenger window down. He looked over at me, a gruff mountain man kind of character, and said, " You look like you may need help."

"Yes!" I said.

"Where would you like me to tow you to?"

"My farm is only about 5 miles away, can you take me there?"

"You bet! Get into the truck. I imagine it is warmer in here than in your car." So I did and he pulled up to my car, hitched me up and drove me to the farm.

My mother, who had been sleeping, woke up just as the truck was pulling out of the driveway and came outside to see what was going on. I had collected my things from my car and was headed to the house when she came out the front door. The blizzard had stopped momentarily and as I explained what had happened she looked at me with confusion.

"Alright," she said, "But can you now explain to me why there are no tire tracks in the snow?"

I looked at the ground. There was nothing. There were no tracks from my car, no tracks from his truck, no tracks other than the ones of my footprints coming from the car.

We often referred to that tow truck driver as the Spirit of Yule because this happened just before Yule. The next day I phoned around to tow truck companies to see if I could find the guy who gave me a free tow and never charged me. No one matched his description.

What I brought from this was a very healthy respect for winter driving conditions, but also an understanding that, be it a result of a Spirit, an Angel, or a random act of kindness, I am cared for and protected.

## Household Hints and Handy Tips



**Drop a couple of denture cleaning tablets into the toilet bowl at night to clean off stubborn stains.**

## Thought for the Day:

**A think is complete when you can let it be. *Gita Bellin***



## Sacred Tools and Instruments by Trent Deerhorn



### The Drum

I have a LOT of drums. Being a drum circle leader, I have found it essential over the years to accumulate a fair variety of drums and rhythm instruments for people to play in the drum circles. People who want to attend such events do not always have an instrument of their own, so we do have to provide some that they can borrow.

But for me, leading a drum circle was just an offshoot of the work that I do with the drum on a daily basis. The drum is vibrationally connected to the Earth's vibration. As children of the earth, we, too, are connected to this vibration on a deep and profound level. So when a drum is utilized during ceremony or during healing, that energy goes deep and reconnects us. That vibration helps our own vibration to resonate with that of the Earth. And the vibration of the Earth is chuck full of healing energy!

Imagine, if you will, laying on an energy table, covered with a blanket and cozy, with crystals and healing stones laid out along your body to accentuate the energy flow. Your breath is slow and relaxed from the energy treatment thus far. And then you hear the low bass sound of a drum softly beating. Each strike of the drum takes you deeper within and simultaneously helps you to journey to your Healing Guides and your Inner Realms to find the spiritual medicine that is needed for your healing at this time and in this place. Some people find that they have visions and hear their guidance, or perhaps feel energy shooting through them to places it has not previously been able to reach. Whatever the response, it becomes a profound part of the healing journey for them.

When I made my first hoop drum I only used it for meditation. I found the sound of it was something that took me deep within and allowed me to access levels of consciousness that otherwise took a lot longer to access. Then one day I came out of the drum meditation changing a long-lost song... a Spirit Song...of the Ancients. I finally found what my voice was meant to do! Since then I have drummed and sung Spirit Songs to hundreds, if not thousands, of people. Each song is a sacred code, like clicking on an icon on your computer screen that then runs a particular program. Each code opens energy pathways to allow for flow,

connection and healing. I truly do not think I would be nearly as good a healer today if I had not found the drum and thus found my voice!

## Rock Talk

by Ave Riddler

This year we are turning our focus from types of crystal to their SHAPES! I will take you through some of the natural formations as well as some manmade shapes and what they impart on the mineral. With all my past articles I have melded Ave's input with the reference books, bringing at times four or more views into one article, with the shapes I might keep my findings separate or meld them together again. I will have to see how it goes as the year progresses. For this article though I went from my own because most books tend to overlook the single terminated point.

I thought the first should be the most basic, the single termination. In mineral speak this is when a crystal formation comes to a natural end, they can be found on short stubby crystalline formations or long slender ones and everything in between. Almost every mineral in the world can naturally form into a termination, there are some that do not, but can be cut or shaped into a single point. Some minerals terminate in long sharp looking points; others may be more rounded, or even seem flat. You will find as we continue on this focus, the different kinds of surfaces and shapes on those terminations can enhance a mineral, and we will get into those as we go.

### Single Terminated Points

The single termination point can be used to direct energy by pointing that termination towards where you are sending energy. Example you are trying to help someone heal their heart after a loss, you may point a single terminated quartz towards their heart chakra. The opposite can be done as well; perhaps you wish to draw something out of a person. Again the hurting heart example, you could draw the pain from their heart chakra by placing the non-terminated end to their chakra and draw the hurt out into the universe to heal. Some use a single terminated point when creating sacred space, using the point to "draw" the energy into a circle. If you are doing focal work, or vortex working the energy that is swirling at the center can be released by pointing that termination in the energy then raising it skyward, or plunging it towards the earth.

From a physical view point the single termination can be used to activate nerves, as is the case with a massage wand, you place the tip against an area that holds tension, by pressing lightly then releasing you can generate a soothing of the tension. Depending on the apex of the termination this can be done for very fine release work, or more spread out local kinds.



## From the Flower Spirit Cards by Melanie Eclare



**Penstemon:** *My message is one of physical energy.*

The spirit of the Penstemon flower is full of vital, fluid, pulsating life force. It is time to celebrate the benefits of physical activity and the part it plays in our well-being. As well as keeping our bodies strong and supple, taking regular exercise helps to calm the mind and brings about an inner peace. This, too, is expressed by the stillness of the Penstemon flower.

Are you finding time to nurture your physical strength, or is it something you tend to put off? Even though we know that it will make us feel better, it is only too easy sometimes not to bother. Listen to the message of the Penstemon and make an intention to bring more physical activity into your daily life.

Even a simple action such as walking or running up the stairs rather than taking the lift will make a difference. Sometimes if we set ourselves standards that are too high, we feel a failure if we don't stick to our intended routine. Try not to be extreme. Start slowly, even with a gentle walk or swim two to three times a week, then gradually build it up. Take a regular yoga class or enrol in tennis lessons. Inspire yourself and do what you enjoy and what feels right for your body. With powerful physical exercise comes a wonderful release, as well as a general toning and the chance to feel better about ourselves.

## Poetry

### Chant for Yule

Trees frosted white  
Long solstice night.  
Silver moon glow  
Shimmering fields of snow.

Ave Riddler

## 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.

### 12. "Our senses enable us to perceive only a minute portion of the outside world."

*The Transmission of Electrical Energy Without Wires as a Means for Furthering Peace in Electrical World and Engineer* (January 7, 1905)

## From 365 Zen daily readings by Jean Smith

"I am a Democrat." "I am a socialist." "I am a Republican." "I am an artist." "I am a thinker." "I am a jock." "I am sensitive and tough, macho but vulnerable - good, clean, pure." Who are we without these labels? When you really let go of all the pros and cons, who are you then? Drop all your likes and dislikes, notions of career and position; then who is left? "God, I don't know...I am nobody, I am nothing."

That is how we feel, but it isn't true. When we really let go, we become everything. At that point we are identified with all things: the flower, the oak tree, the morning star.

-Dennis Genpo Merzel, *The Eye Never Sleeps*

## Things you may NOT have known about Canada:

**DURING WWII, CANADA GAVE OUT BUTTONS TO PEOPLE WHO TRIED TO ENLIST BUT WERE REFUSED DUE TO MEDICAL REASONS TO SHOW THEIR WILLINGNESS TO FIGHT.**

## Vipassana Meditations

by Victoria Rideout



I am seated cross-legged on the floor in the meditation hall at the Dhamma Surabhi Vipassana Meditation Retreat Center. We have been meditating in silence every day for a week now. I attune to the quiet of the room, eyes closed, shoulders wrapped in a light veil for warmth and protection. My breath softly cycles in and out. My torso rises and falls in the rhythm, in peace.

Slowly, my awareness sweeps throughout my body. I start at the crown of my head, energy lightly pooling and blurring the edges of my physical form. The energy descends, down my forehead, through my eyes and ears. My connections to external sensory impulses are gradually weakening, attention turning inwards, consciousness attuning to personal, subtle sense impressions.

Sweeping downwards, through my jaw, neck, and shoulders. All my tensions relax and my whole body softens. Each inhale breath now lifting my collar bones, I am supported by the architecture of my physical form. Each exhale diminishing the distinction between form and space. Energy is flowing more smoothly throughout me now. My spine lights up, a conduit for the energy that connects the Earth and the Universe. I tingle and glow with a light vibration, pulsating with the beat of my inner life force.

Inhale and exhale, awareness moving into my chest. Energy is flowing here, in the rhythmic beat of my heart and circulation of nutrient through my being. A warmth at the center of my



chest expands, filling me with a sensation like love. I feel the support of the universe itself, and the divinity of my own being. I rest in the trust that my life purpose is being fulfilled simply through the act of existing.

Arms, wrists, and fingertips. Here is the tingle of my cells popping in and out of existence countless times per second. I am a being in the constant flux of change. All life is impermanent. Here, in the palms of my hands, I arise and pass away, arise and pass away.

I am in my abdomen, my epicenter of control. Each breath is a reminder to soften and release. As I surrender to the natural flow of energy throughout my body I can feel the residual effect extending outwards from my core. My spine straightens, aligns, and the pulsing spasms in my upper back subside. My stomach softens and my breath is then able to move more deeply into my torso. My sacrum relents its grip, and I become more deeply rooted, relaxed.

My attention shifts into the hips. On the surface I can feel sensation but on the inside the joints are numb. I press my awareness into the void and my hips stiffen, tighten, lifting my knees from the floor in strain. I ease back to relax, a nervous tingle forming at the location of my efforts. I explore into the space with a firm compassion and my legs respond with a twitch. A strong emotion is rising up through my torso, not yet recognizable. Exploring the shifting sensations originating from my hips I press a little deeper. Suddenly my eyes pop open and my mind speaks.

*Run*

I adjust my veil to remind myself of its protection. Assured I am in a safe place I allow my eyes to close. A deep inhale, a deep exhale. Shifting my awareness back into the hips, I press into the numb.

*Get up, you have to go*

The urgency is inviting tension into my body. I observe. I do not react.

*Run! Relax. Run away! Stay.*

The emotion rising through my torso now recognizable as a palpable fear. My breath turns shallow and it takes all my willpower not to listen to the voice in my hips.

I deepen another breath, consciously softening, urging the tension in my legs to release. And they do. For a second. Then, a twitch.

*Don't come in*

Relax and breathe.

*Please, run*

My legs are no longer responding to my will. They twitch in random uncontrollability. My mind follows suit.

*Run Away! Aaahhh, Run Away!*

But I do not need to respond. Grounded in awareness of my impermanence, occupied in observation of the moment, I do not run.

My legs twitch more violently, fear residing in my chest and desperation developing behind my eyes. My hips are sobbing now,

*Please, you have to run!*

My eyes are open, and I am a weakening intent away from standing, running, as far and as fast as I can. Running until my lungs collapse and my body perishes in the wilderness of these mountain valleys. Yet I sit, and I breathe. Dispelling fear with compassion, desperation with strength.

My legs continue to twitch, though softer and more rhythmically now. My mind continues to recite its mantra - *Run, run away, run* - but my body is slowly losing the impulse to respond. My face and shoulders are relaxing again, my breath moving deeper into my torso. The numbness is gradually being replaced by vibration. Energy circulates anew through my hips, the emotion that was locked there now twitching my elbows, knees, and feet, as the burden is shared and dissipated.

After a time, I grow steady again and continue the conscious descent towards my feet. I ground with this flow of energy into a new way of being, living without attachment to whatever caused this fear. I allow what naturally arises from within to be what is. I sit in equanimity of the experience. A gong rings once, twice, three times. I rest one last moment in gratitude of my experience and growth. Slowly, I stand. And I do not run. In peace, I walk, one step at a time.

## Guided Meditation

Daily Sessions

All Levels

By Donation

The Sanctuary

219 A 21st St E

View full schedule at [www.thesanctuaryyxe.ca](http://www.thesanctuaryyxe.ca)



*Victoria is a Meditation and Yoga Instructor, a Life Balance Practitioner, a Psychology Undergraduate, and an operating owner of Sanctuary Yoga in downtown Saskatoon. Through experiences such as this, she is aware of the energetic intersections of body, emotion, and mind, and of the healing processes we can achieve within each simultaneously through meditation and related practices.*

# Reflections from the Shaman's Hut by Trent Deerhorn



## The Evangelizer

We all have met them. They are everywhere. They are the ones who have an inner soap box that they feel must be stood upon so that they can shout out to the world their theories of how the world actually should be. They are the ones who feel quite "passionately" that their opinions matter more than they actually do. They are the ones who feel that they have to change the world. Basically, they are the ones that think that everyone should think and act the way THEY do otherwise the world will go to hell in a hand basket. These people are *pretenders*.

People can be very short sighted. They don't tend to see the big picture of things. They are so worried about forcing "change" on everyone else that they miss the fact that the changes are already occurring right there under their noses. Change is a constant thing...most likely the ONLY constant thing in our Universe. It happens. And, like the grass that will not grow any faster if we tug at it, change will not happen any faster than it naturally and organically is going to simply happen.

Yes, our world can be quite messed up with how we treat others and our environment. And yes, there does need to be someone to be the voice of reason who will stand up for those having difficulty standing up for themselves, or for the environment that does not have a voice in the face of corporate industry. These are worthy causes. But when one is willing to attack total strangers and make horrible assumptions about what their motives in life are just so that their own views are heard then one becomes irrelevant in the process of the desired change. People STOP listening if all they hear is whining, complaining or screaming about how horrible someone else is and how they just "don't get it" about (fill in the blank). People get tired of that behaviour really quickly. And when they do get tired of it they will either distance themselves from the Evangelizer or they will begin to challenge the Evangelizer's need to Evangelize. Either way, they, too, end up on the Evangelizer's hit list. This is a form of emotional assassination...and Evangelizers are very skilled in the art of emotional assassination.

But they are equally skilled in the art of "victimhood". The Evangelizer will, when not getting their way in a situation or conversations, twist the circumstance around in their head and start playing the victim as a means of finding some way to guilt or shame the other person into falling in line with their way of thinking. And if the person does not fall in line, then they will begin character assassination of that person, trying to get all their friends and relatives to hate the person who basically has done nothing more than disagreeing with their twisted thinking. This narcissistic method (this is all about ME but it is NEVER MY FAULT) has ruined lives and relationships for thousands of years and it is still very active in the human psyche.

I have run into many an Evangelizer over my many years in this life. I will always walk away. And yes, then I am their target. But eventually they just get bored of me because I won't give them any energy. At least I won't after I have told them exactly what I think of them. Once that is done, my mission is complete and I leave it alone. They can have their own misery and leave me out of it. And the character assassination is something that dies down fairly quickly. People won't jump on the Evangelizer's wagon for very long before they become aware that they, too, are a potential target. And many won't even hop on that wagon in the first place.

The saddest part of it is that often what the Evangelizer is beaking off about is actually a worthy cause, but one that is being done no favours by the Evangelizer's approach. And if the Evangelizer were to back up a bit, to just shut up for a moment and LISTEN and WATCH, they would see that the change is already under way. People are already shifting. No one needs to be bullied into thinking anything. They will come to it in their own time, in their own space, and it will be so organic in nature that it will become a common way...a way that, once achieved, will be such a standard that people will look back at the old way and shake their heads in wonder at the fact that just 50 years ago everyone thought this or did that and NOW look at how far we have come! Patience is definitely a virtue when it comes to desired change. When one waits it out, they will more likely live long enough to see that change. But when one tries to force the change, they are only delaying the process. After all, if you tug at that grass to try to make it grow, you will only be damaging the root system.

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

## The Joy of Believing

**By Claire Netzach**

Once upon a time in a remarkably un-magical time in the course of history, a girl made a choice to believe. To that point she had been a skeptic, and while she was drawn to stories of ghosts and the supernatural, the possibility that they might actually exist terrified her, and she stayed planted firmly in the material realm.

But then she fell in love with a boy, and the process of falling in love was completely illogical, and even though there were so many reasons for it not to happen, she could feel herself being swept along by a plan other than her own (or his own). It seemed to others like her parents to be illogical as well, and they pressed her to abandon the relationship.

On a particularly bad day, almost giving in to the pressure, she went to bed with doubt in her heart. That night the Goddess visited her in her dreams. She picked up the girl and set her on the Earth, with a clear message that she was held, cared for, and that she need only to relax and allow her destiny to unfold.

She awoke with certainty that she was on the right path, that this was more than 'just a dream' and she moved to the city where her young lover lived. It was not always easy, and as they struggled to make a life together, she sometimes wondered whether it would be easier to walk away. A firm voice inside her said, "That is not an option." And she believed.

Believing, in a world that deifies science and logic, is enough to earn ridicule. Coincidences are nothing more. Serendipity is a nice idea, but not something to trust. In spite of this, she practiced believing. She saw coincidences and serendipity as divine guidance and a sign she was on the right path.

The more she believed, the more she wished there was truly more to reality than what most modern people would admit to be true. She wondered about her great purpose. In a particularly difficult time in the life of the young couple (for they had gotten married), she began to practice more regularly to trust and offer herself in service to the Divine. Her mantra was, "I am ready to serve."

Over the next few years, the messages and signs led her and her husband to begin working with a healer who helped them begin to remember who they really were and step into their purpose in this life. This was both exhilarating and frightening, and often tinged with grief, to both leave behind who they once were, and also to remember the circumstances under which they had forgotten their true selves.

But the potential for grief or even real danger was not enough for them to shy away and they embraced the challenge together. They shared a passion for this awakening, and also wondered at the people around them who for the most part chose to remain firmly asleep.

They each began to find a community of awakened souls beyond their physical community—those who embraced ritual, believed in magic, knew the power of the unseen realms, and were equally willing to carry the full weight of responsibility in serving what the girl had come to think of as the Divine Plan.

This is not a fairy tale—although there are aspects of fairy in it. This is not a thing of the past, but a story that is unfolding as I write this. I am that girl. I live in a bungalow and raise my family and go to work every day. I also serve a higher purpose and I carry that joyful burden willingly without fully understanding the implications of all that means, but trusting the process. That process regularly crosses back and forth between the material and the unseen.

I am lucky to share this path with the man who sits across from me, doing the work he is also called to do.

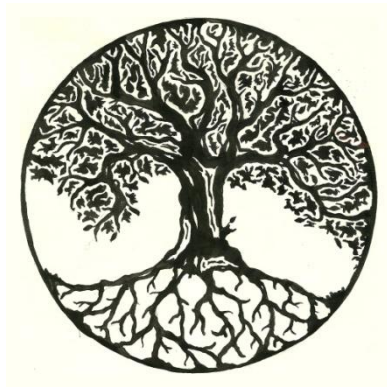
I am compelled to share my story, here and with acquaintances, friends and family as I am called. Some of them are eager to believe. Others would rather think it is a nice story and that this calling is for people other than themselves. People who are into "woo woo shit", like me.

I am here to tell you that this calling is available to anyone who is willing to listen...and believe. A women's organization I am involved with talks openly about radical responsibility and rising up to your dignity. This is the birthright of every human on the planet, and I believe to my core that many souls who chose to come to Earth as a human at this time in history are here to contribute to the evolution of consciousness for all.



This has nothing to do with bloodlines or ancestry. Each and every one of our ancestors knew what it is now up to us to remember after centuries of radical forgetting. By nature of you being here now, it means your ancestors survived and procreated from the time of early humans. We are infused with the spirit of the Earth, and with all the spirits that share this space with us.

We are children of nature. We are influenced by the sun, the moon, and the seasons. We share consciousness with the other animals that share our space with us. We share sixth, seventh and other senses with them that we have been told do not exist and have been conditioned to forget. This is not only the birthright of Indigenous North Americans. We are all indigenous to somewhere, and the Earth will speak to us if we only listen.



It is time to remember, for the sake of our children, for the sake of our two- and four-legged and winged and finned brothers and sisters, for the sake of the standing people. We have practiced forgetting and disbelief for long enough. We are not here to collect the most money and the most toys before we die. We are here to serve something greater than ourselves. To move humanity to the next level of awareness and consciousness.

I am learning so much right now, including learning how to integrate our seemingly mundane lives with our sacred calling. I want to share

with you that it is all sacred. I have been asked to share some of my experiences in this space, and after this month's introduction, I will do so.

Until next time, believe. Listen for the whisper of your calling. If you don't hear the whisper, ask for guidance. If you don't hear the guidance, sit still and listen again for the whisper. It takes patience. It takes a willingness to carry this joyful burden—and that is rarely easy. Don't shy away from the work. Believe me, you will never wish for your old life back once you step onto this wondrous path.

## Things to Know

**12. You can survive without eating for weeks, but you will only live 11 days without sleeping.**

## According to the Farmer's Almanac 2017:

### January 1: New Year's Day

Make a resolution to replace part of your lawn with perennials, shrubs, and ground covers. By reducing lawn care, you will save time and money.





### January 12: Full Wolf Moon

Fragrant, night-blooming moonflower (*Ipomoea alba*) can be grown indoors. It needs maximum sunlight, consistent moisture, and sturdy support for its vines.

### January 27th: New Moon

Transplant and repot houseplants when the Moon is waxing.



### Purple Hues:

Brussels sprouts, a member of the brassica family, have grown in popularity and are now available in many shades of green and even purple. Purple sprouts are as hardy as the green varieties, but are a bit smaller and sweeter and much more ornamental in the garden. 'Rubine' is an heirloom variety that can be planted early and will produce beautiful, 1 1/2-inch-wide, red to purple sprouts. 'Falstaff' is a more recent cultivar that will keep its deep-purple color when cooked.

## Tidbits and Tickles:

**"Insofar as manifestations of functional deficiencies are agreed by any and all concerned parties to be imperceptible and are so stipulated, it is incumbent upon said heretofore mentioned parties to exercise the deferment of otherwise pertinent maintenance procedures"**

**In other words: "If it ain't broke, don't fix it."**

## Ask the Shaman: With Trent Deerhorn



**Q:** I have a child who seems "gifted". In a lot of ways he is quite normal. He does have some social anxiety, but we are working on that to help him to adjust. He seems to "know" things. I am wondering if that is a "thing"? Some people find him to be a little spooky. I find that if I listen to not just what he says but how he says it then I understand more of what he means by things he says.

**A:** He is obviously "different" yet "normal". He is a child. Many children are coming into this realm with deeper understandings of things and with insights and abilities that have been long dormant in our genetic backgrounds. We also are in a world that both needs these gifts and fears them. So you will have to be a little bit vigilant in protecting him, but allow him to simultaneously explore the world without fear. The fact that some people find him spooky reminds me a lot of how people felt about me when I myself was a child. Even back then I knew that they were not afraid of me. They were afraid of what it meant that someone like me existed. This is likely how they feel about your son. One of the best things you can do for him is to affirm that his intuition is spot on, and to make sure that he also stays grounded and stays away from the classic ego trips that come along with gifts when not properly maintained. Let him be a kid. Let him be a visionary. Let him be whomever he wants to be. And above all make sure he knows that he is loved.

## 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 56:

**Anna Wrote:** I love the Paranormal Experiences section! Those stories totally inspire me!

**Sheila Wrote:** Bixbite is so pretty!!

**Bob Wrote:** This newsletter is something that I continually look forward to reading! Thank you!

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