

# *Flight: A Living, Breathing Document of Consciousness*

Volume 6 Issue 59 March, 2017



*Articles and excerpts that will inform and inspire!*

## A Letter from the Editor:



March is upon us. I always wonder which way it will go...in like a lamb and out like a lion?....in like a lion and out like a lamb?....in and out like a lion?....in and out like a lamb? The options abound! One thing is for sure in this part of the world, however, and that is that, no matter how much snow comes our way...IT....WILL....NOT.....LAST. There is an end to winter in sight!

We have a fascinating issue for you this month. You will be able to read about one man's [encounter with the "Green Man"](#), about the fact that there are no ["coincidences"](#), about the purpose of a [censure](#), about [Manifestation Crystals](#) and MORE! I want to thank all of my contributors for your hard work and excellent quality of writing and of subject matter. People really enjoy reading about your perspectives and learning from the wealth of information that each of you share. Thank you so much.

I want this newsletter to continue to go VIRAL, so please share with whomever you think might have some interest. If anyone would like to be on the mailing list for this newsletter, the subscriptions are free and it only comes out once a month, so your inbox will not get overwhelmed with it. You can contact me directly at [deerhorn007@gmail.com](mailto:deerhorn007@gmail.com) and request to be put on the mail list for FLIGHT...and it will be so.

Enjoy the read!

*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

**Monday to Friday**

**Daily Meditation 24:00**  
From 12:05 to 12:35pm

Aum Mantra Meditation  
Hand Mudra Meditation  
Metta Bhavana Meditation

Hosted by Sheena of  
Aum Tare Ray of Healing  
and Meditation  
By donation.



**Balance Within™**  
ENERGY & WELLNESS CENTER  
[www.balancewithinwellness.com](http://www.balancewithinwellness.com)  
300 3rd Avenue South  
306-651-7227

**Saturday**

**Community Sharing Circle**  
From 12pm to 1pm

Hosted by Trusted Members of  
our Communities  
By donation.

**Free Mini Sessions**  
From 1pm to 2pm  
Offered with love.



**Deerhorn Shamanic Services**

**Positive Passions.com**

**Rhannon Silver's Life Coaching**  
with Afua

**Divine Goddess**  
#103 - 626 Broadway Avenue, Saskatoon, SK

# 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](http://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 \$15 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

### The Power of Healing Sound Workshop



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

Guest appearances of : Trent Deerhorn of Deerhorn

Shamanic Services "Healing Sound in Shamanic Healing"

When: March 4th and 5th

Time: 10 am to 4 pm

Where: SOULworks Sacred Healing Centre

3 - 2228 Ave C. North Saskatoon

Investment : \$400

Early Bird Registration by February 16th : \$350

Crystal Singing Bowls will be available for purchase

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

# CONGREGATIONALIST WICCAN ASSOCIATION OF SASKATCHEWAN



## SKY RIVER TEMPLE

### Spring Equinox

Public Ritual

Sunday March 19

2:30pm

Rusty MacDonald Library

225 Primrose Dr

Saskatoon, SK

Board meeting at 1:00pm

Potluck snack 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 Green Man

by Logan

While living on an acreage a number of years ago I became worried that the excessively long grass in the pasture in the "back 40" was becoming a fire hazard. We had housed horses the year before, but even they could not keep up with the long grass. We finally decided that we would make arrangements to have the grass cut and bailed. The person doing this was someone we had never met...a burly farmer in about his late 50's or early 60's. When he arrived it became obvious from his conduct that he had no regard for nature or beauty. I had asked that a small grove of saplings be left to grow. He mowed them down. I was furious. I went through the trees to watch the process that was about 2/3 complete, trying to figure out how to approach this man about what he had done. I felt a hand on my shoulder and turned to see who was with me.

Chills went up my spine as I looked up...waaay up...to find myself standing beside a very large man. He was covered in leaves and sticks and such. Although he was huge by comparison to my mere 6'3" frame, there was a calm friendliness about him. In a deep voice he gently said, "He knows not what he does." I agreed. I was still quite angry about the saplings. He then said, "They will grow back. I will make sure of it. No need for conflict." So I let go of the anger and moved on with my day.

Within a month, those saplings were much larger than they had been when they were cut. I could hardly believe how much they had grown in such a short period of time. Over time I found that this large man was not unlike the "Green Man" of ancient Celtic folklore. So I decided that this must be who this benevolent spirit of nature was. The acreage has since been sold.

The trees continue to grow abundantly. But my connection to the Green Man remains. He speaks to me as I putter in my garden. He suggests things for plants that I would not have thought to try. I feel great comfort knowing that he is there.





# There are No Coincidences

by Claire Netzach

“Yes, you see, there’s no such thing as coincidence. There are no accidents in life. Everything that happens is the result of a calculated move that leads us to where we are.”

– J.M. Darhower, *Sempre: Redemption*



When you begin to practice believing in earnest, you begin to realize that naming something a coincidence is a way of dismissing a hint toward your divine calling. If it is ‘only’ a coincidence, then it is nothing more than a curiosity. A recent article on the Psychology Today blog (<https://www.psychologytoday.com/blog/connecting-coincidence/201607/there-are-no-coincidences>) argues that saying there are no coincidences stops inquiry, because if it is the Universe or God, or just random chance, then we are not personally responsible for the outcome.

I don’t see it that way at all. I assume personal responsibility for my destiny from the outset, and see the nudges from the Divine, in the form of what some call coincidence, to be mine to act on if I am truly committed to becoming all that I am meant to be.

What if every so-called coincidence was an opportunity for you to take a step on a divine path? What if every person you meet has a soul connection to you? That soul connection does not have to be deeply profound or even obvious. But I believe it is still there.

When you begin to trust that the Universe (or God, Goddess, whatever you want to call it) wants you to find your path, and you practice listening, ‘coincidences’ will begin to happen more often. I listen for them. They are part of my practice of surrendering to the divine plan. A ‘chance’ meeting with someone I’ve been thinking about does not lead me to say, “What a coincidence!” Rather, it elicits a nod of knowing to the divine entities that whispered to me that this person had something I needed or that I had something to offer that person.

A few years ago, I felt a strong pull to attend an event called the Magical Manifestation Retreat. I had been having some direct experiences with both magic and manifestation in my life, and was curious to spend a few days focusing on just that. I traveled to California for the event, and as I was packing, I decided to pack a gardening magazine that I edit. I didn’t know why I was packing it; I thought I might give it as a gift to someone if I felt called to do so.

At the event, one woman mentioned in our discussions that she is a gardener. I decided to pass on one of my magazines to her. She and I didn't really connect beyond that moment at the retreat, and we went our separate ways. A few months later, I received a message from her: "I have read your magazine cover to cover and enjoyed it. It is now sitting on my table, being more than just a magazine, but a message I should be reaching out to you. What are we supposed to be connecting about?"

This sparked a conversation about work I was doing in the shamanic realm, and we established a friendship that eventually led to my spending an evening with her the next time I was in California, and my eventually being asked to be on her leadership team for the women's empowerment organization that she founded. Packing that magazine was no coincidence. It was a nudge in the direction I was meant to travel. And because both of us practice believing, our lives have changed because of that 'chance' meeting.

There were several opportunities for each of us to dismiss or ignore the pull that we were feeling. It is remarkably subtle, and it takes practice to hear it, to trust what you are hearing, and to respond.



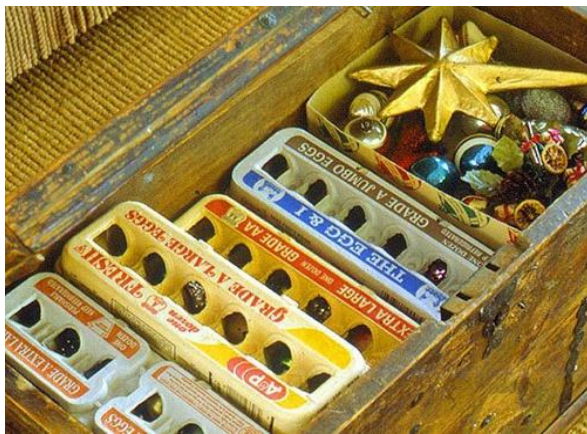
More recently, I felt a push to spend a morning working at a local coffee shop. I tried to resist the urge, but eventually accepted the need to listen to the call that I was offered. I went, curious to see what 'coincidental' meetings would take place. There was more than one. First I met someone who offered me some important parenting advice that I needed to hear that

day. Then I ran into someone who had participated in a mentorship program with me the year before. She mentioned she was wishing she could sign up for a similar experience again. I suggested she get in touch with another woman who provides similar programs. It turns out she was meeting that very woman later that day.

I knew at that moment that my purpose for being at the coffee shop was threefold: first, to receive the support I needed; second, to provide some direct encouragement to the woman I met there; third, to pass on a hello to the woman that was arriving later, which I knew would inspire her to reach out to me, because I know we are also meant to work together somehow. Sure enough, that woman has since reached out to me. She too does not consider multiple encounters with me or people mentioning me to be 'just a coincidence'. She believes there is a reason behind it.

There is more to this than believing there are no coincidences. There is also the active listening for those moments that many dismiss as chance, and there is acting on what you hear (more on hearing and heeding the call next month). The more you choose to believe, to listen and to act, the easier it becomes.

## Household Hints and Handy Tips



Use egg boxes to store delicate Christmas tree decorations.

## Thought for the Day:

**The past is dead. The future is imaginary. Happiness can only be in the Eternal Now Moment.**

**Ken Keys, Jr. *Handbook to Higher Consciousness***

## Sacred Tools and Instruments by Trent Deerhorn

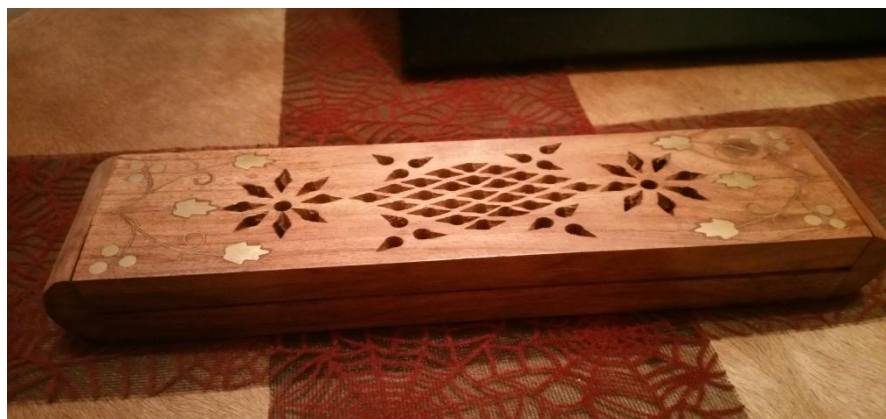


### Censure

Often when I call it this, people look at me like "What the heck are you talking about?" and then I realize that they are unaware of the original term for an "incense burner". Yes, it is called a "censure". It is important to have incense for your altar. The smoke from the incense is something that is laced with negative ions, which raise the vibration of the space and all those within that space. People with allergies to smoke, however, are not completely out of luck. A misting of Holy Water will accomplish the same thing. Incense can also be used as an offering to whatever deity with whom one is aligned. The most common use of it, however, is as a purification tool to prepare the energy of the individual for the healing ceremony or holy ritual that is about to take place. I use it for myself personally and also "smudge" the client before performing any healing ceremony.

The censure can come in a variety of forms. As you can see, this one is a hand crafted bowl that a dear friend of mine created. The reason that I prefer to use a bowl with sand in it for a censure is that it provides a simple and easy way to burn the incense for a short period of time and then extinguish it in the sand when I am done with it. One does not want to have the entire incense stick burn all the way down six or seven times a day during healing sessions, after all. That much exposure can lead to respiratory issues down the road. So I always extinguish it between sessions and ceremonies...unless it is an offering, in which case I will allow it to burn all the way down.

Censures also come in the form of a box with holes in it that both provides a storage place for incense sticks as well as a place to set the incense while it burns. Sometimes it is a



simple glass, wood or pottery tray with a curve on one end with a hole in it into which one places the stick of incense. The tray gathers the fallen ashes. It is important to note that the ash of the burned incense can also then be used as Holy Ash for rituals and ceremonies. I have a separate container in which I store Holy Ash, which I gather from the censure. So the tray is



useful not just for fire prevention but also for ease in which one can gather the ash once the incense is burned.

## Rock Talk by Ave Riddler

Sometimes natural crystal formations will have little “surprises” included in their structures. There can be different shapes found on the surface, some will have a surface covered in tiny little points, some curve during development, or sometimes minerals will form included within, or even a smaller crystal of the same mineral encased within the main crystal. Each of these “surprises” will add to the gifts already offered by the main crystal, my next handful of articles will explore these additions.

### Manifestation Crystals



I am going to start with a rarer formation, one that I am lucky enough to have in my home. This is when there is a smaller crystal of the main mineral fully encased within the body of the crystal. Manifestation crystals are fairly rare, so they are slightly harder to come by, but are most commonly found in quartz.

They do pack a punch energetically so be prepared when you begin working with one! This formation is vastly different than a rutile or tourmaline inclusion within quartz, and is also different than a phantom inclusion although some phantom inclusions can at a glance fool the eye into seeing a manifestation.

These crystals work towards your higher good bringing into your life, energies for your spiritual benefit. Manifestation crystals can open you to the awareness that within you is a clear channel to the Divine.

This inclusion can open you up to wealth of the material, emotional, and spiritual world, while helping you to eliminate the fear, or feelings of being undeserving of that wealth. These crystals can be used to help realize things you have wanted to manifest into your life, helping you to find clarity and to focus, while easing any uncertainties, or mixed feelings about the goal. By easing the mixed feelings and insecurities, the manifestation crystal can act as an accelerant in realizing those goals. The manifestation can also help you to figure out if what you are trying to realize is in fact in your highest good.



Working with a manifestation crystal can be useful for artistic vision, or other creative pursuits bringing forth the inner vision of the creative mind so that it can be shared and viewed by others.

Books referenced for this article were The Kiss Guide to Crystals by Diane Bloom and Love is in the Earth – A Kaleidoscope of Crystals by Melody

## Local Artists:

### The Tree of Eternal Light

by Trent Deerhorn



I have always been drawn to trees. They are the "standing people", without whom we would not survive on this planet because we would completely run out of air to breathe. The World Tree is a concept that has also always attracted me. The idea of the tree representing various levels of consciousness and reality intrigues me. And then there is the Family Tree...something most people find interesting in terms of our relatives near and far and as far back as they can be traced.

To me, Trees also represent Spirit, and eternal Light. So I began my journey creating these paintings, the series of which is called The Tree of Eternal Light. They vary in colour and imagery, but for the most part they are a reminder that we are connected eternally to the spirit of the tree. They come in 16X20 standard and might have 3-D attachments to them, such as the "fruit" on this tree. People can order their own Tree of Eternal Light original painting by contacting me at [deerhorn007@gmail.com](mailto:deerhorn007@gmail.com) or by phone at (306) 978-5300.

## From the Flower Spirit Cards by Melanie Eclare



### Globe Thistle: My message is one of *perception*.

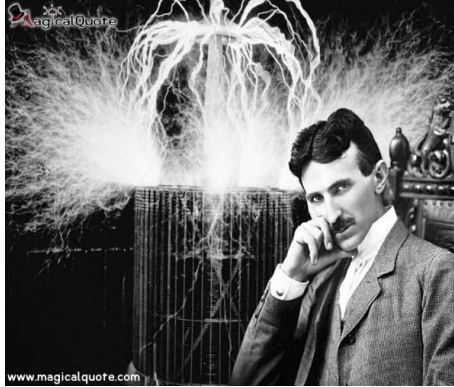
It is easy to ignore our innate powers of perception and feel that we need to follow tradition, seeing things as others around us do. Each one of us has many layers of other people's thoughts, ideas and concepts filling our minds. We learned them as we grew up and they feel familiar and comfortable. Sometimes it isn't easy to know if what we feel comes from deep within us or is something inherited from everyone else's way of perceiving.

The Glove Thistle flower spirit enlightens us with a clear reflection of the absolute perfection of our own inner perception. It asks that we forget about trying to please others and begin to access the purity inside. Our most powerful action is to be honest and speak our truths in every area of our lives.

Enter a new phase in your life and learn to be more yourself than ever before. Tap into your instinctive perceptive qualities, listen to your inner voice and follow its guidance. For heightened perception, breathe deeply seven times into your belly. Each time, imagine clear light filling your and building up until on your eighth breath you can sense a ball of light, clear energy. Now imagine bringing that light up the back of your spine, over the top of your head and into the centre of your mind, your pineal gland. Relax your breathing and feel the calm and clarity as you become aware of expanded perception coming from your pineal. This is a place where you can find your own inner answers. Practise this exercise and experience the clarity of the Globe Thistle's spirit.

# 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.

**14. I don't care that they stole my idea...I care that they don't have any of their own.**

*Unknown Source.*

**ROXY**

**27 December 1999 to 07 February 2017**

**16 years, 42 days**

**by Gail Fulkerson**

You crossed the Rainbow Bridge yesterday,  
While I whispered "I love you" into your ear and my heart shattered.

Memories of you flood my mind, crowding out all other thoughts.

I miss you so much.

The house is so quiet now without you in it,  
Yet I can feel you everywhere.

The paw prints you made in the snow are still visible



Across the front yard to the step,  
When we came back from that final walk up the street;  
We didn't make it all the way to the post office, you and I,  
But I didn't think we would.  
Walking was hard on you, but  
At least we got to enjoy the sun and fresh air together  
One more time.

You knew what was going to happen when we drove you to the vet.  
We all knew that our lives together was quickly coming to an end.  
You were so brave as you faced your imminent death.  
Could you hear Marks' heart beating as you leaned against his chest  
While you sat on the blanketed table,  
As the sedation took the strength from your legs  
And you laid down?

The last few minutes ticked by;  
We both said our goodbyes to you before  
The vet came in and gave you the final shot.  
We laid our hands on your body as you took your last breaths;  
Your heart beat a few more times and you were still.

I searched for you in my dreams.  
I wanted to make sure you'd found your way safely back home,  
But I got lost.

I love you and miss you, Roxy, my sweet girl.  
I will see you when I cross that same bridge.  
I hope you're there to greet me when I get to the other side.  
If not, I will look for you when I get there.



## From 365 Zen daily readings by Jean Smith

**I once heard a story about a visit to heaven and hell. In both places the visitor saw many people seated at a table on which many delicious foods were laid out. Chopsticks over a meter long were tied to their right hands, while their left hands were tied to their chairs. In hell, however much they stretched out their arms, the chopsticks were too long for them to get food into their mouths. They grew impatient and got their hands and chopsticks tangled with one another's. The delicacies were scattered here and there.**

In heaven, on the other hand, people happily used the long chopsticks to pick out someone else's favorite food and feed it to him, and in turn they were being fed by others. They all enjoyed their meal in harmony.

Shundo Aoyama, *Zen Seeds*

## Things you may NOT have known about Canada:



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



So often people have been asking me why it seems there are so many inconsistencies with time. It flies by or it grinds to a halt. Or sometimes it does both within a minute and a half. Well, this is difficult to explain, but I am going to give it a go.

First off, time itself is an illusion. We pace ourselves based upon this illusion. We convince ourselves that time exists and then try to force ourselves into that box of reality. When it doesn't work well we wonder why? IF time

were to exist, it would be more spherical than linear. But our "logical" minds want it to be linear so we make everyone wait until the crack of 3:30 to leave school, lest we break the "rules" of time, and regardless of whether or not all our school work is complete.

When we lose track of time it is usually because we are finally in the moment, which is the only actual reality. In the moment, time no longer exists and we are simply NOW in our consciousness. We are not worrying about what comes next or what happened before. We are simply here, now.

The other thing that we need to recognize is that the Universe breathes. As the Universe inhales, everything expands. Galaxies drift farther apart, wind blows more freely, and stars seem much brighter. When the Universe exhales, everything contracts, presses together, and dimensions compress in upon one another, creating a blend of realities. So five minutes ago the clock said 6:45 and now it says 10:45. We become aware of "others" in shadow form flitting here and there. The thing is that they, too, are now aware of *us* as shadow figures flitting here and there in their dimension as well. And then we lose track of one another again as the Universe inhales once more.

This sort of thing can freak people out. But there is nothing actually to fear. It is simply a natural phenomenon. There is nothing to "fix" as we humans like to think when we get afraid of something. It simply is what it is. The best way to get through the weird experiences of the compression is to meditate and get centered and grounded. That way no matter what we perceive or encounter we will be able to handle it with love and grace.

## Things to Know

**14. Laziness and inactivity kills just as many people as smoking.**

# According to the Farmer's Almanac 2017:

## Make Time for Thyme

Creeping thymes are low-growing perennials perfect for filling in between rocks and stepping-stones or mixing into a lawn. They tolerate foot traffic and have a wonderful fragrance when leaves are crushed underfoot. Mother-of-thyme (*Thymus praecox*, left), with small glossy leaves and tiny flowers, is drought tolerant and attractive to bees. The ornamental variegated lemon thyme (*Thymus x citriodorus* 'Variegata', right) has leaves with yellow edges. Its light lemony flavor makes it a wonderful addition to fish dishes or mixed into a fruit salad.



## March 1st: Ash Wednesday

Keep wood ashes away from acid-loving plants, such as azaleas, rhododendrons, blueberries and potatoes.

## March 12th: Daylight Saving Time begins at 2:00 am. / Full Worm Moon

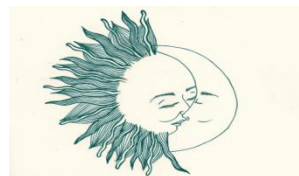
Fluorescent light is one of the best artificial light sources available for starting plants indoors.

## March 20th: Vernal Equinox

A little madness in the Spring

Is wholesome even for the King.

*-Emily Dickinson, American poet (1830-1886)*





## March 27th: New Moon

Plant asparagus and rhubarb roots as soon as the ground can be worked.



## Tidbits and Tickles:

At a small zoo, visitors often ignored the many large signs that said, "Don't feed the animals!" The zookeeper did not want to impose fines so he tried a different approach. He posted signs saying, "Feed the animals for only twenty dollars!" and suddenly no one wanted to.

## Ask the Shaman: With Trent Deerhorn



**Q:** *I have a very high paced career and very little time to myself. I find it is getting harder to meet people as potential partners and more likely that I will spend the rest of my life alone and not in any kind of fulfilling relationship. What would you suggest I do to change this for myself? I want to one day be in a partnership and have a family, but I don't know how to fit that in.*

**A:** A relationship is not something that you "fit in" to the rest of your life. It is something that you sculpt the rest of your life around. The priorities within you need to shift so that you can

make *yourself* available to a relationship, not make a relationship available *for* you. It is not only about you. It is about you *and* someone else. It is about what you bring to the table, not just what you select off of the table for your own gratification. Changing the priorities within is something that does take work. It is an investment in yourself, so it is something that takes time to develop. The best way to go about that is through some really good counselling.

One of the things that you will most likely be told by said counsellor is to *slow down*. We live in a world where many feel the pressure to live a life of fast paced craziness, so you are not alone in this. The thing is that this fast paced lifestyle is actually unhealthy. It robs us of our time, of our energy, of our rest, of our *relationships*. You need to make your well-being a priority. Book times for nurturing, such as massages and long, slow meals. Make time to work out either at home or at the gym. Spend time swimming or soaking in a tub, with candle light. This is very relaxing and connects you with the element of water, which is the element of the soul and of emotions. Disconnect from technology while you eat, sleep, visit with friends, etc. You don't have to immediately respond to every single text the moment it comes in. And a phone is NOT an alarm clock. So get yourself an alarm clock if you don't already have one. You do not need to be alerted with beeps and whirs every time someone texts you after midnight. You are *allowed* your tech free time. Take it. Make a habit of allowing people to leave a phone message instead of picking up the phone the minute it rings. That way you get to decide when you listen to the message and if you need to actually respond to that call at all. It provides a buffer from other people's *expectations* about your instant availability to them. This removes all sorts of internal pressure...pressure that, over time, can cause serious health issues.

And most of all, do NOT give up on the possibility that you will find the right person with whom you can share a *profound* love. It may even happen more than once in your lifetime. Be available to THAT.

## 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 6 Issue 58:

**Bev Wrote:** Awesome issue...loved Crossings, The Purpose Behind Failure, Ask the Shaman, Rock Talk, the past life article, and will definitely be using my cupcake cases at the lake this summer!

Flight just keeps getting better....a few of these articles really hit home for us right now.  
Keep up the awesome work.

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