

Flight: A Living, Breathing Document of Consciousness

Volume 6 Issue 60, April, 2017



Articles and excerpts that will inform and inspire!

A Letter from the Editor:



Spring is upon us, apparently, and today was the first rain/sleet/freezing rain day after the Spring Equinox. The water from that is said to have special energy and somewhat magical powers. So after launching a prayer of gratitude for the moisture that the first spring rain was giving us, I put a bowl out on my deck to collect some of the rain water as it fell from the sky. This was then added to my vessel of Holy Water on my altar. As it mixed and swirled, I could actually feel the charge of fresh energy go through the water and the vessel and into me! Life can be so magical if we allow it.

It always amazes me how the contributors to FLIGHT have such a way of raising the bar. Every time someone submits an article it is even better than the last one. Thank you so much to all the hard workers who make this newsletter a priority in their lives.

I do want this newsletter to continue to go VIRAL, so feel free to forward it on to whomever you think may be interested. And if any of those folks would like to receive their own free subscription to this monthly newsletter, they can just let me know that by emailing me a request to deerhorn007@gmail.com.

If any of our readers have knowledge that they would like to share, please do submit an article! I am a really, Really, REALLY good editor, so even if you don't think that you can write well, I can still make you look like a ROCK STAR. So don't be bashful. Just send it on over and I will have a look.

To all my friends who celebrate it, Happy Easter! To all who don't, Happy Spring!

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 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
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 — 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

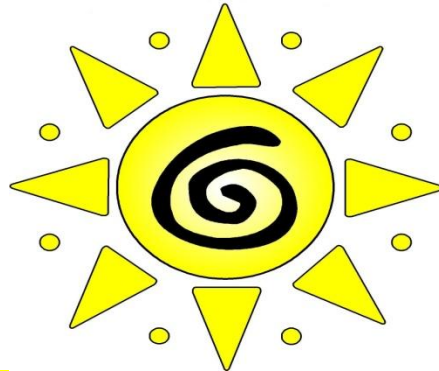
For more information contact: kathymdempsey@gmail.com

Skype and Face Time with the SHAMAN!

As part of my Shamanic Practice I have, for years, provided long distance healing work for people. This sometimes comes as an energy treatment and sometimes as a telephone counselling session. Well, now there is even another option available! We can now Skype a session, or, if you have an iphone or ipad you can download an App called "Face time". Once you have that, for our counselling and energy sessions you can speak to me face to face! If you are interested in this option, simply email me at deerhorn007@gmail.com or phone me at (306) 978.5300 to make arrangements. Blessed Be!



Upcoming Events



TOON TOWN'S PAGAN SUMMER FEST.

Friday June 23 to Sunday June 25 2017

WELCOME TO THE FIFTEENTH YEAR OF FESTIVE FUN!

This is an all-inclusive three day, two night camp-out festival, in the Saskatoon area. Included are meals, crafts, guest speakers, drum circles, circle dancing, rituals, and MORE!

Tickets on sale starting April 1, with different early bird prices

APRIL 1 - 30

\$70.00 Adult

\$55.00 Child (12 & under)

Group Rate offer for 4+ people

\$10.00 off each ticket.

MAY 1 - 31

\$80.00 Adult

\$65.00 Child

Group Rate as above

JUNE 1 - 12

(Unless sold out)

\$100.00 Adult

\$80.00 Child

No Group Rate

Contact Ave Riddler at

Phone [\(306\) 329-4719](tel:3063294719)

Email toontownspagansummerfest@gmail.com

Website <http://toontownspagansummerfest.yolasite.com>

We are excited to announce a partial sponsorship provided by the folks from the wonderful home of our event Ancient Spirals! <http://www.ancientspirals.com/>

Also if you are interested in being a merchant at this event please contact us!

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!

Horse Rider

by Newton Perth



When I was a child of about 9 years, my family moved to a farm and we lived there until well after I was out of University. I remember the first summer there was magical. I had been a city kid for the first 9 years of my life, so this whole Nature thing was fascinating to me. While on the one hand it all seemed way too quiet, on the other hand you could hear a pin drop a mile away. And Nature was absolutely FILLED with sounds that the city drowns out. I got to recognise particular bird calls and loved the sounds that the frogs would make and then there were the coyotes that would howl at night. They would send shivers up my spine, but thrill me at the same time.

One night, actually in the wee hours of the morning about 4 am, I woke up hearing the sound of horse hooves. We did not have horses, so I thought perhaps a neighbour's horse had gotten out of a pen. I sat up and was about to look out my window when a woman, wearing early 19th century clothing, rode a horse right past my window. She looked in my window as she went past and looked me right in the eye. As she went on her way I got out of bed and went to my window to see where she got to. She was gone. Then it occurred to me that I was in a second story bedroom, so there was no way that someone on horseback could look in my window. I was sure I must have just had a dream.

Later that morning I told my parents about the dream. My mother got a little pale. I asked her what was wrong. She said that she had something to show us. We all went outside to where she had been in the flower garden below my window at about 7:00. She pointed to the soil in the flower bed. There, plain as day, were horse hoof prints!

To this day I still don't know what happened. Even if it were a ghostly apparition, how would it leave hoof prints? And if it were a physical event, then how was she able to look into my second story bedroom window? Last I checked, horses did not walk on stilts, nor were their legs 10 feet long!

Household Hints and Handy Tips



This has to be the simplest way to open those annoying blister packs!

Sacred Tools and Instruments by Trent Deerhorn



To "Scry" means to "see". For thousands of years mystics and healers and witches and shamans have used the Scrying Bowl as a sacred tool to gaze into other dimensional realities or to view remotely things that are taking place from a long distance away, or to help one to come to terms with what is hidden in their very own heart.

A Scrying Bowl is a bowl that is jet black in colour. Water is poured into the bowl, creating a super reflective surface. Depending upon practice and tradition, the water may be the only substance

that is placed into the bowl, or there may be other things such as fresh herbs, or wax or a lock of hair from the one for whom the scrying is being done. Then the practitioner allows him/herself to go into a light trance. As this is done, the practitioner then gazes not deeply into the bowl of water, but along the water's surface. This allows the third eye chakra to open and the practitioner to see things on a deep soul level. The information that is received by the practitioner is then relayed to the person for whom the scrying is being performed. Or, if the scrying is being done for oneself, the information is then integrated and processed.

Personally, I like to give the scrying waters back to the earth. So I will most likely pour it into the flower garden with a prayer of gratitude to the Great Spirit that helps me in my healing work. In the middle of winter this can still be done, or it can be poured into the pots of house plants...and then just watch them grow!

You can create your own scrying bowl by using a clear glass bowl and painting the outside of it with black acrylic paint. It will take a number of coats to have full coverage. Once this is done you can, if you wish, also embellish the outside with decorative patterns and designs. Once it is complete and dry, then glaze it with a clear glaze. This will seal and protect the paint from chipping and scratching. 2-3 coats of glaze will do the trick. Once that is completely dry, clean the inner surface of the bowl. Then bless it in whatever way suites you and it is ready to be utilized.

Rock Talk by Ave Riddler

Self Healed Crystals



There are times a crystal will break away from the cluster it was growing with, the end that was once connected to the cluster will be rough or smooth after that break. Some of those singular crystals will over time form tiny facets on the damaged end, crystallizing and repairing the damaged end. These crystals have a different energy than a double terminated.

The self healed crystal is helpful in healing your mental, emotional, and/or spiritual wounds, even when those wounds seem overwhelming. They can help you move forward in healing even at times when you think there is no further you can go on the healing path, you have healed as much as you can. The self healed crystal can gently help you find courage and conviction on the new path you are journeying on after a trauma. Because these crystals have healed themselves, they can help you believe that you can overcome those wounds, and can become a new and whole person.

From the Flower Spirit Cards by Melanie Eclare



Lupin: My message is one of Balance.

Nature is a perfect example of harmonious balance. The spirit of the Lupin flower presents us with its simple message: to seek a more balanced approach to living. Take note of the exquisite balance in the make-up of this flower and let it be a perfect reminder of our own potential for balance and calm.

Perhaps you have been feeling out of balance lately and need to bring about changes in your life? One of the easiest and most pleasurable ways to gain perspective and balance is to spend time in nature - walking, swimming, gardening or simply sitting and being. Take time to

connect with a specific flower or a tree. Notice the perfection in a flower or a leaf, and feel affinity with all living forms around you. Close your eyes and feel your heart opening to the consciousness of the spirit of any plant, flower or tree you are close to. In your mind, ask the flower or tree to take away all your negativity and imbalances, leaving you cleansed and harmonious. In return, send back warmth, appreciation and love. Simply keep your heart and mind open and imagine the response coming back to you from the spirit with which you are connected and you will be amazed how much they have to offer. Feel at one with nature and all balance will be perfectly restored, leaving you feeling refreshed, clear and open. Nurture your soul's desire and find your own path to balance every aspect of your wonderful life.

Hearing (and Heeding) the Call

By Claire Netzach

“Feminine leadership is when we sit in circle with uncertainty at the center and let the divine whisper to us what to do next.”

- Kathe Schaaf, author of *Women, Spirituality and Transformative Leadership*

When I read this quote for the first time last year, energy thrummed through me. While I had never been able to articulate it to anyone, this is how I run my business and operate in the material realm. When the men in my life would ask me, “So, do you have a business plan?” or, “What are your goals?”, I never really had an answer. All I knew was that I appeared to be on a path that was supported by the multiverse, and that while nothing was certain, I was also unlikely to be left to free fall. A large part of this had to do with trusting in serendipity; another large part of it had to do with the divine giving me signs as needed, if I was close to straying off the path—and me hearing and heeding the signs.

Early in my life, when I was falling in love with the man who would become my husband, I made the choice to move across the country to be with him. As I put my affairs in order and finished my university degree in preparation, I was subjected to my own misgivings and the aggressive opposition of my parents. I had sworn once to never make a radical change, like moving across the country, for a ‘boy’. So I was already coming up against my own pre-set rules, which was uncomfortable. My parents, while supportive overall throughout my life, didn’t like the idea either. I had no job to go to, I was moving to a big city to pursue a relationship with a struggling actor—of all things—and they were going to miss me.



I was faced with daily questions about the wisdom of my decision, questions about my financial capabilities, and skepticism about whether I would succeed. One night I was particularly wracked with uncertainty about my choice. The Goddess came to me in my dreams and lifted me off a chair and placed me on the grass. When I tried to get up off the chair and sit on the grass myself, she insisted that I allow myself to be lifted and set down. The message was clear: let go and trust, allow myself to be carried in the direction I was meant to go, and everything would be ok.

The pressure from my parents didn't ease in the following weeks, but it didn't matter. I knew I was on the right path. I craved an opportunity to meet the Goddess again, but didn't for years, until I was in a shamanic workshop and did a guided meditation to find our dreamscape. There she was; I could have gone to her anytime, but was always waiting for her to come back to me. We now speak regularly, and I have had profound messages and affirmations of my own spiritual evolution through my interactions with her, as well as receiving the support of other beings and locations in my dreamscape.

From my perspective now, that early dream seems like a fairly radical intervention from the divine and more overt than more recent experiences. The Goddess has never, since that first time, had to visit me in my dreams to keep me on the right track. At that point, I was at a fork in the road, and to meet my evolutionary potential, I needed to make that move. Now that I've been on the path for some time, the messages are less obvious, but still no less present.

Two years ago, I discovered an organization called Project Exponential, which hosts "Curated Dinners" in New York City. You apply to attend a dinner, and the organizers select a group of 10 people, based on what they have in common in relation to whatever theme is assigned to the dinner. The dinners happen once per month. The Project Exponential website resonated with me on multiple levels, referring to magic, serendipity, connection, and building community. I had to go. I made a commitment to get there in 2016.

The problem was that it is not easy to get from where I live to New York City for dinner with only four weeks' notice. I decided to watch for my opportunities. In the meantime, I made plans with a colleague to go to Montréal for our annual research trip. When the Project Exponential invitation came up for that month, the date was set for the last day that I would be in Montréal. I jumped at the chance to apply, was accepted, and changed my travel plans to make a quick jaunt to NYC before I headed home.

The outcome of attending the event was unexpected, but powerful. I went there thinking that I was going to expand my network beyond my local community and possibly internationally. I may have; connections were made and they may still turn into other opportunities. The focus of the event is really networking for New Yorkers, however, and I am not a New Yorker and never intend to be one.

Over the course of the evening, I heard New Yorkers talking about jobs they didn't really love, the challenges of being single and looking for a life partner, and many of them were moving from one place to another in the city, or lived in multiple places in the world, and were not entirely settled anywhere. I left there with the solid realization that I lived where I want to live, with the person I want to live with, and do what I am meant to do. And from that grounded place, I can do so much good in the world. My trip wasn't about crossing international borders with my connections; it was about coming home and really seeing for the first time how priceless that is.

It's easy to tell yourself, just as in the case of so-called coincidences, that this was a lucky decision you made. You can talk yourself out of believing in divine intervention. After all, that's one of those woo-woo ideas that western society tells us doesn't exist. You can also choose to ignore countless messages for fear of taking a risk, or because you're listening to the voices of those around you (parents, friends, colleagues who have a vested interest in keeping you exactly where you are) rather than the whisper of your divine purpose. Have you experienced or seen people you care about turn down the same opportunity over and over again, while their lives get more and more uncomfortable? They aren't hearing or heeding the call.

Or you could decide that you and the powers of the multiverse are co-creators of your life experience, and that perhaps there are more than just your hands on the wheel. Making choices as if you were acting in partnership with your divine purpose will lead to a life of expansion and transformation. Hear the whisper, take the leap, and you'll be amazed at how your life will change.



Extremes in Our World that You should Know:

Where is the world's hottest place?



Death Valley National Park

The highest air temperature ever recorded on Earth was **134 degrees** Fahrenheit, at Death Valley National Park on July 10, 1913.

A Witch in the Big Easy

By Ave Riddler



I was fortunate enough to go to New Orleans just a few weeks ago, it was for a conference/trade show, and I went with a few of my co-workers, including the boss. We spent most of the time learning about all things catering, and less about soaking up the culture of the place. We may not have been able to go see the swamps, or tour the cemeteries, or even explore much of the city. But we did explore some; we did network with folks from New Orleans itself as well as others from far locations that came for the conference. I

found myself at times talking at length with people from other cities about the joys of the industry. Attending were folks from all sorts of sized venues, with a vast range of budgets. It was cool to talk to folks who at the core do the same things, even if their clients are famous, food service is food service no matter who you are feeding. The unexpected for me was how readily my faith is accepted there!

In the past I have spoken about publically being a witch, and what that means to me. Yet it isn't common for a stranger to know at a glance what I practice. In New Orleans I had some pretty amazing encounters with strangers who saw my tattoos and opened conversations with me by asking if I was a witch, as well as some asked if I was Wiccan. To those I spoke with while there, it isn't at all confusing, or even "unusual", there was a casual acceptance, and even basic or in some cases advanced understanding of what that means. I didn't have to explain that it's not evil, not satanic; I didn't have to sooth nerves while explaining my faith.

I met a man who was at one of the event sponsored parties; he was there to do tarot readings for those of us attending the party. He had this way of presenting himself when you sat at his table, it had a flair that would appeal to anyone who was giddy and unaware that magic is real. When I first sat at his table he greeted me with that flair, and asked if I knew anything about tarot. I opted to give him options, a taste of that flair from my side of the table. I asked if he wanted an honest answer or if I should play innocent, and when he said honest would be welcome, I introduced myself as Ave a witch. It was like a switch was flipped the flair vanished; he reintroduced himself to me, with a respectful air, as he held my one hand between both of his and stated his position as a voodoo priest. We then had a grand time laughing as my reading unfolded, both of us knowing what the cards were saying. Gone was the showman, instead it was a priest reading the cards of a priestess, fun but focused.

I also met a witch at that same party, who at first was guarded, and tired from the readings she had been doing at a second table. It wasn't long before she and I were chatting like old friends, and she was trying to figure out what events or happenings I might be able to attend during my stay.

I can't say for sure that the casual acceptance would have been found throughout the entire city, but it was refreshing to have the word witch be heard or expressed so easily. I hope to someday be able to return to that vibrant city, and explore more, experience more.

Thought for the Day:

One cannot conquer the evil in himself by resisting it...but by transmuting its energies into other forms. The energy that expresses itself in the form of evil is the same energy which expresses itself in the form of good; and thus the one may be transmuted into the other. *Charles Henry Mackintosh - I Looked on Life*

THE STORM & AFTER

By Gail Fulkerson



The lion roars,
Its voice of thunder
Rolls across the prairies, heralding the storm clouds
That crack the skies, rattles the earth, and threatens the heavens,
While lightning flashes, and illuminates your soul.
Winds race at terminal velocity,
Scouring the land.

It is upon you with open mouth and ragged claws
That stab and tear bloody ribbons into your soft, yielding flesh;
Blood streams in rivulets from the wounds.
No time for it to pool darkly or bloom broad, red stains on your shirt;
The whirling vortex drops a curled fist from the sky,
And spins it all up In a storm of dust and blood.

Your life ends as the winds shriek in your ears.
It takes the light from your eyes,

And silences the terrified screams stuck in your throat.

The lion roars anew,
Only this time the sound is fainter.
Rather than being in the fray,
Losing the fight for your life,
You witness the lion standing over your prone body,
Triumphant.
The final, horrific scene
Comes to a close below you.

How did you rise to this vantage point?
How is it that you do not feel the searing pain of the lion's teeth,
Sharp as razors,
Tearing deeply into your muscle and sinew,
Easily snapping your bones,
Hunggrily devouring your flesh
As your blood runs down its chin
Leaving bloody trails in the fur on its throat?

Odd: The questions dissipate as quickly as they form,
And the need for answers is no longer pressing.



When you can turn your gaze from the carnage below
And take a good look at your surroundings,
You notice people gathering around you.
They all have familiar faces.
You know them and remember that they passed,
Some long time ago and some more recently.
And they are all glad to see you.

Their smiles are warm and welcoming, their arms open and
Ready to embrace you in a loving hug.

Everyone here is bathed in golden light - even you.
This light that is everywhere, that has no beginning or end.
Then you hear:
"Welcome home, dearest. We've been waiting for you."



Thoughtful Quotes by Nikola Tesla:

From www.magicalquote.com



There are many great scientists, but certainly one of the greatest is Nikola Tesla, who is often referred to as "the man who invented the 20th century". He is less famous than Albert Einstein or Thomas Edison, but his contribution to mankind is simply immeasurable.

Tesla was a quiet and modest inventor, a genius who lived and suffered for his inventions and who did not receive the majority of recognition for his work. This mysterious man brought to the world a system of alternating current (what powers every home on the planet), radar, radio, x-rays, transistor, and many more things that we are using in the present. However, as the years pass the significance of Tesla's inventions are increasingly gaining in importance.

Money does not represent such a value as men have placed upon it. All my money has been invested into experiments with which I have made new discoveries enabling mankind to have a little easier life.

A Visit to Nikola Tesla, by Dragislav L. Petkoviae in Politika (April 1927)

From 365 Zen daily readings by Jean Smith

There is a koan that asks, "What is your original face before your parents were born?" One might naturally assume that there is some special thing called "original face," but that is not the right approach. When we open the hand of thought, letting go, the original Self is there. It's not some special mystical state. Don't seek it somewhere else. When we open the hand of thought, that is original face. When we refrain from grasping our thought, we realize that the force that animates our lives and the force that moves the wind (are) the very same force. Our lives and the force that moves the wind are the very same. Our breath and the wind blowing are one.

-Kosho Uchiyama, *Opening the Hand of Thought*

Things you may NOT have known about Canada:

THE THIRD COUNTRY IN SPACE, AFTER THE U.S. AND THE USSR, WAS CANADA, WHICH WAS CONSIDERED TO HAVE THE MOST ADVANCED SPACE PROGRAM IN 1962.

Reflections from the Shaman's Hut by Trent Deerhorn



The Temple of the Soul

In Western Culture and Religion, we are taught that each person has a soul. That soul is precious as it is our direct connection to God. Shamanism has a different, and I find much easier to understand, definition of this aspect of the human condition. It is one that does not leave us fearing for the salvation of our souls or

for those of others, which tends to lead to hate mongering.

In Shamanism, we understand that we are made up of a variety of energies. There is physical energy, emotional energy, mental energy and spiritual energy. All of these energies have purpose and work hand-in-hand. If we were to think of an umbrella sheltering ourselves in the Universe, we would be thinking actually of the Spiritual Energy. It is the overview of all that is. It is eternally connected to Source (whatever you wish to call that source) and is impervious to all



harm. Now think about a temple and various attendees at the temple. The Temple is the physical body. It houses our Soul energies. But it needs attending to so that it does not crumble. So we exercise and eat well and nourish our bodies as much as we can (hopefully) so that the temple remains as healthy and strong as possible for as long as possible. The attendees in the Temple are the MANY Soul energies that make up who we are...not just ONE...MANY. These Soul energies have travelled through time and space and many lifetimes. They bring us experiences and memories and gifts from a number of existences. They make up our personality and characteristics and each has a job to do. Some of them feed our emotional well-being, some of them work hard to make sure our organs are functioning properly. Some of them bring us expertise in certain areas such as art or mathematics etc. So they work with the emotions, the body and the mind. They experience everything that happens to us on our earth walk now. As they do, they are evolving to become Spirit. But they are not there yet. And because they are not there just yet they are both more primal and more fragile. The mental energy calculates, processes and filters all the data that we are exposed to in our day. It is what also helps us to gently turn our attention inward during prayer and meditation. It is, in some ways, a window to the soul. And that window provides some access to Source.

Because the Soul energy is primal we have passions that race through us. These are not to be diminished or degraded. They are an important part of our existence and our experience of life itself. Without those passions we lose soul energy. We become what has been termed "skin walkers"...this is a state in which we have little or no soul energy driving us...we become empty shells...and often sociopaths or psychopaths.

Because Soul energy is also fragile, we need to consciously care for it. This means performing tasks such as meditating, doing Vision Questing, and spending time in Nature, which tends to be one of the fastest ways to reconnect. We need to follow our heart's desires...our passions. If we have a burning need to create, then we need to do that as opposed to putting that off. If we have a desire to sing a song in the shower, we need to belt it out and enjoy the acoustics of the shower stall. If we need to move our bodies we can go for a walk, visit a gym, go to a dance, have sex..whatever the expression needs to be in the moment. We need to take care of that Temple of the body.

Because the Soul energy is fragile, it can also get into some trouble along the way. Accidents, illnesses, stress, trauma, angry arguments, aggressive encounters, injuries etc are all things that can lead to Soul loss. This is when parts of the Soul energy find it too difficult to stay in the temple for the duration of the event that is causing it pain, so it "takes a walk" and steps outside of the body for a moment. 98% of the time it will, once the event is over, step back into the body. It is the other 2% of the time that causes what is called Soul Loss. The Soul energy steps out, but gets attached to some place, someone, some time and can't get back in.

This is where Shamans come in really handy. Many of us are highly trained in the skill of Soul Retrieval. Basically, we track the energetic trail of Soul energy to where it currently is, and bring it back to the Temple of the Body. Sometimes there is a wee stop-over in the Light to heal the Soul trauma before returning it home. This happens when the trauma is still significant and it would be more constructive to return it in a pure healed state than to just bring it home at the moment in a damaged state. And the mere fact that it got lost and has been suffering through in the first place can, in and of itself, cause trauma. So an assessment on the spot is important once the Soul energy has been successfully tracked.

People who have Soul Retrieval done often express how they somehow feel more whole and complete as a result of that. This is quite common. When we have Soul loss we do tend to feel emptier, even more dead, inside. Progressive Soul loss can also be a contributing factor to many illnesses and also to deep depression. So once it comes back home to the Temple of the body, it is like the stadium lights have just been turned back on inside.

Sometimes we are also carrying other people's soul energies on our energy system. There are a variety of reasons for this, and each of them leads to one thing...carrying something the size of a baby grand piano on our backs and trying to get it through doorways, hallways, stair wells etc. It is exhausting. This is when it is important to perform what is called Soul Extraction, where the Soul energy of the other person is gently lifted off of the one carrying it and sent into the Light to be returned to its proper owner in its own time and in its own space in a pure healed state. Often when this happens a person will suddenly feel like a 100 pound weight has just been lifted off of their chest or shoulders...and in a way it has.

Once the Soul energy is back with the Temple of the Body, it is important to up the ante with self-care. Getting abundant rest periods, meditating, drinking ample amounts of water, nourishing the self with healthy foods etc is vital to maintaining a proper body/soul connection. It is something that we all should be doing on a daily basis anyway. But after Soul Retrieval work is done, it becomes that much more important. None of it has to do with "looking good" or with "attracting a mate", which many have as the primary reason for staying healthy and fit. Being healthy and fit is the side effect of caring for the Temple of the Soul. So create your daily practice. Switch it up. Don't do the same thing EVERY day. That just gets boring on many levels. Variety is the Spice of Life.

For more articles from the Shaman's Hut, visit Trent's blog at www.deerhornshamanic.com

Things to Know

15. A human brain has a capacity to store 5 times as much information as Wikipedia.

According to the Farmer's Almanac 2017:



Wet Feet Gardening

The native copper iris, also called Louisiana iris, is worthy of cultivation in any garden. The copper-colour flowers bloom from late spring to early summer and attract hummingbirds. The sword-shape green leaves remain attractive all through the growing season. It grows well in moist to wet soil or in standing water, making it a great choice for water gardens and ponds. In a water garden, place the potted iris into the water so that the rim of the pot is a few inches below the water's surface.



April 11th: Full Pink Moon

'Sops-in-Wine' is one of the oldest varieties of pinks (Dianthus). In medieval times, the flowers were added to wines to give them the flavor and smell of cloves.

April 22nd: Earth Day

One touch of nature makes the whole world kin. William Shakespeare (1564-1616)



April 26th: New Moon

Peas, spinach, onions and other cool-weather crops can now be planted in the garden in northern regions.

April 28th: National Arbor Day

To improve the size and quality of peaches, thin fruit when they are 1 inch in diameter. This will also prevent tree limbs from breaking under heavy loads.



Ask the Shaman: With Trent Deerhorn



Q: I am one of those self-conscious people who does need assurance every now and then. When my husband and I go out, I always check with him whether he thinks I look good or whether I should change outfits. His response is always, "You look fine." It comes across as non-committal and drives me crazy. I am looking for an honest opinion on my outfit. He is always frustrated that I take so long to get ready and is wanting to get out the door. How do we resolve this in our relationship?

A: For one thing, it is important to understand that, although he loves you to pieces, he likely does not have an eye for female fashion. For him, you are beautiful...period. He likely has been raised to be ON TIME when it comes to business and social events, so the flustering and fidgeting with fashion would set him into a state of anxiety. And then to be asked to give an

opinion on something of which he knows NOTHING will most likely set him into internal panic. So the easiest way that he has found to manage this is to say, "You look fine". Perhaps he needs to foster more expressive responses, such as, "Wow! You look AMAZING!" or some such thing.

In the meantime, it would be wise as well for *you* to understand for whom it is that you are actually dressing. Many women believe that they dress for their man. They think that if they present well then so will he and vice versa. The actual fact is that women actually dress not for themselves or for their men, but for *OTHER WOMEN*. There is a total competition that the fashion and commercialism industry has set up whereby women are force fed beliefs about themselves and their appearances that are not at all flattering. Suddenly young girls are finding themselves realising that they are participating in a non-verbal pageant. The competition only gets worse over time. Who has the nicest shoes, the most beautiful dress, the most expensive engagement ring and so on becomes a social status thing. So what I encourage women to do is to really work on *THEMSELVES* and work towards letting go of all that superficial stuff that has nothing at all to do with who they are as a person. Relax and breathe and allow the inner beauty to shine forth. That does not mean to stop bathing or caring for yourself the way you normally would. It just means to not put so much importance upon fashion and superficial commercialism. Dress for what suites your purposes. Have a nice dinner out dress or pant suit. Less jewelry is more. Hair that doesn't look like you just rolled out of bed is perfect. Dress for your age, not for your ego. If you are 50, dress as a classy 50 year old and don't buy clothes that are designed for a 15 year old. Go for natural beauty instead of contrived beauty. Then it won't matter what others are all about because you will be comfortable in your own skin.

Tidbits and Tickles:

Returning from a trip to visit my grandmother in California, I was stopped by a state trooper in Kansas for exceeding the speed limit. Grateful to have received a warning instead of a ticket, I gave him a small bag of my grandmother's delicious chocolate-chip cookies and proceeded on my way.

Later, I was stopped by another trooper. "What have I done?" I asked.

"Nothing," the trooper said, smiling. "I heard you were passing out great chocolate-chip cookies."

Forum:

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

Of Volume 6 Issue 59:

J. Cliff wrote: Loved the poem called "Roxy" by Gail....our beloved Miki passed away exactly two years ago and we were just thinking of him...this poem says exactly what we went through when we had to take Miki to the vet to put him to sleep....

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