

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

Volume 6 Issue 61, May, 2017



*Articles and excerpts that will inform and inspire!*

## A Letter from the Editor:



I am hoping that by the time May actually is here we no longer have to worry about whether or not it is going to snow. Living in Saskatchewan can be quite the adventure. My mother always used to say, as did many who live here, "If you don't like the weather in Saskatchewan, just wait a minute...it will change!" This brings to mind the little rhyme that was in an episode of the animated children's show, Little Bear, that went:

*Whether the weather be cold,*

*Or whether the weather be hot,*

*We'll weather the weather,*

*Whatever the weather,*

*Whether we like it or not!*

I would like to thank all of my contributors who have so generously donated their time and effort into articles that will both inform and entertain our readers. Without you this would be a one-man show and it would likely get quite boring very quickly. So thank you, from the bottom of my heart.

Please feel free, one and all, to forward this newsletter on to whomever you think might enjoy it. I like when it goes VIRAL. And if there are any new readers who would like to have a free subscription, please let me know by emailing me at [deerhorn007@gmail.com](mailto:deerhorn007@gmail.com) and ask to be put on the mailing list for FLIGHT.

Stay warm, sit back with your favourite drink, and let's begin with a wonderful journey through FLIGHT.

Enjoy the read!

*Trent Deerkorn*

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



### 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



### **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](mailto: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!

## Better Safe than Sorry

by Jason

When I was 14 years old I was at my friend's house and his sister asked us if we would like to join her and her friend in doing stuff with the Ouija board. Being young and curious, the answer was yes. So we lit candles and gathered around a coffee table where we all sat on the floor. We placed our hands on the planchette and asked if there were any spirits willing to commune with us at that



time. Suddenly the planchette moved really fast onto the word "yes". This startled all of us. We asked a few more questions and found that the spirit's name was George and he died in 1902. After communing with him we discovered that he was a former resident of the old house in which my friends lived. Much later this was confirmed with an historical search on the property. Once that conversation was complete, we decided that we were successful and we would then do this again in a week's time. So we put the Ouija board away and I went home.

That night I woke up to a very strange feeling. I was lying on my side and facing the wall in bed. Something very cold was moving across my back. At first I thought that I was dreaming. Then I realised that someone was behind me whispering something. I thought it was my kid brother sleep walking, so I turned over to tell him to go back to bed. What I found scared the b'geebers out of me. An old man with grey whiskers and what looked like scars from a burn on his face was staring at me. His hand was withdrawn when I rolled over, but he reached out to touch me again, whispering, "*There* he is!" I could see that his hand had black talons instead of finger nails.

I let out a blood curdling scream and jumped back against the wall. The figure laughed and my parents burst into the room to see what was wrong. He looked over his shoulder at them and then vanished into what looked like dark smoke. My parents wiggled out! Although there were no further apparitions after that, they chose to get a priest into the house to do a blessing. Better safe than sorry.

After having that experience I decided that I would NEVER again do anything with a Ouija board...EVER. It scared the heck out of me and I will forever remember the event. This does not mean that I have run away from all things mystical in nature. I believe that the entire world in which we live is mystical and that there are both positive and negative forces at work all the time. But some things, like the Ouija board, simply need to be left alone.

## Household Hints and Handy Tips



**Use a cut potato to easily remove a broken light bulb.**

## Sacred Tools and Instruments by Trent Deerhorn



### Candle

They say that if you truly wish to battle the darkness that is in the world you will have to light a candle. This is perhaps the strongest undercurrent of awareness beneath the use of candles on altar spaces and in churches and temples and even at dinner tables. The candle represents Spirit Itself. It is the thing that brings light into darkness and a sense of peace into what is otherwise chaos.

Meditations that allow for the soft visual focus on a candle flame are the ones that will take one quite deep within. The light of the candle will begin the opening of the 3rd Eye chakra and thus allow us to look within, guiding us to a better understanding of ourselves and our purpose in life. Candles are often lit in honour of Gods and Goddesses of various forms. And in some traditions a candle is lit to light the way for the departed into the Otherworld. Often people of the 21st Century equate candles only with "romance", but they have been around for much longer than that tradition and used in multitudes of ways beyond it. Candles have often been used throughout history to charge magical intent (otherwise known as "candle magic"). In these traditions often the colour of the candle is associated with the energy that is being produced. And the burning and disposal of the candle after it is burned is distinguished from one traditional ritual to another.

## Rock Talk by Ave Riddler

### Curved or Bent Crystals

This can be a more rare formation sometimes caused by stress to the crystal body during its formation, the crystal will curve away from or around the obstruction, sometimes cracking or breaking in the process, but when it remains whole you have a curved crystal.

This formation of crystal can help with free thoughts and can help keep one open-minded, providing flexibility within the mind. The curved crystal can help you see other viewpoints without the ego getting in the way, this can help you learn and grow adapting to changes and challenges within your environment. If you are facing times of change within your private life, or even your belief system. Working with curved crystals can help you see the possibilities, while helping you to move past situations that are no longer helpful to you. Curved crystals can also help you understand what is causing your stress, enabling you to see and come to terms with the affects of the situation.



The curved nature of these crystals can help with the physical body; encouraging alignment, and easing curvature, while providing flexibility to the body.

*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.*

## From the Flower Spirit Cards by Melanie Eclare



### Peony: My message is one of divinity.

We live in very interesting times. Although there is widespread disconnection from our Creator and from a simple way of living, something is shifting. Many people are beginning to feel dissatisfaction at the pace and chaos of contemporary life. Deep within us, there is a part that is demanding more attention, that we are now taking time to seek out. It is like the pearl in the oyster - the perfect expression of the divine within each of us. We are simply out of practice with how to reach it.

Peony flower spirit encourages you to rediscover that peaceful temple within to find a personal fulfilment that will far surpass the ups and downs of daily life. If we can gain more connection with our Creator, through an ability to feel that presence within, then we will gain a true feeling of interconnectedness with all life, and the little annoyances and judgements will drop away.

You are being shown that you will be seeking a more spiritual path in your daily life, tapping into your own divinity. Take time to sit quietly, close your eyes and take a few deep breaths. Begin to recall a time when you felt an expansive sense of bliss, perhaps when you saw an amazing sunset, or an exquisite landscape. What you experience in that moment is your own pure connection with Source. Use this simple exercise as a way of accessing your divinity. Sit in silence and absorb the tranquility and joy of this beingness. We are all divine beings connected with the magnificence of our Creator.

# Extremes in Our World that You should Know:

Where is the world's coldest place ?



## East Antarctic Plateau ...

On the high ridge of the East Antarctic Plateau, the temperature can drop to as low as **-135.8** degrees Fahrenheit, which was recorded in August, 2010.

## What if Your Purpose is Unseen?

by Claire Netzach

I spent a lot of years being relatively successful in my career and in my relationships, yet still wondering, “Is this all there is?” Is the purpose of life to just check the boxes, find the life partner, have a family, find a fulfilling career, and then gather material goods to support your lifestyle? That didn’t seem right to me.

My work life had become a series of projects started, completed and added to my portfolio. I thought to myself, so, I just keep doing that until I retire? On top of that, I have an eclectic list of things I like to do. I love my job as a writer and



And

consultant. I also love food and cooking. I love connecting to people. I love each and every one of my projects, which can vary wildly in scope and content. I had a hard time seeing the connection between all the things I do. It seemed like something of a patchwork, stitched together only by my commitment and interest.

It wasn't until I began exploring the metaphysical realm beyond my trusted divination and tarot cards that I began to make more connections. It started with listening to that quiet voice I mentioned in my last article. The voice began by reminding me to simply allow the connections to unfold. At one point when I was doing some visualization about my purpose, the message was, "Be with ease. Do the work." I knew I was on the path, because anytime I tried to take control or make my own decisions that established my own will outside of the 'flow', the current would sweep me back in and let me know, mostly through unexpected opportunities, but occasionally a crisis, that I wasn't in charge, reminding me to 'be with ease.'

Through a process of a few years of active seeking while also going with the flow, I came to a point where I knew that my spiritual purpose had to do with raising the vibration of the world, but I still couldn't connect it to my mundane work of writing content for websites. With the help of one of my wellness team members, who helped me see how *every* project I take on raises the vibration of the organization I work with, and the people touched by the writing I do, I began to connect my mundane purpose with my spiritual purpose. It is far more energizing to enter into any project trusting that I will raise the vibration of an organization, and how that will have ripple effects beyond the actual work I do.



As I delved further into the unseen realms, I also kept getting the message that in many cases *my very presence* is all that is needed. This flies in the face of most 'find your purpose' guides, which are often focused on doing and acting. Once you have discovered your very essence, and have tapped into it deeply, there may be less doing required, and more being. In fact, one of my spiritual teachers laughed at me recently when I told her I was practicing doing less, and then listed off the many things still on my calendar (less than what there could have been, but still a lot). She laughed, and said, "That's doing LESS? You'll know you're closer to serving the divine feminine when you feel like you're going backwards."

I'm not feeling like I'm going backwards just yet, but I am feeling more connected to my purpose, and more confident that every opportunity that arises serves my purpose in multiple ways. I have the opportunity to raise the vibration of an organization while earning an income that allows me to continue my spiritual exploration, investing time and sometimes money for travel to connect with the organization with which I feel most aligned. I am also much more committed to creating space in my life for the Divine to speak to me. My job is not to say yes to everything as much as it is to have the space in my life to serve in whatever ways I am called.

If you ever feel a disconnect between your spiritual life and what you do for a living, be patient. The connection is probably there between them, if your work feels aligned with your purpose. Consider also, that your divine purpose may not be in *doing*, but rather in *being*; how you connect with those around you, in the ripples that you leave in your wake. If your purpose is as much in the unseen as in the material world, it may take listening to that quiet voice to make all of the connections.

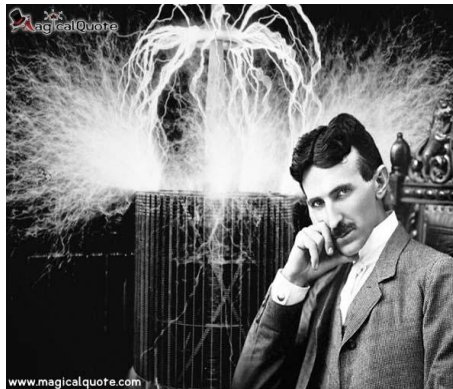
## Thought for the Day:

**At any moment I could start being a better person - but which moment should I choose?**

**Ashleigh Brilliant - *Potshots No. 1521***

## 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.

**16. Of all the frictional resistances, the one that most retards human movement is ignorance, what Buddha called 'the greatest evil in the world'. *The Problem of Increasing Human Energy, in Century Illustrated Magazine (June 1900)***

## From 365 Zen daily readings by Jean Smith

Zen has a very simple and direct teaching style. Zen means that if you want to understand what a watermelon is, you take a watermelon, get a knife, and cut the watermelon. Then you put a slice into your mouth - *boom!* *Your experience!*



Words and speech and books and learning cannot deliver this point. Even if you read on hundred books about watermelons, and hear one hundred lectures, they cannot teach as well as on single bite. "What is a watermelon?" *Boom!* - "Ahhh! That's a watermelon!" Then you *attain* watermelon, and this attainment is forever. This is why Zen teaching is described as "Not dependent on words and speech, a special transmission outside the Sutras, pointing directly to mind/ see your true nature, become Buddha." Understanding a watermelon doesn't need words and speech - even a child understands this! This is the manner of Zen teaching.

- Zen Master Seung Sahn, *The Compass of Zen*.

## Things you may NOT have known about Canada:



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



I thought it would be wise to follow up my previous discussion on Soul Retrieval with a blog about how Soul Retrieval is related to things like transfusions and organ donations. As mentioned in the previous blog, Soul energy occupies places in the Temple of the Body, and as such are also in charge of the functioning of things like organs, bones, blood etc.

Something that many do not realize is that after someone is officially pronounced dead (heart not beating and no brain activity) it can actually take up to 3 days for all of the Soul energy to evacuate the physical Temple. Ya...I know....scary. Now there are rituals that can be done immediately to evacuate those Soul energies, but most people in the world don't know they exist let alone how to do them. Some think that a "last rites" ceremony will do that, but it doesn't. So that is the first mind-blowing thing to understand. Did I mention THREE DAYS? That is a long time and it is a lot of time to have the opportunity to perform the death ritual.

Here is the challenge. Viable organs are only viable for a very brief period before they HAVE to be transplanted into their recipients. Please do NOT get me wrong. I am NOT saying to not donate. I am saying to do it correctly. This is something that the medical community does not understand, and so they often scoff at people reporting having strange cravings for foods that they never liked or having flashes of memories that they think may be connected to their donors. The thing is...this is the Soul energy of the donors trying to communicate. They need help. They are now trapped inside an entirely different Temple than the one they came into at the beginning. Have you ever woken up from a deep sleep and not remembered where you were? It can be unnerving. Imagine that extended over months or years. So when this happens it is Soul Extraction that is required to get it all sorted out. You see, the Soul energy of the recipients old organs are likely also needing to be retrieved back to the Temple of the body. Or perhaps they have been tagging along on the perimeter of the energy field, waiting for someone to help them back in. But they can't get in with the donor's Soul energy sitting there and taking up space. So the Soul Extraction is needed with a simultaneous Soul Retrieval. Then the donor's Soul energies can proceed into the Light and heal and join the rest of the donor's Soul energies. And the recipient's Soul energies can then get into the Temple of the body and get to work on maintaining the health and well-being of the new organs.

Blood transfusions are another example of how Soul energy can get placed into someone that is not the proper Temple. The blood is needed, yes, definitely. But the Soul energy is not. I remember my late wife needing a blood transfusion when she went into crisis. When I was finally allowed in the room I noticed right away that some of her Soul energy was leaving and the Soul energy of the donor was infusing into her body. Unacceptable. It was funny because people at the hospital often thought that I was a doctor because I knew so much about my wife's medical condition. And while she was in the hospital and I would come visit her in

isolation, the nurses were astounded that I would speak with her specialists in a very matter of fact frank way and know medical terminology. So the assumption was made that I too must be a doctor, because the specialists don't address the family members ever. So when I was brought into the ICU and noticed what was happening on the Soul energy level, all I had to say was, "Ok. Thank you. I need the room now." and everyone just cleared out. I immediately went to work with extracting the donor's Soul energy and seeing it to the Light while, at the same time, retrieving my wife's Soul energy that was on its way into the Light. Quite often people in my wife's condition either take DAYS to wake up or actually don't wake up. The next morning she was awake. Of course, she was not quite bright eyed and bushy tailed, but she was THERE and she was AWAKE and RESPONSIVE and quite alert...but for the most part, she was HERSELF....not anyone else.

The thing is that this could all be addressed quite quickly at the moment of the transfusion or transplant. The extraction, when it is done on a viable but detached organ only takes a few seconds and then it is good to go. On a bag of blood the timing is even faster. But if someone doesn't comprehend that the need is there, then that part gets skipped completely and the repair work afterwards is more complicated and more difficult at times. Personally, I would love to see every operating room and ICU staffed with 24/7 shamans who are skilled in Soul Retrieval and Extraction. Right now there are not enough of us to go around, but perhaps 150 years from now it will be different. Then the rejection rates will most likely plummet and the thriving of the recipients will rise like hot cakes.

In the meantime, do donate blood and get on a donor list for your organs. That saves lives.

***For more articles from the Shaman's Hut, visit Trent's blog at [www.deerhornshamanic.com](http://www.deerhornshamanic.com)***

## Things to Know

**16. Our brain uses the same amount of power as a 10-watt light bulb!!**

# According to the Farmer's Almanac 2017:

## Carrot Seeding:

Carrots come in many sizes, shapes (including round) and colours, but all have tiny seeds that are hard to sow. One clever seeding tip is to mix the carrot seeds with radish seeds: The radishes germinate first, marking the rows and loosening the soil for the carrots. The radishes will be ready to harvest long before the carrots, You can also mix carrot sees with sand for easier sowing. Carrots grow best in loose, sandy soil and take about 75 days, on average, from sowing to harvest.



## May 1: May Day

Wreaths for the May! for happy Spring

Today shall all her dowry bring.

-Ralph Waldo Emerson, American writer (1803-82)

## May 10: Full Flower Moon



Ajuga, a creeping evergreen with bluish purple flowers, quickly fills in empty areas in the shade.

## May 22: Victoria Day (Canada)

To make a liquid plant food fill a large bucket with rinsed seaweed and add fresh water. Let the "tea" brew for several weeks. Strain before using.

## May 25: New Moon

## Ask the Shaman: With Trent Deerhorn



**Q:** Is it possible for two people to share a dream while sleeping? My best friend and I have had this happen a few times. He lives a couple of hundred miles away, but we seem to have dreams that coincide with each other.

**A:** Yes indeed. The dream realm is one in which people have been connecting with each other and all of existence for thousands of years. You and your friend are obviously bonded one to the other and so it makes it easier to do this. But to do it with intent takes a LOT more practice. I have often found that the more one tries to do this, the less likely it is to happen. Dream realms are meant to flow with the intuitive self, the spontaneous mind of the subconscious. So relaxing into it is the fastest way to find opportunity to experience it. Eventually one develops enough skill set that one can become what is called a "dream walker", where you are able to walk into anyone's dream state at will. There are a LOT of ethics and responsibilities to that, so please do not have that as a primary goal. And ditch the movie Inception. That one always bothered me because the characters who were the heroes were actually bad guys with no ethics or boundaries who basically became dream terrorists. Those are called "dream stalkers" and there are ways that those of us who are dream walkers have to deal with the likes of them.

## Tidbits and Ticks:

**The banana loaf I was making was in the oven when my 16-year-old came into the kitchen where the family had gathered.**

**"That bread smells about done don't you think, Mom?" he asked. I told him I had set the timer and it was fine. A little later he repeated his suggestion, "Mom, I really think that loaf is done. Maybe you should check it."**

**Always quick to come to my defence, my 14-year-old son said, "Eddie, Mom's been burning that banana bread for years now. I think she knows when to take it out."**

## 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 61:

**J.C. Wrote:** Thank you, Claire Netzach, for you insightful article on hearing and heeding the call. You have inspired me to heed the call that I have had in my life for a few years now, only to constantly place it on the back burner. Now I am going to stir the heck out of that pot!

**Jason Wrote:** Now I know that those beautiful flowers I keep seeing are called Lupins!

**Elisabeth Wrote:** I always wondered if crystals healed themselves the way they help people to heal. Thank you for covering that, Ave!

**William Wrote:** Newton Perth, I am still experiencing chills from your sharing of the Horse Rider! Things like that are so creepy and fascinating! I can't wait to hear from others about their experiences of the paranormal.

**Krystal Wrote:** I loved the story of the Witch in the Big Easy! And what a lovely photo of Ave!

**Riley Wrote:** I never really considered that I dress for other women. Thank you, Trent, for so eloquently destroying my illusions. Now I think I will start dressing for ME.

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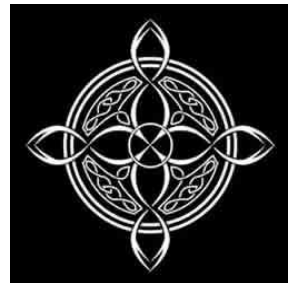
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*Do you have a yearning to share information with people? Write an article about your area of knowledge or exploration. I accept article submissions right up to 6pm on the 20th day of each month. Your article could appear in FLIGHT: A Living, Breathing Document of Consciousness within a week or two! Concerned that you may not be a great writer? No worries. I'm the Editor! I can make you look like a ROCK STAR! Send submissions to [deerhorn007@gmail.com](mailto:deerhorn007@gmail.com).*

## **Blessed Be!**

