

Flight: A Living, Breathing Document of Consciousness

Volume 6 Issue 62, June, 2017



Articles and excerpts that will inform and inspire!

A Letter from the Editor:



Well, it would appear that in deciding to start my Hawaiian Shirt Days campaign last month I have managed to convince Mother Nature to bring us some warmer and much lovelier weather! Every day for I think about 2 weeks running I would wear a different Hawaiian shirt, take a selfie and post it on my Facebook page. This was in hopes of lifting the spirits of all of my local Facebook friends who were also experiencing the rather cold weather and, hopefully, getting us all into the spirit of Summer! I think that our mass consciousness worked wonders in helping summer to arrive. And now that it is being ushered in with some fine weather, there are also some interesting events happening to celebrate Summer as well. Check out the Upcoming Events section and you will find information about the Toon Town Pagan Summer Fest as well as the Sky River Temple's Summer Solstice Ritual.

Also take special note that I am beginning a series of educational and inspirational YouTube videos, the first of which is being launched on Thursday, June 1st! You can check out the trailer for it on my YouTube channel Trent Deerhorn From The Shaman's Hut.

Please do forward this newsletter along to your friends and family if they are interested in the content. We do our best to appeal to a vast range of readers. And some of it is just plain fun!

I want to thank all of my lovely contributors, without whom this newsletter would be much less interesting overall. Your efforts do not go unnoticed and you all completely ROCK. Thank you!

And a special thank you to my dear friend, Jenalene Antony, for your amazing videography skills and for your patience, perseverance, and excellent skills as a film director. My upcoming YouTube videos would not have been possible without you. Much love!

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



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

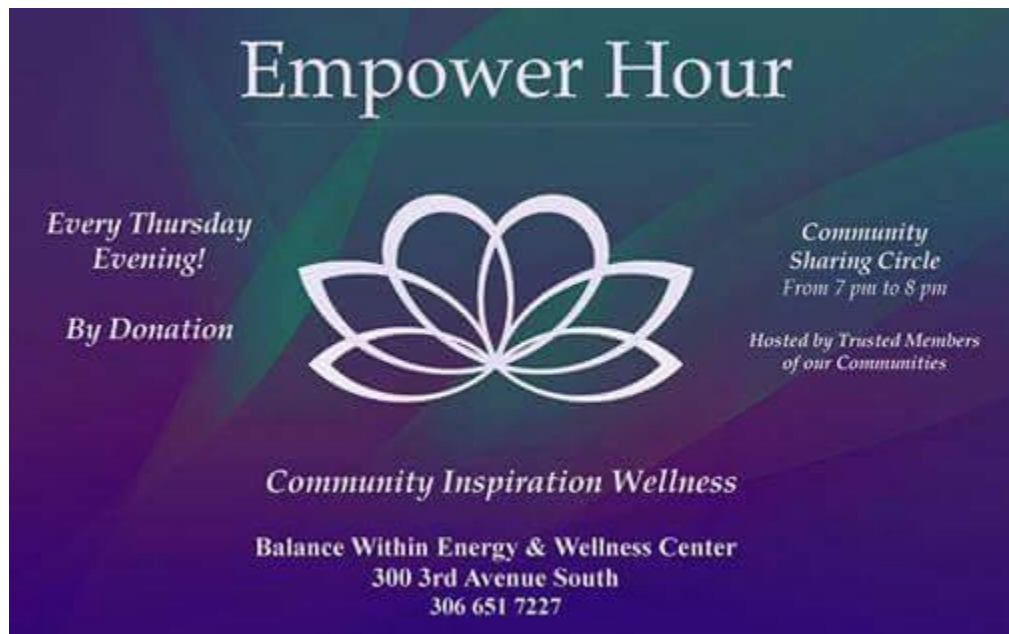
Suggested \$15 Donations for room rental accepted

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

CONGREGATIONALIST WICCAN ASSOCIATION OF SASKATCHEWAN



SKY RIVER TEMPLE

Summer Solstice Ritual

Public Ritual
Sunday June 18
2:30pm
Gabriel Dumont Park
715 Saskatchewan Cres. W.
Saskatoon Sk.
Potluck social to follow
(no nuts/legumes/seeds/soy)

FREE to attend
DONATIONS welcome

Chants for the seasons

Mayday/Beltane

Wheel of the year has turned,
As we celebrate life returned.
May pole ribbon bound,
As we dance the circle 'round.



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!

Announcing!

Please enjoy this trailer for a film I am sharing, "**This is Duality - Trent Deerhorn.**" I hope you enjoy this teaser, the full film will be released next **Thursday, June 1st**, on my YouTube channel [Trent Deerhorn from the Shaman's Hut](#). I will also be sharing it on my [Facebook page](#), feel free to share with your friends! In the meantime, enjoy this teaser!

- Sincerely, Trent.

<https://www.youtube.com/watch?v=JyWoFZJg2bg>

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 Dream

By Trent

When I was a child of 13 I woke from a dream that I was with this absolutely beautiful Indian girl, laying under a tree that provided an umbrella of leaves that created shade below. We were talking and laughing at each other's jokes. When I woke up, I went downstairs to have

breakfast with my mother. I told her that I knew that one day I would marry an Indian woman. My mother asked me not to ever tell that to my father, who was quite racist. She said it would give him a heart attack. I asked where he was so that I could share the news.

Thirty-five years later I found myself with a beautiful woman who was an Indian from South Africa. We were indeed married after 5 years of living together. But one evening we were sitting in the living room talking and she asked me when it was that I knew that she was the one. I told her, "When I was 13." She looked at me, quite amazed, and asked how that was? I began to explain the dream that I had when I was 13, but before I got very far into the dream she began telling me about a dream that she had around that time of her life and that it unfolded in such and such a way. She filled in what I had left out of the dream and what was not yet shared of the dream. So we had dreamt of each other and our connection 35 years before we ever met!

Building History

by Penny Guest

In 1956 my father, Roy Weaver, decided there needed to be a new building to replace the dilapidated wooden structure built by his father around 1906 at 1919 Smith Street in Regina, Saskatchewan. This building housed the family business, Weaver's Upholstery. It was the largest upholstery shop in Western Canada with 9 employees as well as Roy and his wife Phil who manned the office.

Roy's father had come to Regina from Berlin, Ontario (later named Kitchener) where he had learned how to upholster furniture. Lincoln Ellis (Linc) was a pillar of the Regina community and Weaver Street in the North Industrial Area is named after him.



Roy started to form his plan for the new building by going to friends and acquaintances who were in the construction business and telling them what he wanted and asking them for quotes. He decided they all wanted way too much money and he could do it himself.

His first stop was at the library where he read everything he could find on building a structure like the one he envisioned. Then he bought the property at 1855 Cameron Street. Next he hired two young Hungarian refugees who spoke no English and the three of them started on the

project.

The contractors kept coming around every week or two to give advice, measure what he had done and shake their heads. One contractor came with his tape measure one day after the cement pad had been poured and the cindercrete blocks were starting to be laid and told Roy that the diagonal corner to corner measurement was $\frac{3}{4}$ to an inch out of square and Roy asked if that would be a problem. The contractor laughed and said: "If we are within 2 inches we consider it a perfect job."

Roy used to tell people to come and watch the progress and if they wanted anything they should holler and the first man down the ladder would be him because the "boys" didn't understand a word that was being said.

Unfortunately there are not a lot of photos of the building process that have survived. I don't know if Roy sold the building or if he rented out space in it after he closed the business. Perhaps Phil sold it after Roy passed away in 1974. Apparently, at some point the place was divided and rented out to different businesses.



For anyone wanting to follow up on the history of the building the Legal Description of 1855 Cameron Street is Plan 99RA11005, Block 316 Lot 33. I have found the Land Titles Office would be the place to contact.

Household Hints and Handy Tips



Use chalk to remove grease stains from clothes.

Simply rub white chalk on the affected area and wash as normal- the chalk will absorb the grease and be washed away in the cycle.

Sacred Tools and Instruments by Trent Deerhorn



Altar Cloth:

There are many who do not use altar cloths on their altars. This is something that is strictly of personal choice. Admittedly, they can at times become a fire hazard. When we have flame and material in the same vicinity, we really do have to be quite careful with how we connect them. I always recommend a fire-safe

container or surface when using candles in the first place. So having the candle holder on something like a trivet or a flat stone or something that will not burn is important. Notice as well that my incense in this photo is in a Zen garden container. Ashes, although not necessarily in flame, can also cause burns to the altar cloth and therefore present a fire hazard. So the incense, when lit, is placed at an angle in the sand so that the ash falls ONLY on the sand and nowhere else.

Now that we have covered the safety feature of this excerpt, let's move along to the altar cloth itself. I personally enjoy altar cloths because they can serve to create an entire feeling for an altar in and of themselves. The one in this photo is my Spring/Summer altar cloth. I also have altar cloths for other seasons. In addition to this, I have some for different celebrations. So the one for Yule will be vastly different than the one for Samhain (Halloween), and they will be different from the one for Imbolc.

I like texture and weave in cloths. They give substance to the feeling that is being invoked. Colour also brings out certain energies. The Spring/Summer altar cloth pictured here has blues for water (beach time!), browns for the fertile earth (Gardening! Yay!) and sandy gold for sunlight and the sand on the beach etc. What is difficult to see here is the silver flecks that are through the cloth. Those represent my personal mineral, silver, which has healing qualities.

You may notice that on the wall there is also a scarf hanging. This serves 2 purposes. The first is that it acknowledges my Air element, one with which I am the strongest. It also serves a secondary purpose, which is to hide the light switch on the wall. I don't like to look at that when I am meditating or doing altar work, so I draped it in order to hide it.

Altar cloths can be hand-made or bought. They can be created from scrap material, scarves, table cloths, repurposed bed sheets or clothing. The possibilities are endless. They can be woven, cut, or knitted. They can be made from animal hide. One altar set up that I had was clothed with the hide of kangaroo. The energy that this hide brought to the altar was peaceful yet energetic and able to rumble when necessary. Some people get turned off by things like hides. I am not one of those people. They have energy residue of the spirit of the animal from which they come, and as such I honour them deeply.

Rock Talk by Ave Riddler

Warrior Crystals (also known as Damaged/Empathetic)



In a world where perfection is prized and we are quick to view a broken or chipped item as worthless, or in need of repair, the warrior crystal offers a valuable gift. These warriors may have been damaged during their harvesting from the earth, or damaged in transit, or perhaps even damaged under your care. This does not make the crystal useless, nor does it always mean you need to find glue and try repairing the cracks, breaks, or chips.

The message of the warrior crystal is that while it may no longer be wholly what it once was, it still has much to give. They can help you see your own damaged areas, while helping you to embrace and heal the new form of yourself that will develop. The message becomes that the experiences you've gone through were there to teach you important life lessons, which can help you find peace about the trauma that you went through and can help you become stronger for it. Sometimes we need to shatter to learn how to be strong, and this is what the warrior crystals can help you with.

Physically a damaged crystal can be used as an aid in ways that, in a singular form, it could not. Perhaps you need one part of this healer to rest on your heart, while the other sits at your feet upon the ground. I have found at times the pieces of a broken crystal can be blessed and given to a loved one, and by keeping one of the parts, there is a link formed between the two even if they are in different homes.

To accept that damaged does not mean useless can be a hard lesson to learn. We long to patch and return to what once was. In the past I have spoken with people about a crystal they had which had fallen and broken, they were sad or even angry about the damage to the crystal. As one who can “hear” stones, the message those broken crystals hear from us is worse than the break itself was. It is a message we tell ourselves indirectly. If we instead embrace the warrior crystal and it’s message, healing can begin for both the crystal and it’s caretaker.

From the Flower Spirit Cards by Melanie Eclare



Lychnis: My message is one of exuberance.

There is a quality of mischievous delight and silliness within each of us. Quite often we forget this and we lose the ability to laugh at ourselves and at life itself. We may take ourselves far too seriously and worry too much about what others think about us. The bright cheerful spirit of the Lychnis flower encourages exuberance and joy and acceptable misbehaviour!

When was the last time you played a practical joke on a friend, or had a really good laugh? The Lychnis flower spirit is enticing you to let go a little and be wild and wicked in an exuberant manner. It expresses its spirit in an impish, prankish, lighthearted way. There is a palpable vibration of joy emanating from its flowers - even the bee is feasting on its delectable nectar.

Drink in the essence of the Lychnis flower spirit and feel the vitality and urge to have some fun beginning to course through your veins again. Rather than analysing the whys and wherefores of this, you are being encouraged simply to lighten up, enjoy a new exuberance and see what happens. Take note of ways you may be sabotaging yourself by blocking laughter and joy in your own life. Do you judge others when they let their hair down and have fun? Try it for yourself, it will be quite liberating and your life will open up to a whole new experience - you really deserve it, so believe it and live it.

Extremes in Our World that You should Know:

Where is the world's most populated city ?



Shanghai ...

At a whopping 24,150,000 permanent inhabitants, Shanghai is the only city that is home to over 24 million people in one city.

Holding and Being Held

by Claire Netzach

Whom do you hold? Who holds you? These questions have been alive for me since I had a dream recently, where my father and birth father were in a room with me (which would never happen in real life) and the father who chose me was encouraging me to share my biological parentage with people who didn't know that I have a different birth father, in an effort to help me become whole.

In the dream, I met several members of my birth father's family, and woke up feeling held very strongly by both the father who loves me enough to share his position in my life with another man, and the lineage brought to me by my birth father.

Have you ever paused to consider the immensity of holding that comes from your lineage? Whether your family birthed you or chose you, what comes with the potential trauma of some

of those relationships is the knowledge that from time beyond memory, your ancestors succeeded in passing their lineage to the next generation, leading to the unique being that is you. It boggles the heart and mind when you sit with it.



My first thought about holding and being held expanded in more ways than I can even articulate after spending a weekend in circle with a group of women committed to nurturing the sacred feminine. It was interesting that my earlier dream focused on the lineage of men who hold me, and that the women were absent. I learned over the weekend to begin once again to trust being held by a circle of women after lifetimes, and experiences in this lifetime, where support was only given with resistance or withheld entirely.

It is true that I am a tall, physically and emotionally strong and capable woman who moves at a pace in life that many others find overwhelming. At some point I accepted my role of holding others, individuals and even groups of people and being strong when they couldn't be—allowing space for others to not have to work too hard in relationship with me, because I could do the work for them, or I didn't think I needed them to do that hard work.

In accepting my sacred role and listening for the purpose I am here to serve, I constantly get the divine message that the work is huge—sometimes it feels impossibly so—and that it will be asked of me. I feel both the overwhelm and the acceptance that I can handle it.

I do feel lovingly held on many levels and in multiple dimensions. Magical creatures and beings show up when I have work to do in the unseen. They are unwavering in their support and I trust them completely. I have mentioned the lineages that hold me, and I feel extra held to have the lineages of my birth mother and father and the added lineage of the name given me by the father who chose to love me and raise me.

I feel held by the Universe, the stars, my own heart, and all the individuals I have woven into my web of support. But trusting that a community of women can hold me and all that is asked of me? That is where I have work to do—and that work was brought forward for me this weekend.



Are you willing to ask yourself where you feel held or not held? Can you feel the magical layers of beings that are helping you become all that you are meant to be? If you feel alone in any of the layers, between self, lineage, community or Universe, are you willing to ask yourself gently and lovingly whether you might somehow be complicit? Have you decided the help won't be there when you ask, and so turn away from the vulnerability of asking? Have you turned away from your opportunities to hold in the ways you are being asked (by those around you, by your sacred calling) as punishment for the ways you are not held?

While I felt grateful for all the ways I was aware I was being held, I am now aware that I was turning away from the nurturing support of my sacred feminine community. That sacred container is a bridge between my personal relationships which I hold and which hold me, and the way I feel held by the Divine. Having that circle of community hold me while I hold them means that I will never have to feel alone no matter how solitary the path I am called to walk.

In my first article, I shared a dream in which I met the Goddess, and she set me on the earth to show that there need be nothing between me and the earth. I awoke feeling so preciously and sweetly held. If you have difficulty looking at where you are held or not held, I encourage you to simply lie down on the earth and feel it rise to support you. Sink into it. And then sink into all the ways that you hold and are held in your life. It is from that sense of supporting while also being supported that you will be able to reach your divine potential.

Thought for the Day:

One has just to be oneself. That's my basic message. The moment you accept yourself as you are, all burdens, all mountainous burdens, simply disappear. Then life is a sheer joy, a festival of lights.

Bhagwan Shree Rajneesh: *The Sound of One Hand Clapping*

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.

17. Instinct is something which transcends knowledge. We have, undoubtedly, certain finer fibers that enable us to perceive truths when logical deduction, or any other willful effort of the brain, is futile.

My Inventions, in Electrical experimenter magazine (1919)

From 365 Zen daily readings by Jean Smith

On cold winter mornings, I sometimes find it hard to light a candle. I must slowly melt the wax surrounding the wick. The lit candle will then burn brightly and continue to burn, melting with the heat of its own light.

And so it is with human beings. At first, we must have a good teacher to guide us and "light us," but after that, by "burning ourselves" with our own efforts, we emit light and warmth around us. However earnestly someone else urges us to burn, unless we burn ourselves, nothing will be accomplished.

Shundo Aoyama, *Zen Seeds*

Things you may NOT have known about Canada:



Reflections from the Shaman's Hut by Trent Deerhorn

Purpose and Partnership

Things always go in cycles. That is part of the Universe in action every single moment. As humans we often find ourselves "out of synch" with everything around us and often with people around us. This is not necessarily always an indication that things are not as they "should" be, or that people in general suck. It can just be that we are out of orbit with our purpose in the moment. We may be having an "unconscious" moment wherein we have stepped out of the cycle. That moment can sometimes last a very long time. Yet often, when we learn how to get back into synch, it can last just minutes.



Often people focus on what their grand purpose in life is. If they don't know then they spend a lifetime searching. If they think that they do know, then they spend a lifetime assuming. Our purpose has to do not with the BIG PICTURE of reality, but in how we are able to weave a pattern into the grand tapestry of the Universe each and every moment of each and every day. Right here. Right now. Are we in orbit with our purpose or not?

You can tell if you are not because things will feel incongruent. Equally, you can tell if you are in synch because congruency will reign supreme! That all over feeling of "YES!" is the congruency that we are looking for. This can come in the appreciation of simple things. A walk in the park or in the forest, a cup of coffee with a friend, artistic creation, helping others, giving back to the community, allowing ourselves to rest into a fulfilling relationship...all of these are just a few examples of how our purpose gets fulfilled every single day. These are the types of things that we need to focus on in order to get ourselves back in synch when we have spiralled out of synch.

2018 is a year of Purpose and Partnership. It is only 6 month away. *Are you ready?*

The partnership of which I speak covers all sorts of partnerships in life. Our partnership with our significant other, our partnerships in work, our partnerships with our children and parents, our partnerships with our self, our partnerships with our Spiritual self. Every single partnership is going to be both challenged and enhanced. There could be some shedding that is required in order for that to happen. That shedding can feel like things are out of synch when in actuality they are getting back *into* synch with the Universal energy flow. There could be some embracing of aspects of life that we have been previously closed to. No matter how it unfolds, we are being asked to step up to our partnerships and, in so doing, to our purpose in every single moment of the day. Buckle up. This is going to be a real ride!

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

Things to Know

17. Our body gives enough heat in 30 minutes to boil 1.5 liters of water!!

According to the Farmer's Almanac 2017:



No-Show Lacecaps

Many gardeners ask us why their hydrangeas don't bloom. For the lacecap hydrangea, there are at least three possible reasons: 1. Too much shade - Hydrangeas like at least 4-5 hours of full morning sun. 2. Improper pruning - Lacecaps flower on previous year's (old)wood and should be pruned right after blooming. If pruned in fall or winter, potential flower buds will be removed. 3.

Unfavorable weather - Late spring freezes that occur after the plant breaks dormancy can damage the tender new growth and buds.



June 5: World Environment Day

If the bee disappeared off the face of the Earth, man would only have 4 years left to live. *The Life of the Bee*, by Maurice Maeterlinck, Belgian writer (1862 - 1942).



June 9: Full Strawberry Moon

A strawberry has 200 seeds, on average.



June 21: Summer Solstice/National Aboriginal Day (Canada)

Midsummer rain

Spoils wine stock and grain.

-Portuguese proverb



June 23: New Moon

Divide and replant oriental poppies after flowering, when the foliage turns brown.

Ask the Shaman: With Trent Deerhorn



Q: Is it important to build a shrine to my deity and make daily offerings? If feel that there is something amiss in this, but can't quite put my finger on it...

A: No. It is not. Doing so is a human expectation. Spirit does not have that as an expectation. They simply want to know that you are paying attention and proceeding along your path to personal development. This has nothing to do with religious practice and everything to do with spiritual connection. What you have described is religious practice. It is a "going through the motions". Whereas daily meditation and contemplation, for example, is an opening up to the opportunity to connect with Spirit. The two are vastly different. The first is active. The second is receptive.

One might argue that you need the active in order to connect. I would have to disagree there. There are far too many who think that, go through the motions, and are still living their lives in

ways that diminish themselves and those around them. That is not what Spirit would want of us.

One might say that you need only the receptive in order to connect. I would have to disagree there as well. It becomes too easy to become spiritually lazy by sitting around for vast lengths of time just breathing.

A balance of the two is what is needed. Take what you learn in your meditation and contemplation and put THAT into action in the world. Deity really doesn't care about "offerings". It cares about what you are doing to connect and self-improve. It cares more about how we treat each other than about how many prayers we offer up. It cares more about how we live in a state of love than it does about how often we attend church or temple.

Tidbits and Ticks:

A customer wanted to ask his attractive waitress for a date, but couldn't get her attention. when he was able to catch her eye, she quickly looked away. Finally he followed her into the kitchen and blurted out his invitation. To his amazement, she readily consented.

He said, "Why have you been avoiding me all this time? You wouldn't even make eye contact."

"Oh," said the waitress, "I thought you wanted more coffee."

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 the previous Volume:

Tillie Wrote: Ouija boards freak me out. But a fascinating story nonetheless!

Elizabeth Wrote: I would never have thought to use a potato to unscrew a broken light bulb!

Imogen Wrote: I love the Sacred Tools and Instruments segment. And the Rock Talk simply ROCKS.

Andi Wrote: I really enjoy Claire Netzach's articles. They speak to my heart and soul.

Tony Wrote: I have never thought of Soul energy the way Trent has described it...and it ALL MAKES SENSE NOW.

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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.

Blessed Be!

