

Flight: A Living, Breathing Document of Consciousness

Volume 6 Issue 63, July, 2017



Articles and excerpts that will inform and inspire!

A Letter from the Editor:



Summer is here! It seems that in our part of the world it is such an incredibly short season that I like to milk it for all it is worth. That means spending time in the garden, sipping drinks in the gazebo, visits to the lake, canoeing, and songs by the fire pit. Netflix will have to wait until the return of the inevitable long winter!

This issue has much to offer. Right off the top is a fascinating story of the Paranormal, as well as a beautiful article on allowing the self to expand and explore, and an article on singing crystals! Have you ever noticed that sometimes there is a lack of authenticity in your family? You will then relate quite well to the article The Truth about Family. There is also another amazing poem by Gail Fulkerson to enjoy, and Solar Holiday Chants that have been created by our very own Ave!

Thank you to all of the contributors. You make this newsletter something of stellar quality.

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!





**Transcending Karma! Original and Traditional Folk Songs
of Joyful Devotion with Brian Paul D.G. and Friends!**

every second and fourth Thursday from 7-9pm at Karma Cafe, (2-157 2nd Avenue North,
Saskatoon)

for June, July and August's Summer Celebrations! (June 8/22, July 13/27, and August 10/24)
Special Guest Collaborators on the way... Padmashri Anastasia, Malika Sellami, Evert Van Olst and
more!

suggested donation of 5 to 10 dollars to continue to share the love! (if you can)...
otherwise and anyhow, presence is priceless!

**Heart Songs with Infinite Potential Sing and Play Alongs
with Bruce, Brian Paul D.G. and Friends!**

4th Friday's of the month, 7:30pm - 9:30pm at d'Lish by Tish Cafe (702A 14th Street
East)

presence is priceless...enter freely... all donations and/or gifts are certainly
welcome and appreciated!

Upcoming Events

CONGREGATIONALIST WICCAN ASSOCIATION OF SASKATCHEWAN



SKY RIVER TEMPLE

Lammas Ritual

Public Ritual
Sunday July 30
2:30pm
Gabriel Dumont park
Saskatoon, SK

Potluck social to follow
Bring a snack to share
(no nuts/legumes/seeds/soy)
FREE to attend
DONATIONS welcome

Paranormal Experiences

These stories are intended to help expand awareness of whatever is "out there" that is not necessarily of this realm. Some of the stories may be frightening and some may be heart warming. Each one must be true and we are going to go out on a limb here and trust that whatever is sent in is, indeed, true to the experience of the writer. We do not want to have anyone telling someone else's story. This must be a first hand encounter reporting. It does not matter how long ago the event took place. What matters is the ***sharing of how this event has affected you since then.***

The story should be no more than 10 paragraphs long. Only one story will be published per FLIGHT issue. We look forward to hearing from you!

Grandmother Pearl

by Lydia



When my husband and I were first married there was a recession that made our security rather tenuous. We did not like to spend money on anything frivolous because we wanted to make sure that all the basics would be met adequately until times got better for people.

Having said that, my husband wanted to get me something a little extravagant for our wedding anniversary. For him, it was a matter of saving up and looking around for the perfect thing. At that time there was no internet to shop with, so he would window shop on his lunch breaks and scour the newspaper ads for sales. One day he noticed an estate sale that listed jewelry as part of what would be auctioned off. He decided to check it out.

When he saw the necklace of pearls all strung together with a tear drop pearl pendant (not exactly like the one in this photo but very close) he knew that this was what he wanted to buy for me. Fortunately he was able to not get over bid. He held onto it for months until our anniversary, at which time he presented it to me over our intimate candle lit dinner at home. I remember so clearly the music that was playing and the wine that we had splurged for. I had not gotten him anything as a gift but was also not expecting anything as a gift. So my surprise was over the top when he presented me with this magnificent necklace! It was so beautiful I wanted to wear it every day, but it was also so extravagant looking that I would only wear it on special occasions.

That did not stop me from putting it on at least three times a week and just admiring it in the mirror. But I began to have these strange happenings whenever I did that. At first it was like there was an indiscernible whisper just behind me. I could not tell what it had said but I was definitely aware that *something* was indeed said. Then the visions began to happen. I would put the necklace on, and suddenly my reflection in the mirror would change to that of an old woman. I did not recognise her at all but she looked soft and warm hearted.

This went on for a number of years. It was a little creepy, but it did not bother me enough to worry much about it. The recession lifted and people were a lot more fluid financially, including ourselves. One evening my husband took me to his office Christmas party. After dinner there was a dance. I was wearing a white lace dress with the string of pearls. We danced and I noticed that there was a woman who was looking at me quite intently as she danced with her partner. As the music shifted to a different number my husband led me off the dance floor to our table and went to the bar to refresh our drinks.

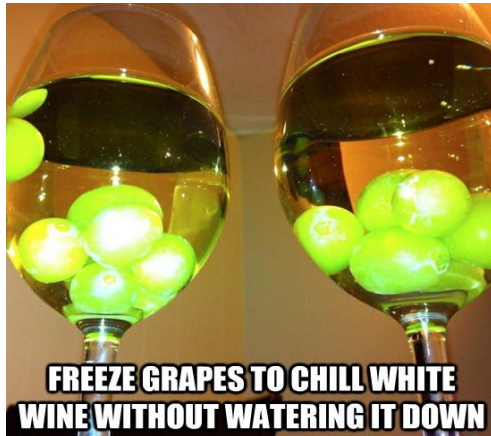
The woman from the dance floor approached me and introduced herself. She told me that she could not help but notice the unique necklace that I was wearing. I thanked her for the compliment and told her the story about my husband giving it to me for our anniversary years ago. My husband returned from the bar and I introduced him to our new acquaintance. As we chatted she mentioned that her grandmother had a necklace exactly like that, but that her uncle, after her grandmother's death, sold everything off in an attempt to keep the rest of the family from their inheritances. At this point I had not known that the necklace was from an estate sale. But my husband immediately chimed in that it was an estate sale at which he had found the necklace. The woman said that it was most likely just a coincidence that the necklace was so much like her grandmother's. Then she said that she had a photo of her grandmother on her wedding day in which she was wearing the necklace, a wedding gift from her grandfather. She would love to show it to us sometime. We made arrangements for her to come buy later that week to have coffee and we would love to see the photo.

The following Wednesday evening she came buy with her husband and we had coffee and chatted. Then I asked about the photo. She was so busy chatting that she had almost forgotten about it. She pulled out the photo of her grandparents on their wedding day. Indeed the necklace was exactly like mine. Then she pulled out a photo of her grandmother that was taken a month before she died. It was the old woman that I kept seeing in the mirror's reflection. My heart almost stopped.

I told her what I had been experiencing and it sent shivers up her spine. Then she told me that her grandmother had died as a result of lung and bronchial cancer. At the end, she could only faintly whisper when she was trying to communicate. More shivers. I asked her if she knew of any distinct aspects to the necklace that could identify it without question. She said that her grandfather had the clasp engraved with a very tiny "JS", which was her grandmother's initials.

I looked at my husband and he nodded in agreement. I went to the bedroom, brought out the necklace in the box it had come in and removed it from the box. We all looked at the clasp and found the letters JS. I looked at my husband and said, "Darling...would it be alright..." and he replied immediately, "It would only be right." I passed the necklace to the woman and she burst into tears. At first she did not want to accept them, saying that we had bought the necklace fair and square and it should be ours to enjoy. I told her that, knowing the history of how it came to be for sale, I could not possibly enjoy the necklace knowing that it should be with her. My husband assured her that we were now well enough off that he could buy me a number of pearl necklaces to replace this one and to not worry about it. It was a very heart warming evening and all of us have since become very good friends.

Household Hints and Handy Tips



FROZEN GRAPES ARE GREAT EVEN WITHOUT THE WINE

Sacred Tools and Instruments by Trent Deerhorn



Medicine Staff

Many would not think of a Medicine Staff as something that can be used as an altar tool, but it is. The thing is that an "altar" can be anything. It need not be limited to a table top. It can also be a Medicine Wheel, or a bed, or a massage table, or the great outdoors. So whatever size your instrument is will be determined by your requirements as well as the size of the altar.

Now, one of the first things that I should mention is that my Medicine Staff is exactly five feet in height. They say that the size of one's stick doesn't matter, but in this case they would be wrong. I wanted it to be the perfect size so that the Dream Weave at the top, when I am standing, is in line with my heart Chakra. When I am sitting in a tall chair it is in line with my third eye chakra. When I am sitting in a regular chair it is in line with my Star Seed Chakra. I also wanted to incorporate the perfect number 5 so that I would be honouring the five aspects of the pentacle, without it having to actually be a pentacle. So each foot of its length is blessed and programmed with the energy of the element that is associated with each of the elements of the pentacle.

The Dream Weave is a very powerful and ancient tool that is used by my Celtic ancestors and is also predominant in First Nations cultures. It assists me to access the Universality of ALL people, here on Earth as well as among the Stars. It also helps me to receive visions while in ceremony or in healing sessions. It is also quite useful as a mini vortex. Thus it is able to extract blocked up energies and send them through the vortex, into the Light of Healing, and then bring that healing back through to the person upon whom I am working.

The Medicine Staff also has a Lemurian crystal that is charged for healing and balancing energies. In addition to this it has a dyed black Turkey feather (the medicine of giving away) and a Crow feather from my friend the Crow. This feather holds within it the medicine of Universal Laws and Balance. The seeds that are attached are not just for the rattling sound that the staff can make with them, but also for the medicine of "full potential". The rainbow colours that are used to attach and decorate are there as an acknowledgement that we are all, in essence, One.

The Medicine Staff can be used as a healing instrument, as a grounding agent for meditation, and as a link between the energies of Heaven and Earth. The possibilities are truly limitless.

Sacred Unfoldment of Our Lives.

By Alison Williams

Priestess and Sacred Energy Healer.

My garden has always been a place of contemplation, my muse. Today was no different. As I observed the rose bush in my garden I understood, at least in part, the unfoldment of my life path. Each choice I made or path I decided to take is like each flower; each one having potential. Blossoming when given attention and fading when that path is done. Then holding the seeds of the lessons learned. I understand how each experience I've had has shaped who I am today. Each success and failure has taught me how to recognize what I want and what I don't want, where I want to go and what I want to be. Each choice, each flower; has a reason for being.



I'm sure you've heard of the idea that everything we've done so far in life we needed to do to

get us where we are now. I believe this is somewhat true. For we each have that gift of free will. The ability to choose the directions we want to explore. However I also believe we each have a true path. A path of greatest resonance and least resistance. You could call it your life purpose or destiny if you like. Rather than a straight and narrow path, it's more like a river system or branching tree. There are many branching paths or streams we can take. No matter how far and wide we stray, we are always redirected home. It may take a while but we are always guided back to that path of greatest resonance and least resistance. Often, though, we need those diversions. We need to experience different things. We need to try and fail, or to try and succeed. It is through these trials and challenges and celebrations that we gain the wisdom needed to fully embrace that path upon which we are supposed to be. We need those experiences to help us recognize that which has the greatest resonance with us.

The sacred unfoldment of our lives is a continuous process. We are always being given guidance and redirection from Spirit. When you really think about it, any and all paths are the right paths, for we are always being guided though our own unfoldment and towards our own path of greatest resonance and least resistance.

Rock Talk by Ave Riddler



Singing Crystal

These come in various shapes and sizes, most often a long laser-like crystal. I am not sure what causes the difference within the crystal; but a singing crystal will create a lovely sound when lightly touched to another singing crystal. I have found that some singing crystals will sing easier or sweeter when matched to a certain other singing crystal so even though they don't come as a pair, if by chance you can find a "set" it is a beautiful difference in the sounds you will hear, a good thing to know if you are in a shop that offers singing crystals. I like to test any new singing crystals with ones I currently have to see how they resonate together.

There is a lightness to the energy of a singing crystal not found in any other kind of crystal, I find holding and "playing" two together can lighten feelings of stress, and worry, not by removing the stressor but by helping you find clarity and understanding about the concerns you were worried about.

The resonance of the singing crystal is compatible with the "OM" vibration, helping one to attune to the higher energy of meditations using that tone. As a higher energy crystal these

crystals can help bring joy to your life, and can be used to aid in the release of blockages within the meridians as well as the Chakras, to help smooth the aura, and align the energy field within your body.

The singing crystals can help you become comfortable moving to the rhythm of your own drum, helping you better hear and connect to your own true self. There is an otherworldly connection with singing crystals, helping you to connect to forces and energies beyond our planetary limits as well offering a connection to celestial beings. The singing crystals can be used to help in opening up a path of communication and understanding between yourself and those other forces.

Physically, because of their ability to help create alignment, these crystals would be a good aid in any treatment to align the spine, or other cellular systems. It is believed that working with singing crystals can help correct hearing issues and deficiencies.

Some of this article is my own personal experience, while the 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



Echinacea: My message is one of *strength*.

There is an empowerment and balance that comes through letting go of the past and any difficulties that have been hampering our daily lives and relationships. By releasing the need to see oneself as a victim, holding on to the polarities of good and bad, right and wrong, we can access a deep inner strength. If we can only look at life from a different perspective and know truly that we are the creators of everything in and around us, then we no longer suffer at the hands of others. We can become the directors of our lives, choosing to live positively, seeing each setback as an opportunity to learn and grow.

The Echinacea Flower Spirit is urging you to access your own inner strength. Perhaps you have been having a difficult time and feel that life has been unfair to you. It may even feel a struggle to carry on. Please know that you can simply choose to release feelings of resentment by imagining them dropping away from you. Know that everything about you and the world around you is perfect and it is time to love yourself, forgive yourself and begin to access the unconditional love of mother earth.

Imagine you have roots coming through your feet, down deep into the ground where there is a pool of pink energy. Draw the Echinacea's pink vibration up into your body, feel the love envelop you and know that you are part of this divine oneness. Tap into the infinite strength of mother nature.

THE TRUTH ABOUT FAMILY

By Vicki J. Lund



I was raised with the belief that, “Family is everything”. Sadly this programming has set me up for many heart breaks and a lot of sadness. I grew up thinking that this included my extended family, which includes cousins, second cousins etc. Family should be there to support you no matter what. Family should be there when no one else is stepping forward. Family is blood and tied by blood. “Blood is thicker than water”. In truth, my discovery many years ago as to what this quote actually means should have been my first clue. This statement does not mean that your ties to your family are stronger than your ties to those with whom you choose to bond. In its entirety, the quote actually reads, “The blood of the covenant is thicker than the waters of the womb.” That gives it a whole new meaning, doesn’t it? Family should be those people that stand by you, they are the ones that love you unconditionally. They are the ones that support you through crisis rather than mock you. These are the ones who, even if they don’t agree with you, will still understand your point of view and where you are coming from.

I have gone through a lot of hell in my life. There are things that I have never told anyone because I didn’t want them to have to hold that same pain that I was enduring. I have been molded by my life experience and have gone through dark periods where I needed my family the most, and they weren’t there. When I was four years old, my life was taken from me in the vilest of ways and changed the outcome of my life entirely. From the ages of 12 to 18 I have pieces of my life that were so dark, but I cannot block them from my mind. I had no choice but to separate myself at that time from everyone in my life because I didn’t know who I could even trust. The people that were there for me are the people that *chose* to be my family...many of which are not related by blood. So, because I was raised

with the notion of family is everything, I have set myself up for heart ache and a shattered soul. In reality, just because you are related to someone does not mean that you can trust them. Just because you grew up with the same people and the same amazing Grandparents, doesn't mean that they are all good people. Just because you would personally drop what you are doing to go to a family member's aid, does not mean they would do it for you. And just because someone is your blood, does not mean that they don't hide dark secrets that can destroy your illusion of them or your illusion of what family means.

I am finally learning. I am coming to a point in my own life where I need to cut ties to the people that hurt me over and over. I am finally learning that I am in charge of who gets to be in my heart, and that I can't just believe the elders in the family who tell me that we have to get along because we are family. I don't have to...and I can't. Neither do you. None of us have to spend time with people that make us uncomfortable. If you have panic attacks whenever you think of family gatherings, or class reunions, or team building outings, then you simply don't need to put yourself in that situation. We are not meant to live a life with anything less than joy, and if you have to cut people out then do it. My children are adults, but I have found out that I still need to protect them from narrow minded, uneducated trolls that spew hate...and yes...some of those people are family. I have to change my perception of family and it's ok for you to do so as well, and if this article causes some of my family to cut their ties with me, then please do so now so that we can all just move forward in joy. I don't want to be the cause of your pain, any more than I want to be in pain. I will always hold the love in my heart, and I set you free with nothing but love.

To read more of Vicki's articles visit her Blog at <https://vickilund.com/articles/>

Extremes in Our World that You should Know:

Where is the world's least populated city? (the picture is the clue)



Vatican City ...

With a paltry population of 842, the city-state of Vatican City is the smallest city and state in the world.

THE HUNTER AND THE PREY

By Gail Fulkerson

Don't bother to wipe the mud from your boots
On the rough coco mat on the porch at the back door.
Enter, cross the threshold, dirty boots and all.
Let the rain drip from your garments
As you stand there, catching your breath,
On the thick wool rug.
Just remember to close and bolt the door behind you,
In case something unwelcome tries to sneak in.

Where did you come from, so tired, wet, and breathless?
How long have you been running, headlong and blind
Into the blackness,
Trying to save yourself,

Before you saw my light?

Come, remove your wet things,
Sit in the comfy chair by the fire.
I will bring you a blanket
To wrap around your sodden shoulders.
Here, drink this tea, guaranteed to warm
The cockles of your heart as it warms
Your chilled bones.

Oh, my dear, your teeth still chatter.
You've had a narrow escape from
The thing you outran;
The beast that chases you ceaselessly.
It matters not where you go, it always finds you.

It is present in your room, night after night,
Folded into one of the corners,
Watching you sleep through slitted yellow eyes.
A malevolent grin seared upon its terrible face,
Laying in wait for you to stir and begin the day.
Gnarled claws on bony fingers
Reach out to tear the flesh on your arm,
Attempting to bring you, its prey,
Closer.

You've always been that split second faster,
A hair's breadth out of reach; except for this morning.
This morning it drew blood for the first time.
Not much, a drop or two, but enough to scare you,
Enough to make you want to change the game.
Or end it once and for all.

Your demon almost won today.
Like a hawk hunting for gophers:
Death from above, its raptor-shadow falling over its prey on the ground,
Bold and dark on sunny days; giving its quarry a small window

Of opportunity to run and live to be hunted another day.
On overcast days, the hunter has the upper hand.

Your ordeal has worn you to a frazzle.
There is a comfortable bed in the next room.
Go, crawl under the covers, snuggle in and relax.
I will stand vigil and keep you safe while you sleep.

Tomorrow we will plan the monster's demise.



Songs for the Seasons by Ave Riddler

A while ago I had written that I decided to challenge myself to write a chant for each of the solar holidays, and have been sharing the results with you the readers of Flight. I am happy to say I have completed the set, (with a few extras) and have started using them in rituals! We often use them at CWAS events, as an aid to build energy for our focus during ritual. Some of the chants we have simply spoken aloud no planned rhythm, or tone used, others have found a more musical expression.

SOLAR HOLIDAY CHANTS

WINTER SOLSTICE

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

IMBOLC

Within the Earth stir the seeds of life
Within our mother starts new life.

SPRING EQUINOX

Spring is green, the Maiden flowers

Spring is green, longer sunny hours
Spring is green, welcome sky showers
OR
AS ABOVE SO BELOW
AS WE WAKE SO WE GROW

BELTANE

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

SUMMER SOLSTICE

Golden solar light
Summer God's might.
Leaf and grasses green
Solstice days gleam.
OR
We will dance as the sun rises...
we will dance as the sun lights the green...
we will dance as the moon rises...
we will dance as the moon casts silver sheen...
we will dance

LAMMAS

Golden wheat
Food we eat
Apple greening
Bounty receiving

AUTUMN EQUINOX

Leaves once green
Gain a golden sheen
Tremble and fall
Balance returns to all

SAMHAIN

The bones of the Earth
The roots and branches
Reach into our hearts to teach us
The bones of our selves
Our ancestors and guides
Reach into our hearts to teach us

CONGREGATIONALIST WICCAN
ASSOCIATION OF SASKATCHEWAN



SKY RIVER TEMPLE

Lammas Ritual

Public Ritual
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Gabriel Dumont park
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Potluck social to follow
Bring a snack to share
(no nuts/legumes/seeds/soy)
FREE to attend
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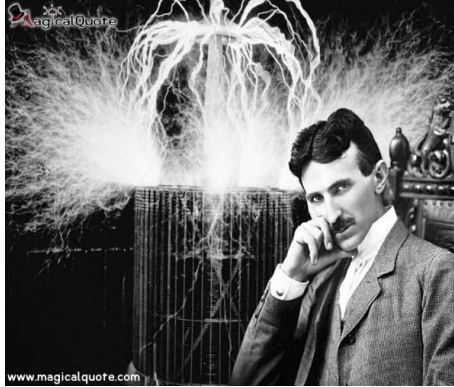
Thought for the Day:

When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bonds; your mind transcends limitations, your consciousness expands in every direction, and you find yourself in a new, great and wonderful world. Dormant forces, faculties and talents become alive, and you discover yourself to be a greater person by far than you ever dreamed yourself to be.

Patanjali

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.

18. It is paradoxical, yet true, to say, that the more we know, the more ignorant we become in the absolute sense, for it is only through enlightenment that we become conscious of our limitations. Precisely one of the most gratifying results of intellectual evolution is the continuous opening up of new and greater prospects.

The wonder World to Be Created By Electricity, Manufacturer's Record, September 9, 1915

Encouragements for Personal Development:

Taken from Meditations with James Van Praagh

When you begin your inner work, you need first to make a clear dedication to yourself, but without a particular goal. Any time you pursue a meditative practice, you are making a commitment to understand yourself more fully as a spiritual being. This takes time, even lifetimes. Be patient with your practice.

From 365 Zen daily readings by Jean Smith

Zen does not explain anything. Zen does not analyse anything. It merely points back directly to our mind so that we can wake up and become Buddha. A long time ago, someone once asked a great Zen master, "Is attaining our true self very difficult?"

The Zen master replied, "Yah, very difficult!"

Later someone else asked the same Zen master, "Is attaining our true self very easy?"

"Yah, it's very easy!"...

Someone later asked him, "How is Zen practice? Very difficult or easy?"

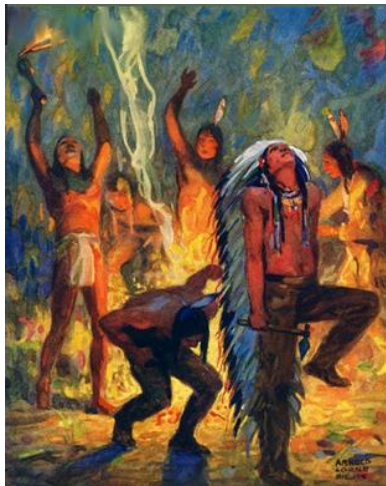
The Zen master said, "When you drink water, you understand by yourself whether it is hot or cold."

-Zen Master Seung Sahn, The Compass of Zen

Things to Know

18. The Ovum egg is the largest cell and the sperm is the smallest cell!!

Things you may NOT have known about Canada:



**"CANADA" IS AN
IROQUOIAN LANGUAGE
WORD MEANING
"VILLAGE."**

Reflections from the Shaman's Hut by Trent Deerhorn

As the seasons change and come to fruition I am often taken to a point of such joy and inspiration, especially in Spring and Summer, where I absolutely MUST take out my camera and start shooting photos of nature in action. Being an artist, I usually use said photos for things like greeting cards or, more often, for paintings that I will later do. There is something about applying a brush with paint to a canvas and creating something that I, myself, have photographed that is very satisfying.



The photography itself, however, is something that I enjoy quite a lot on its own. I was trained with a 35mm camera, so now I find that whether I am using my 10mp or my camera on my cell phone, I have an eye for detail and usually one snap does the trick. I don't need to waft through thousands of photos to find the exact one that will work. I take one picture and that is the picture that I use.

But photography is a vast and specialised profession. As such it has become quite complicated with lenses and filters and such. That is all well and good if that is going to be your profession or if that is your passion in creativity. I photograph for the pure enjoyment of it all. I like to see things framed up close in the camera. It is a different perspective than is seeing the larger picture...the picture in which small details can be missed.

In many ways, this is also how I view life. I enjoy the big picture of things, but I am passionate about the details of things. It matters not whether I am delving into a subject of conversation, a room, or a relationship. I notice the small details. They are important and can be quite informative. They say that



a picture speaks a thousand words. This can be true. But in this day and age, a picture can also lie. It can be used to create an image that is modified and photo-shopped to the point of not representing anything that is based upon reality. This is why I prefer to photograph nature. Nature does not lie. It is like a best friend who is able to tell you how it is, whether or not you want to hear it or even want to know it. Nature kicks us in the butts and brings our own mortality to light. It also inspires us to seek the solitude and the serenity of the gentleness of life. A dragonfly resting upon a cedar is, for me, a message to look at where I find rest in life. It is also a message for me to look at my own illusions that I may have built up around me. Dragonfly medicine invites us to

look at such illusions. How do they serve? How do they hinder? Cedar, in the meantime, also invites us to look at where we may need healing in our lives. What needs to be cleansed? These are things that I think about when in nature.

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

According to the Farmer's Almanac 2017:



Saucy Tomatoes

Grow paste tomatoes if you like to make tomato sauce, salsa, or sun-dried tomatoes. Their firm, dry texture; few or no seeds; and the intense flavor make them perfect for cooking. "Roma" is the classic paste tomato, but there are many new and old varieties available. "Amish Paste" is a late-season heirloom excellent for sauces or fresh eating. Most paste tomatoes are red, but "Golden Mama" makes a delicious yellow sauce, and heirloom "Orange Roma" is perfect for colorful salsa.

July 1: Canada Day



Eastern red columbine (*aquilegia canadensis*) has showy, bell-like blossoms that attract hummingbirds and long-tongue insects.

July 9: Nunavut Day (Canada)/ Full Buck Moon

Ornamental peppers produce beautifully bright orange, red or purple fruit from July until frost. The fruit is edible but very hot!



July 23: New Moon

Worker honeybees change roles as they age. Tasks may include cleaning cells, tending the brood or queen, making food, building ventilating, guarding, and foraging.



Ask the Shaman: With Trent Deerhorn



Q: My 14 year old son is constantly being bullied at school. Other kids tease him incessantly, call him homophobic names (he does not even personally know if he is gay or not), shove him, punch him and humiliate him at any chance they get. Is there some kind of a protection spell or something that I can use to help him? The school is not really that good at dealing with this sort of thing. They say that they are non-tolerant of bullying, but they seem to only be noticing when my son finally has had enough and retaliates, as opposed to what led to the retaliation.

A: First off, this is very serious. If the school is not stepping up, then your son needs to press charges against his bullies. Whether he is or is not gay is not an issue. The fact that they are targeting him under the assumption that he is gay is considered a HATE crime. That aside, kids who are bullied are at much greater risk for suicide than are those who are not. He needs counselling support on top of legal support.

Once all the very practical things have been addressed, THEN we can look at the more spiritual aspects. I have found it quite useful to carry a Citrine Quartz as well as a Black Tourmaline. The Citrine Quartz is an adaptagen and will adapt his energies to whatever he needs in the moment. The Black Tourmaline is a negativity repellent. But please do NOT rely on only these suggestions. As I said, this is quite serious and needs to be taken very seriously. Allow the mama/papa bear within to raise hell with the school and to pursue legal action. Your son was not brought into this world to be the target of bigoted idiots.



Tidbits and Ticks:

When my father-in-law passed away, we had to clear out his home. We discarded many items and sold some others, but my husband decided to keep the beautiful but very heavy antique dining-room set. Our teenage son helped us wrestle the set into our pickup truck. It took a whole day, but finally the table, chairs and china cabinet were sitting in our own dining room. "Just think," I said as I admired the furniture while my son sat resting. "This set is 100 years old. And one of these days it will belong to you." "Oh, no!" he replied with a stricken look on his face. "You mean I'm going to have to move this thing again?"

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:

Vicki Wrote: Finally had time to read! I love the Dream story!

Brian Wrote: thanks again and again, dear Trent and friends!

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