

Flight: A Living, Breathing Document of Consciousness

Volume 6 Issue 64, August, 2017



Articles and excerpts that will inform and inspire!

A Letter from the Editor:



It is difficult to believe that August is upon us! Up here, north of the 49th parallel, summer only lasts a few very short months. This spring was quite cool, so it really only feels like we have had a couple of summer weather weeks...and we really have only had a couple so far. July screamed by for me. It helps that the first half of it was spent at the lake on holidays. Getting back into the grind of work was like experiencing culture shock. I love my work, but when one gets off of 2 weeks with no particular schedule other than 2-3 naps a day...it's rather brutal. But those moments of having that as a schedule is what keeps me looking so youthful, right? Right? RIGHT?!

This month's issue has some wonderful articles and some interesting events. I would like to thank my contributors for their efforts and energies in making this a first class newsletter. And I invite all subscribers to forward it to anyone who may be interested. Subscriptions are FREE so if anyone wants to receive it directly all they need to is pop an email over to me at deerhorn007@gmail.com and let me know, and I will make it so.

***Please note:** There will be no September issue this year. My holiday time combined with the amount of work time it takes to construct this lovely piece of literature is in conflict with one another and frankly my holiday time will always win out. So October's issue of FLIGHT will arrive late September and we will pick it up from there!

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!

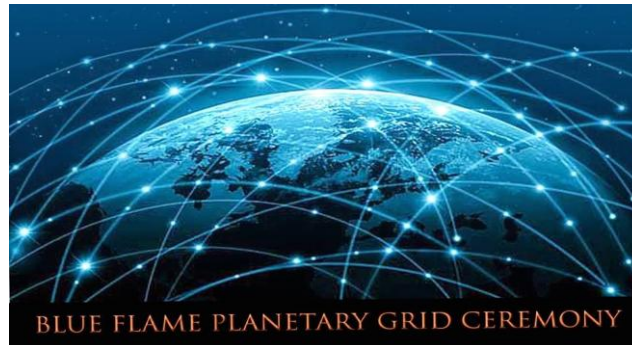
suggested donation of 5 to 10 dollars to continue to share the love! (if you can)...
otherwise and anyhow, presence is priceless!

**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



SEPT22

Blue Flame Planetary Grid Ceremony

· Hosted by [Sacred Source Medicine](#)

Facilitated by: [Linda Gjorlihaugen](#)

ABOUT THE ONE DAY ANNUAL BLUE FLAME PLANETARY GRID CEREMONY:

Trained Global Light Workers, Sound Healers and Community Drum Keepers conduct The Blue Flame Planetary Grid Ceremony on every September Equinox day along 64 Planetary Grid Points to activate the "chi" of the Planetary Grid, recharging and renewing the earth's song lines with the sacred Blue Flame of Truth, Transparency, Divine Will and Renewal. Through the potent Blue Flame Prayer, fire ceremony, the power of intention, drumming and the ancient solfeggio music, we activate the luminous Blue Web of Mother Earth to assist in healing of all lands, water and air as well as bring humanity back into resonance and harmony with the Dream of Mother Earth, the Cosmic Tone of Oneness and our own Divine Nature.

Trained grid point leader for this ceremony is: Linda Gjorlihaugen, we will work with all 64 grid points, but grid point 62 - The south pole is our special anchoring point!

The ceremony this year will last 6 hrs. PARTICIPANTS MUST COMMIT TO STAYING FOR THE WHOLE CEREMONY, NO LATE ARRIVALS ! There will be breaks, as well as a longer time allowed for messages to be recorded. This would not be a place for children or pets. Please bring warm clothes, blanket, water, food, chair, drum, rattle....anything you need to be comfortable on a Fall Equinox afternoon doing energy work outside in Manitoba! You may bring sacred objects to be blessed during the ceremony and there will be opportunities for participants to "shed the old" in the fire.

LOCATION OUTSIDE OF WINNIPEG TO BE ANNOUNCED LATER

Friday, September 22nd - 12:00 - 6:00 pm.

[\\$20.00 per person to cover costs](#)

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!

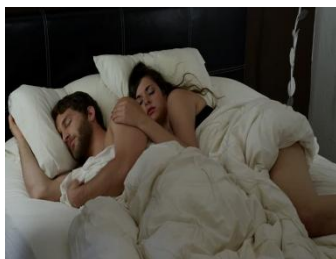
In Your Dreams

by Calvin

There was a time when I did not believe. I did not even consider the possibility of an "afterlife" or anything else that came close to that sort of thing. Then, when I was in my thirties, I was in a car accident. My wife was my passenger. A drunk driver hit us broadside on her side of the vehicle as he ran a red light. She was killed on impact. My life was changed forever.

No longer was I involved in the fairytale relationship that so many around us envied and admired. No longer was I ever going to plan to be a father to our children. No longer was I ever going to whisper "good night, darling" as we fell asleep in each other's arms. That was all taken away.

I was in a complete fog during recovery from my own injuries and then during the funeral preparations and the funeral itself. It took me a good six months to finally begin to see out of that fog. About a year or so after the accident I began to have strange dreams. At first it seems like they were simply erotic dreams the kind of which just help one to connect to their own sensuality. But then my late wife was part of the dreams and they were no longer exclusively erotic in nature. They had changed over the course of about a month. They became more like living our daily lives, but in a different setting. It was like knowing that this is "our house" but the house was actually completely different than the one in which we lived in "real life", yet completely familiar as if I had lived there for years in the dream.



This carried on, and my therapist thought it to be quite a normal part of my healing journey through my grief. But then, one night, I woke up actually feeling her hand caressing my back, as she often did when she was alive. I rolled over, thinking I was just dreaming, and found her lying there in bed with me, her head on her pillow,

smiling at me. She leaned over and kissed me. I was amazed at how real this felt. I actually could smell her perfume, taste her lips, and felt her warm hand on my shoulder. And as soon as we kissed, she was gone. But there was an indent where her head was on the pillow beside my own, and when I opened my eyes after the kiss the sheets under which she had been were gently falling down toward the bed, as though something beneath had suddenly been swept out from under them.

I know that she was there. And I have since let her know that I will be alright if she is concerned about that. I don't know how, but I will. And she can cross over to the other side whenever she wants. In the meantime, our love will simply connect us across the universe of stars.

Household Hints and Handy Tips



Wrap rubber bands around the ends of a coat hanger to prevent dresses from slipping off.

Sacred Tools and Instruments by Trent Deerhorn



Oriental Fan

The Oriental Fan is not an entirely common altar piece. Some folks, however, like myself, have an affinity to the Asian cultures. My affinity comes from some of my own heritage and some of the martial arts that I have studied over the many years of my existence.

The Oriental Fan can be used in much the same way as can a feather. Use it to brush away negative energies from your person or from your home. It can also be used in smudging, guiding the smoke of the smudge toward your body as you "bathe" in smoke to increase the negative ions and uplift your energy field.

There are entire languages that are expressed through the Oriental Fan. Many of the gestures that one sees displayed in Asian art, for example, are telling a story of what the person holding the fan is saying. Oriental Fans can also be utilized in martial arts, creating a visual block and distraction so that the opponent cannot see what is actually coming their way. In this way, the Oriental Fan can also be used to block energy from penetrating your auric field. For example, if you are attending a funeral and are feeling emotionally vulnerable, you can gently open the fan up and hold it in front of your heart chakra to protect you from stressful energies entering, as well as to protect others from stressful energies escaping from your energy field. It just serves to keep things intact.

I use the Oriental Fan daily in my meditation practice, smudging with it and holding it while I meditate. Somehow it always makes me feel more peaceful right from the get go.



Rock Talk by Ave Riddler

Spheres

So far I have been focused on the more natural forms of crystal, but there are some very helpful carved forms you can work with. The books I most often reference do not cover the carved shapes.

Spheres are an amazing formation, unlike a point the sphere sends and receives energy from all

directions, they are able to receive and send energy at the same time. Simply placing a sphere in a room will send the energy of that sphere around and through the entire space. Because of the curved surface that continues around the entire crystal, the sphere can also be used to help ward off unwanted energies, if you envision the unwanted energy flowing around the curve rather than being absorbed.

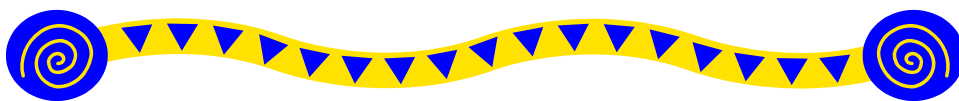
With no defined points or terminations the sphere can help one to understand the limitless possibilities that are all around them. Because the sphere can direct as well as receive, the energy of the sphere itself can be quite harmonious, the vibration of the energy very uplifting and soothing. One of my favorite things to do with a sphere is hold it close to my heart, letting that energy flow into my heart, and from there through my body; it's a very soothing thing to do.

Many see the sphere as a representation of the universe, or planet, and use the sphere to help connect to the energies of the all. This connection to the whole can be reflected back into the self, helping one to better understand and connect with their own entire energy.

The message of the sphere is wholeness, infinite, and completion.

Perhaps the most well known use for a sphere is scrying, where you gaze at the crystal, or through the crystal and open yourself up to visions and messages from beyond. There are many different ideas and methods one can use while scrying, and sometimes the messages and visions are subtle requiring you to be patient, and focused (or without focusing). Other times the message may come through clear and direct. Connecting with the wholeness energy of the sphere can help one to integrate and understand the messages found while scrying. Gazing at or into a sphere during meditations can help deepen the meditation, occasionally providing insights that help the true message to come through.

Physically one can use a sphere to help release physical tension, place the sphere on the tense area and gently roll it along that part of the body, the pressure and continuous movement can help ease tension, while the crystal energy can be directed into the body to help heal the discomfort from within the body.



From the Flower Spirit Cards by Melanie Eclare



Arum Lily: My message is one of peace.

While there are endless conflicts and wars erupting around the world, it is easy to feel powerless to make changes and help embattled nations and people. The sweet, innocent Arum Lily flower spirit brings us a clear message to find peace within. We cannot hope to overcome other peoples' battles if we are battling within ourselves.

How much conflict do you have in your life? It might be difficult to admit it, but we all have certain flare-up points in our relationships and with ourselves. Many of us are at war with ourselves, battling addictions or extreme habits and tendencies. But your future will turn around and the chaos and confusion you have been experiencing will begin to melt away as you find a serenity within that you have pushed aside in the past.

To find inner peace it is essential to release the past and the future and begin to access the power of now. Stop whatever you are hurrying to do and begin to live peacefully in the moment. Notice how your body feels. Is there any tension inside? Focus on that tension, don't judge it, just feel it and give it your attention. Stay present with it, then surrender to it and feel your body relax and become more peaceful. The more you can become aware of your state of being, the more you will gradually begin to be at peace with yourself.

Thought for the Day:

For those who believe, no proof is necessary.

For those who don't believe, no proof is possible.

John and Lyn St.Clair Thomas: Eyes of the Beholder

This Shit is Real

By Claire Netzach

In the way of believers, I recently met a woman at a business conference who has talents as a medium and who is connected to the angelic realm. We spent an evening sharing some of our magical experiences. My role in serving her was to help her accept that darkness is real, and to start thinking about integrating her own shadow.

There is no such thing as opening yourself to spirit realms without putting yourself at risk of experiencing negative entities. My first exposure to this was watching a person I love suffer from psychic attacks. I could only accept what they said was happening was real because I had chosen to believe, and I knew and trusted this person.

I hadn't had those experiences myself, however, and while I had been told that negative entities had been removed from me in soul extractions, and I could feel a difference when they were gone, I still didn't really realize what it meant to be walking in the world with these invisible things all around us.

At one point in my spiritual process, I was impatient. I had had a taste of magic, and I wanted more. I was reaching, and wanting to push myself. Around that same time, three separate events happened: first, my six-year-old son climbed over the fence into our neighbour's yard to retrieve a ball, and was attacked by an invisible entity.

My husband heard him yelling, "Get off, get away from me!" but when he looked he couldn't see anything. Our son wouldn't talk about it, and told us first that it was too scary to involve us, and then later insisted that he was imagining things.

We knew enough to suspect that this was more than just imagination. We made an appointment with our shaman to have our son assessed and learned that he had claw marks all over his energetic field. He was healed, we got help dealing with the entity, and then went through the challenge of trying to explain to our son that in spite of the fact that it was very frightening, it was not a good idea to pretend that it was 'just his imagination'. Because this shit is real.

Within days of that, my husband had a dream of doing battle with a demon. When he woke up, the same son described the dream to a 'T'. He had been there. And within days of *that*, I had a dream that we had lost a light worker to the dark in a dramatic and terrifying way. I woke up and checked in with the light workers I knew and discovered it had actually happened in this

dimension. My husband also noted that my younger son seemed to be having nightmares all night, and it made me suspect that he had also had a dream connection with me.

Those events made me realize that my impatience with evolving more and gaining more magical knowledge was extremely dangerous. My kids needed safety and protection, and I became painfully aware that trying to go beyond my ability for reasons tied up in ego was a terrible idea.

And yet, that didn't mean turning my back on the whole thing. As one of my mentors said when I stated my intent to slow things right down and not strive for more than I was ready for, "The best way to protect yourself and your family is to step into your full power."



And to do that, I need to face the dark and accept that this shit is real. During my conversation with the woman at the conference, she said, "Some of my teachers just tell me to focus on the light and everything will be ok." Everything will not be ok if you ignore the external darkness, or the shadow inside yourself. This also does not mean giving in to fear. It means to keep your eyes (and awareness in all realms) open and exercise caution, while also committing yourself to becoming stronger.

Another friend of mine has said she has chosen to not believe in anything supernatural or in other-worldly forces because it will help her stay safe. I'm afraid it won't. Denial is not a protective shield. Acceptance, and an intentional protective shield, are a protective shield.

I appreciate that all of us have limits to what we can believe. Over and over I have had those limits pushed. And every time, it is that choice to believe that moves me past the resistance. If I chose not to believe, and took my son at his word that the attack on him was just his imagination, he'd potentially go through life with a damaged energy field. I am not willing to take that risk because I have trouble believing something.

While in mainstream and primarily non-believing culture, I have to accept that many people will worry that I'm crazy, I don't let that slow me from working towards a holistic understanding of the world as it exists in all the dimensions and realms, and collecting my own tools for responding to what might come at me.

As a practice for all believers, let fear be a sign that you should look closer, not turn your back. Examine those blocks in belief. Why would you draw the line there? Use some inquiry to explore the areas that make you uncomfortable. And most importantly, go slowly, and use whatever resources and supports feel right to you to collect your own spiritual tools. Connect to the Angels, pray, use elemental power, call on your Spirit Elders or Guides or Guardians, use

crystals. Heal yourself and ward yourself and your loved ones from negative intent. Awareness is key—because this shit is real.

Knowledge protects, ignorance endangers.

Always use love: kind love for the kind, tough love for the tough.

Follow the compass but watch where you step.

<http://montalk.net/matrix/67/the-art-of-hyper-dimensional-war>

Things to Know

19. Stomach acid (conc. HCl) is strong enough to dissolve razor blades!!

Extremes in Our World that You should Know:

Where is the world's wealthiest city ?

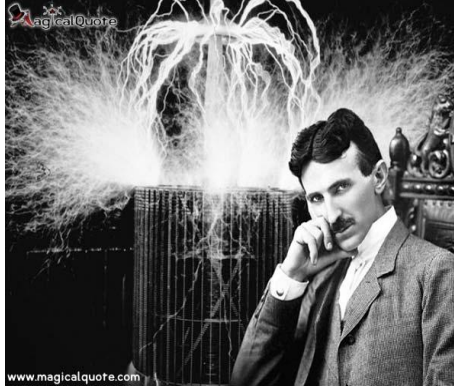


Tokyo, Japan ..

That tower might as well be made of gold since Tokyo tops the charts with a GDP of \$1,520 billion, beating New York City by a mere \$310 billion.

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.

19. The individual is ephemeral, races and nations come and pass away, but man remains. Therein lies the profound difference between the individual and the whole.

The Problem of Increasing Human Energy, in Century Illustrated Magazine (June 1900)

Encouragements for Personal Development:

Taken from Meditations with James Van Praagh

The practice of meditation is designed to increase self-awareness. It becomes a way of life and will assist you especially when you fall back into patterns of negative thinking and self-torment.

From 365 Zen daily readings by Jean Smith

All these [koans] are nonsense, that is, non-sense, and so is Zen. For sense is the product of reasoning and logic, of the laws of thought; Zen roars with laughter at all of them. Zen is the joke in a joke, and cannot, like a joke, be "explained". It is the life within the form; it is that which reasoning strives to enshrine and frequently strangles. It is the river of life which cares not for the palaces of thought, the dictionaries and definitions, the understanding or decisions of those upon its banks. Zen technique, therefore, like the explosives used in logging, is designed to break the jam in the river, and let the waters and all which float thereon ride free.

-Christmas Humphreys, Buddhism

Things you may NOT have known about Canada:



Reflections from the Shaman's Hut by Trent Deerhorn

The Fire in Your Heart

"One's darkest fears in fire lives, as well as one's hopes and dreams." -Amelia Jessie Jacobs-Meszaros



When I was a child my mother and grandmother trained me in the magical arts. Most of this was in terms of healing and herbs and such, but a lot of it was also in terms of understanding how the Universe works and how we are all one with Nature, unless we choose a path that takes us away from Nature herself.

It was not so many years that had passed between my birth and the Nazi regime, during which some of my mother's family had perished. The camps that they were herded off to became their final place on this earth. Just a few hundred years prior to this there was another event, the Burning Times (witch trials), in which members of our family were also tortured and burned at the stake.



Yet fire was an element that my mother did not want me to fear, but to be able to work with in a safe and effective manner. So my training also involved such simple things as learning how to chop wood and light a fire in our wood burning stove, how to cook on said stove, and how to work with the fire in a cauldron as well as with candles and such. Using a flame to induce a semi-hypnotic trance was part of this training as well, and this later became a useful tool when learning how to do shamanic journeying.

When people in the area found out that I was practicing shamanic work, as a young person, they also took it upon themselves to label this as evil. In their righteousness some of them chose to try to burn our farm down on the night of Halloween, not once but three years in a row. And so it was that, as a young person, I chose to move away from my home and my family, because things were getting serious enough that someone was eventually going to get hurt. Of course, the people of the community chose to rave about how they had driven the witch out of their midst. They were ignorant enough that they did not realize that I left to protect THEM, not me. They were focusing on me being the only one in my family who was a practitioner of the magical arts. But what they did not count on was that most of us actually were. I was just the one that someone had witnessed doing a ritual deep in the forest. And so the story went that they were victorious. The darkness within their hearts could not see the light that had just saved their skins.

Yet even though I left, my practice has continued. The flame of Spirit cannot be extinguished. And truth, like the sun, cannot be kept veiled for very long. So now it is that I write this, knowing that there very well may be someone who will read it and realize that they actually failed in their attempts to drive me away or to kill me in the process. All I can say to that now is, "BRING IT".

Of course they won't, because they are cowards and they will know that I will not hold back should they try. The only reason they chose to act the way they did before was because of their

FEAR. That translated into hateful acts. That very same fear can also serve to cripple them now, and it will.

Through all of this, my mother was still active in making sure that I knew that the fire aspect of their actions was NOT the problem, but that THEY were. There is quite a distinction between the element that was used, in so many ways, against our people over the centuries and the intent with which they brandished it. It is interesting how quickly that element can turn its direction. I hope that they will understand this. Because it is true.



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

According to the Farmer's Almanac 2017:



Minimize Mildew: Available in a rainbow of colors, zinnias are low-maintenance and heat tolerant. Unfortunately, powdery mildew can be a problem. This white coating causes the foliage to shrivel and die and may also affect the flowers. To prevent this disease, select mildew-resistant cultivars and plant the seeds or seedlings in full sun and well-draining soil. Space the plants to make sure that there is good air circulation between the stems and leaves. Water only at the base of the plants and don't overwater.



August 7: Full Sturgeon Moon

Liquid fish fertilizer is an excellent source of nitrogen, phosphorus, potassium, and trace minerals.



August 15: Highbush cranberries are not true cranberries, belonging instead to the honeysuckle family. The fruit matures in fall and tastes and looks like cranberries.

August 19: National Aviation Day

Lettuce, onions, rice , and tulips have all been grown in *outer space!*



August 21: New Moon:

If mists in the new Moon, rain in the old.

If mists in the old Moon, rain in the new.

-traditional weather proverb



Ask the Shaman: With Trent Deerhorn

Q: Is there any spiritual significance to getting tattoos?

A: The short answer is "YES". The longer answer is this: For thousands of years tattoos have been used to mark events and connections and status in the lives of the bearers of the tattoos. For example, someone with a strong affinity to the Eagle may naturally be drawn to having an eagle tattoo. In ancient times, the Eagle would be acknowledged as a spirit animal that guides and protects that individual. The tattoo may be installed as part of an honouring ritual. Of course the person would have choice in that matter...most often. It is amazing how often, as a shaman, I see spirit animals around people, only to discover later that they also have a tattoo of said animals. They are unaware of the spiritual connection, but feel drawn to have that inked onto their bodies. I do believe that people are instinctually and quite naturally drawn to whatever the tattoo is that they are choosing, even if it is of some Anime character. That resonates on some level with the bearer of the tattoo and so speaks to their spirit or to their personal code of ethics.

In terms of status, the bearer of a tattoo in ancient culture may have a particular design that is inked onto their body or even their face to let all others understand particular qualities. For example, in one

of the traditions that I follow if you are a dream walker (someone who has medicine dreams on behalf of others or who can walk into someone else's dream to assist) you would then have three dots inked onto your temples moving from the end of the eyebrows upward at an angle. This would indicate to the people that if they need you to find some form of medicine from dream time for them, you would be someone from whom they could request that.

Now, personally, I have a number of tattoos on my body. Each one is significant to me on a spiritual level. Although I would be one that qualifies for some of the facial tattoos of the tradition that I follow, I would never want to do that because our culture in the West has no clue what tattoos are about, least of all tribal or spiritual tattoos. This culture only tends to see people with tattoos as potential criminals. So why would I want that to be the first thing that someone sees about me? For me, there is calculated risk on a social level when it comes to tattoos. Basically, it is no one else's business, but they try to make it their business. So I prefer to keep my tattoos where they can be easily covered up if need be...like at an airport.



Tidbits and Tickles:

When my wife and I went up to New England a couple of years ago we decided to stay in one of those quaint little inns. The clerk at the inn asked me if we wanted a room with a shower or a tub.

"What's the difference?" I asked.

"Well, sir, in a tub, you can sit down."

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:

Brian Wrote: Awesome! thanks so much for caring for and sharing the continued integrations of co-creations for the benefit of all relations, dear Trent and Friends!! happy summer continue-oms!!

Gail Wrote: This month's edition of the newsletter is fabulous! I really enjoyed the paranormal article, Grandmother Pearl, by Lydia. The Truth About Family by Vicki Lund was powerful and touched a nerve. The lack of trust in a dysfunctional family can set up a child for all kinds of pitfalls later in life. Your Reflections From The Shaman's Hut article about photographing nature was on point. I'm looking forward to the next newsletter for more interesting stories!

Penny Wrote: Just finished reading Flight and there was so much in it that I could relate to. Will take the suggestions to heart and see what path I will choose.

Classified Ads



Amythyst Therapies
Katherine Dempsey R.N.
Reiki Master
katherine@amythyst.ca www.amythyst.ca
Bay 3 2228 Ave. C. North Saskatoon, SK S7L 6C4
306.371.2889

Deerhorn Shamanic Services

Trent Deerhorn Phone: 306.978.5300
deerhorn007@gmail.com
www.deerhornshamanic.com



Experience the difference a Shaman makes!



*"Allow your mind to become quiet
so your spirit can speak."*

Dicki Lund
Reiki Master, Intuitive Healer,
Intuitive Readings, Meditation
Facilitator, Qigong Facilitator
Healing Jewelry at:
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Face book Page: **Heart Song Arts and Crafts with Brian Paul D.G. and Friends**

Travelling Medicine Show Band Names: "**Bruce, Brian Paul D.G. and Friends**"

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