

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

Volume 6 Issue 65, October, 2017



*Articles and excerpts that will inform and inspire!*

## A Letter from the Editor:



I can barely believe that summer has come and gone so quickly. Between 2 weeks at the lake, outdoor projects, work and a social life everything has *whizzed* by at lightning speed! I always find that I enjoy summer more for the outdoor time. I know that in winter we don't have things like mosquitoes and hornets to concern ourselves with, but summer is when we can relax on the deck, have a drink and visit with friends around the fire pit, go for walks in the morning and not have to put a jacket or parka on and sandals are a thing! I am also an avid gardener, and although we have only been in our home for just over 2 years now, we are making BIG changes each summer. This year...the building of a green house! This is going to make gardening much easier next spring. And next year a large garden box for things like carrots, potatoes and tomatoes. One day we may be able to grow enough to get us through the winter, who knows?

It seems like a very long time since the last issue of FLIGHT. It is not your imagination...we skipped a month because of holidays. So now we are back and at it. And this issue has some delightful things in it for autumn, for Halloween, for fun and for inspiration. I thank each and every one of my contributors for their dedication and commitment to continue to provide articles and such for FLIGHT. Without you it would simply not be the same.

I want this to go VIRAL, so please feel free to send it along to any family or friends who may find it interesting. And if they like they can get their FREE subscription by emailing me at [deerhorn007@gmail.com](mailto:deerhorn007@gmail.com).

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](mailto:deerhorn007@gmail.com) or at (306) 978-5300.

## Ongoing Events



### Spring Forest Qi Gong

**A gentle Healing Exercise and Meditation Practice Group**

**Tuesday Evenings 7pm to 8pm**

**SOULWorks Sanctuary**

**3 - 2228 Ave. C. North, Saskatoon**

**Suggested \$15 Donations for room rental accepted**

**For more information contact: [kathymdempsey@gmail.com](mailto:kathymdempsey@gmail.com)**

## Skype and Face Time with the SHAMAN!

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





**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

# **JIKIDEN REIKI CERTIFICATION COURSE**

**SATURDAY – SUNDAY  
October 21-22  
10am-5pm**

**8th Floor Delta Bessborough Saskatoon  
\$350+gst (Includes textbook &  
2 Jikiden Reiki Institute certificates)**

**For more info or to register contact:**

**DOLPHYN BOSCHMAN**

**306 291 8968**

**INFO@DOLPHYN.CA**

**WWW.INPHYNITEPHREEDOM.COM**

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**INPHYNITE  
PHREEDOM**

# 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!

## Late October

By Timothy



It was late October a number of years ago. I found myself in an eerie situation that had me thinking that perhaps I was losing my mind. I was working late, so it was dark by the time I got into my car to make my way home. I pulled up to a 4-way stop sign, stopped and waited for a cyclist to cross the intersection. As she did, she looked at me and that is when I felt the hairs on the back of my neck stand on end. She had NO FACE. It was just a blank canvas. I thought to myself, "Ok. It is rather close to Halloween, so perhaps someone is just wearing a mask and fooling around."

So I proceeded on my journey home. As I waited at a red light I looked to the vehicle beside me and saw a driver looking back at me...with NO FACE.

The light turned green and I must admit I took off from that intersection a lot faster than I normally would. Three more times before reaching my home I saw people with no faces. I was wiggling out. I ended up actually having bad dreams that night about it is well.

I decided to contact a friend of mine who is a shaman and talk to him about this. He reminded me that the Veils between this world and the Other world are very thin at this time of year. It was entirely possible that what I was seeing was not human at all, but some faceless spirit expressing itself/themselves. This was not a comfort to me. Not only did I see this, but now I was able to see spirits? What is next? Levitation? Bi-location? Telekinesis? I was freaking out. But, with the assurance of my shaman and friend, I was able to calm myself down so that I would be able to ground myself better and stabilise my energy more efficiently. He assured me that I was not losing my mind, that because I had not had any drugs or medications of any kind it was not a result of a bad trip, and that it is actually more normal than we are led to believe to see spirits around us, especially at this time of year.

Since this experience, I have continued to see spirits and have actually begun communicating with them from time to time. I know it is not the usual thing that is spoken about at a dinner table conversation, but it is real. All of it is real. And in finding a way to get on board with that reality, I have opened myself to an entirely new realm of existence in my life. I am actually now able to quite enjoy it.

## Household Hints and Handy Tips



**Use a Pizza cutter to slice rhubarb. Not more strings, just clean slices.**

## Sacred Tools and Instruments by Trent Deerhorn



### The Wand

Many people think of the wand as some power force in and of itself. I do not. Yes, there is particular energy associated with each aspect of a wand, be it a piece of wood, a crystal, a feather and so on. The combinations of these aspects will give the wand particular medicines that can be accessed, yes. But it does not have any particular power in and of itself.

A wand is actually an extension of the power of one's own mind. By "mind" I do not necessarily mean the brain inside one's skull. The "mind" can actually be much more than that.



it can be the true self, it can be the heart connection, the intuition, the inner knowing. So what a wand does is extend that outward into the world. When performing manifestation rituals, a wand is often used to move the desired manifestation from the self out into the universe so that the "call" is heard by Spirit and then Spirit can respond by providing.

The wand is also a representative of whatever element is associated with the one using it. So for myself, the wand is an extension of the Air element. For another it could be the extension of fire, water or earth. These are but a few examples. The same wand could be used in different ways by different people. Much like the same car, when driven by different people, will take different routes at different speeds and so on.

I have found it most beneficial to construct my own wands. In the photo, the wand on the far left is one that I bought. But then I adapted it to suite my own needs. Thus there is the original energy plus that of my own. The other 4 wands are my own creations. The middle 2 wands are hollow handled so I was also able to "stuff" them with crystals, herbs, talismans and so on to enhance the energy I was wanting to create with them. The one on the far right I wanted to have a dream catcher on, so I attached one that I had created years ago.

The sky is the limit when it comes to wand creation. We don't need to have anything super fancy to work as a wand. It doesn't have to look pretty either. A fallen stick will do, as will a crystal or a feather, both of which can also serve as wands. I invite you to create your very own wand if this is something that interests you. The process itself is very therapeutic.

## Rock Talk by Ave Riddler



### CUBIC CRYSTALS

The cube can form naturally with some minerals while others will be carved into a cubic shape. A few well known minerals that naturally form into cubes would be Pyrite, Fluorite, Calcite, Salt, and Diamond!

The cubic formation can make the crystal a wonderful grounding tool; it has a very solid earthy energy to it. This grounding energy can help ease tension and stress. Because of its surfaces cubic crystals do not refract light the same way as a prismatic crystal will, absorbing the light into the formation more than dispersing it. This makes the cubic crystal a valuable tool for programming and dedicating a crystal to a task.

There are several points found on a cubic crystal, but they do not direct energy the same way a single terminated point will, the cube combines the directing energy of the point with directing energy of the sphere, providing a more focused and direct way of sending energy from the crystal into its environment.

## Things to Know

**20. Take a 10-30 minute walk every day & while you walk, SMILE. It is the ultimate antidepressant.**

## From the Flower Spirit Cards by Melanie Eclare



**Violet: My message is one of companionship**

As there are growing numbers of people living alone, it is becoming more commonplace for us to be detached and aloof from others. The open-armed flower spirit of the pretty Violet is calling on us to become more companionable with

one another. It indicates that a whole new approach to communication and friendship is opening up to you. All insects, plants and animals co-exist in relationship with each other, within a delicately balanced ecosystem. However, we seem increasingly to be ignoring the natural ways of being that our ancestors once understood and other cultures still follow. Instead, we exist in a society characterized by separation and disconnection.

Violet Flower Spirit urges you to take more time to be with others. Begin to reconnect with friends, neighbours, family and community members. Create your own extended family with the people you love and enjoy. Offer help to others around you and learn to accept a helping hand from those who love you. Often, we become so self-sufficient that we lose the ability to accept a helping hand; this is equally as important as being able to give to others. Look at the ways that you might be lacking companionship in your life and begin making plans to change it for the future, opening up to a new spirit of nurturing and sharing. Enjoy it and encourage it.

# Who Are You Listening To?

by Claire Netzach

There is a vitality, a life force, a quickening that is translated through you into action, and because there is only one of you in all time, this expression is unique, and if you block it, it will never exist through any other medium, and be lost. The world will not have it. It is not your business to determine how good it is, not how it compares with other expression. It is your business to keep it yours clearly and directly, to keep the channel open.

—Martha Graham

“Who do you think you are?” How often have we heard that in our lives? How often have we asked that of ourselves, once others have asked it of us? While it can be terrifying to follow your own heart, it is the birthright of every one of us.

I know what it’s like to listen to my own heart even when the chorus of people around me is telling me I’m crazy. I run a business with no business plan—and because the nature of my business is a combination of services that no one has ever seen before, no bank or investor would have looked twice at the business plan if I’d ever bothered to pull one together.

When I was 21, I moved to the west coast to look for work and give a new relationship a shot. Every day of the weeks leading up to my departure, my parents told me it was a mistake. It took Divine intervention in the form of a dream to relieve me of my self-doubt and to give me confidence that I was doing the right thing. If I had listened to them, I would not have the career I have now (which I love and which is firmly entrenched in my larger purpose in life), and I may not have married my twin flame.

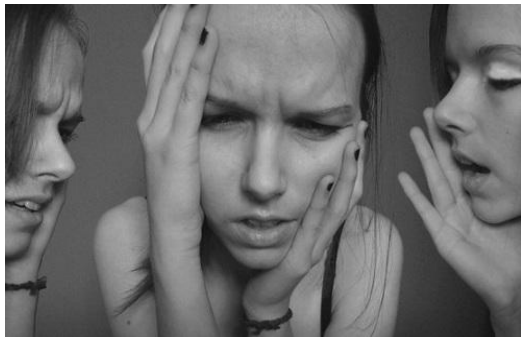
I have a family member who often tries to tell me that the goal is balance, and that if there’s something I’m not good at then I should work on it instead of just doing the things I can already do. This is good advice for herself—she is very close to being perfectly balanced already—but not for me.

I am less close to balanced, and I have accepted that doing what I’m good at makes me happy and the Universe seems to support it in all sorts of ways. So why would I make myself miserable doing the things I don’t like and am not good at? Especially when ‘the things I’m good at’ is quite a long list to begin with.

More recently, I have explored the finer points of 'listening in' to my own wisdom in areas of spiritual development. I am often involved in guided visualizations where we are told how to access our Inner Wisdom. Guess what? My Inner Wisdom doesn't always follow the visualization instructions. I've already got the answer and the vision in my head while we're being told to tap into our hearts and await the answer that comes to us.

I've gone through the process of angsty over not getting the answer the way I'm 'supposed' to. I've struggled to receive the guidance in the way I'm being told to receive it. AND I have also done a lot of work in trusting the process, and have gone through a ceremony where we moved our mind from our heads into its rightful place behind our heart, as the mind's trusted advisor. That ceremony was very powerful, and 'who do I think I am' to question or distrust wisdom just because the form in which it comes isn't the form that was prescribed by others?

Your knowing is yours alone. And like your existence on Earth, and the purpose you have been given, it is unique to you. This combination of heart, body and soul will never happen again. Marianne Williamson says, "We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who are you not to be? You are a child of God. Your playing small does not serve the world."



The tricky bit is to listen carefully to your inner voices and differentiate between your Inner Wisdom and the internalized voices of those around you. This requires staying in your body and a committed practice of checking in with yourself regularly to see how decisions make your body feel.

I didn't start this earth journey with full awareness of my Inner Wisdom. I am grateful, however, that the big decisions didn't seem like decisions at all, even though it was painful to go against the wishes and fears of those telling me otherwise. For many years I relied on oracles (tarot, I Ching, rune stones) when I was really struggling. I found they consistently showed me the way if I listened with an open mind and did not come to them looking for the answer I wanted to hear.

But then I became better acquainted with my Inner Wise Self, through visualization and making spiritual growth a priority. I then found I relied less on oracles and other people's opinions, and instead trusted my own guidance. It is a long process, but it is undeniably worth it. Especially when you think about all that is at stake: your fully expressed life depends on it.

Full expression of your soul requires you to be fully empowered. It is important to be aware that when you're listening to others at the expense of your own Inner Wisdom, you are

syphoning your power away. Choose full expression and full empowerment, and live your life according to you.

“According to who? According to you.”

—“Truth bomb” from Danielle LaPorte

## Thought for the Day:

**Take the good until you find something better, and in search for something better do not let the good slip away from you or die out. If you disregard it despite its worth, and pursue something better, what you had escapes you; but if you remain attached to what is good, you will always have it if nothing better follows.**

*Paracelsus*

## Extremes in Our World that You should Know:

**Where is the world's poorest city in the poorest country ?**



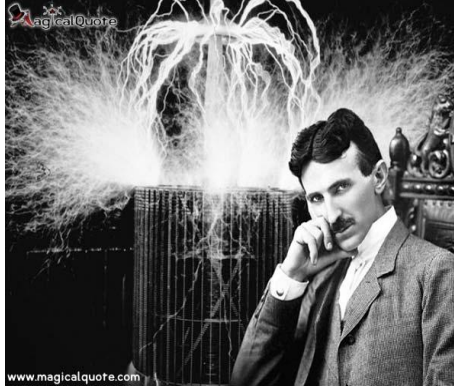
**Kinshasa , Congo ....**

**it is the poorest city in the Democratic Republic of the Congo, which is also the poorest country in the world, at a GDP of \$55 billion. Many of its residents live on less \$1 a day.**



## Thoughtful Quotes by Nikola Tesla:

From [www.magicalquote.com](http://www.magicalquote.com)



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

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

**20. Invention is the most important product of man's creative brain. The ultimate purpose is the complete mastery of mind over the material world, the harnessing of human nature to human needs.** *My Inventions, in Electrical Experimenter magazine (1919)*

### THE EVIL CLOWN IN THE WHITE HOUSE



By Gail Fulkerson

White-face grease paint,  
Thick and oily;  
Blood red lipstick  
Applied to slobbering lips  
That outline a mouthful of razor sharp pointed teeth,  
Perfect for slicing through soft flesh  
And gnawing on the bones of its victims.  
Spittle mingled with blood dribbles  
From its acid filled mouth,  
Dissolving the makeup that hides a visage  
Ruined by the ravages of acne.  
Black kohl eyeliner accentuates the porcine blue eyes  
Small, deep set, and trained to sight goodness  
And obliterate it.

It sits, for now, upon its throne  
In its oval shaped lair,  
Picking sinew and bits of flesh  
Out of its teeth with a gore encrusted dagger,  
Contemplating dessert.

This creature does not root out truffles  
Or tasty morsels of food hiding underground.  
It is after the lives and hearts of those  
Who would oppose it or piss it off.

A vile creature, intent upon laying waste  
To all that is good and hopeful in this world  
Leaving chaos, death and destruction  
In its wake.

A forked reptilian tongue darts between  
Bloodied lips,  
Tasting the air for its next warm-blooded meal.

Splattered blood and gore  
Decorate the walls.  
Eviscerated bodies litter the floors.  
The stench is unbearable, yet  
The filthy flies can't get enough.  
Attracted by the foul odor and  
The promise of gluttonous feasting  
It is too much to resist.  
They land upon the carcasses  
And the ravenous gluttony begins,  
Eyes upon the kill and more eyes

On the killer armed with venom and  
A fly swatter nicknamed 'Twitter'.

Some who dared get too close  
To the white-faced lizard-monster  
Either died under the swatter or were  
Themselves consumed  
In a venom bath, spat with laser precision.  
The pig-eyed beast misses very little.

Bloody bodies and rotting entrail-filled slop  
Overflows the feeding troughs and  
Slides along the marbled floors,  
Filling every room and crevice  
Before the viscous river  
Breaks through the doorways  
And flows down the steps of the  
White House pig sty lair,  
Taking the entire outer security detail with it.

It's a shit show  
And it's not over yet.

In the coming days  
Watch for the sun to rise  
Upon a fresh, clean horizon  
Brought about by the loving hearts  
Of those who stood up against  
The hatred and  
Whose light pushed back the darkness.

It will happen soon.  
Shine your light.

## From 365 Zen daily readings by Jean Smith

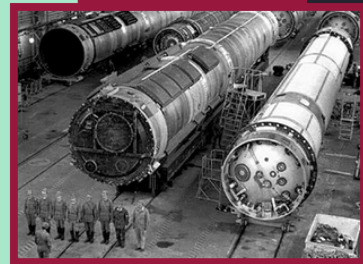
**Overemphasis on the brain, at the expense of other parts of the total consciousness, can seem both amusing and amazing to Asian teachers. A Zen abbot once set before an American aspirant two sets of small legless Japanese dolls, one pair weighted in the bottom part, the other in the head part. When the pair weighted in the head were pushed over, they remained on their sides; the ones weighted in the bottom bounced**

back at once. The abbot roared with laughter over this illustration of the plight of Western man, forever stressing the thinking function at the expense of his totality.

-Nancy Wilson Ross, *The World of Zen*

## Things you may NOT have known about Canada:

**CANADA HAS NO WEAPONS OF MASS  
DESTRUCTION SINCE 1984 AND HAS  
SIGNED TREATIES REPUDIATING  
THEIR POSSESSION.**



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

### Why I don't Cry at Funerals

I have been around a LOT of death in my life. Besides very close friends dying, I have walked through the death of each of my parents, a grandparent, two sisters, and a beloved wife. I have come to understand quite personally that death is a basic part of living and a part of the cycle of life that continues on and on forevermore. This does not mean that I won't miss people who have passed. I do...deeply. But I also process death with the view that all of nature (and we as humans are a part of that nature, whether or not we like that fact) turns everything back into itself and, as a result, regenerates. My body, upon death, will feed the ground upon which I have walked and in so doing will push up blades of grass, or flowers, or trees and so on. And whatever plant it pushes



up will feed others who are still alive, be it birds, bees, butterflies, animals or humans. I am content with that knowledge. So I am not afraid of death.

At funerals, I am the one who will be calm (mostly) and stay grounded and centered for those around me. I may even smile for them in a way to reassure them that, although this loss sucks big, things are going to be alright. I also see the spirits of those who have passed and, yes, they often do attend their own funerals. And no, I do not pass messages on to the living from them. I simply acknowledge their presence and move on. Passing on a message only serves to have the surviving members of the family hold on too tightly instead of allowing them to let go. Besides, I really don't like being the center of attention in large gatherings anyway. This is why I have also stopped giving public presentations. But that is another story.

When others see me not crying, they often mistake that as me being cold, unfeeling. There is nothing more untrue. I feel very deeply. Chances are that I have already completely fallen apart in private so that I don't have to fall apart in public. Personally, I do NOT like crying in front of people. There is a long story behind why that is and I will not go into it at this time. I just don't like it and that will never change about me.

So when others judge me as something that I am not in situations such as these, I simply understand that their judgement is coming from their own place of fear. When my wife died I was criticized and condemned by her family because I was not grieving "correctly", meaning that I would not cry on command and when I did it was at an inconvenient time for them. It was quite cruel and I did end up divorcing the entire family as a result, which meant that my grief was compounded. Thanks a lot. But the thing is that I can never be who I am not, which means that I can never do what is against my nature. So I am not going to force tears if I am not feeling them within. And perhaps it is just that there aren't any left to leak out of my face. So no judging there, folks. We really do need to allow people to grieve in their own way, on their own terms, and in their own time.

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

## Encouragements for Personal Development:

### Taken from Meditations with James Van Praagh

**When you meditate, you want to turn off the outside world so that the beauty and splendor of the spiritual dimensions of the soul can be revealed.**



## According to the Farmer's Almanac 2017:



### Colorful Corn

You can grow many types of ornamental corn, varying in both ear size and husk, kernel, and stalk color. Harvest by hand when the husks are dry and brown and the kernels are hard. Break the ears off with a swift downward motion and leave the husks on. Let ears dry in a warm spot for about a week before using for decoration. You also can offer some as a late fall snack for raccoons, squirrels, and birds.



### Full Harvest Moon: October 5th

Many birds migrate after sunset. Watch the big Harvest Moon and you might see some of these migrants as they fly across it.



### Thanksgiving Day (Canada): October 9th

The red maple can be found from Florida up through eastern Canada. It is named for its red flowers, fruit, twigs, and leaf stalks and its tendency toward brilliant red fall color.

### New Moon: October 19th

It is unlucky to point at the New Moon.



### Ginkgo Biloba

The Maidenhair tree (Ginkgo biloba) is one of the oldest living plant fossils, having descended from similar species that lived at least as far back as the Jurassic Period, 190 million years ago.



### Halloween: October 31st

For a lovely scent, sprinkle a teaspoon of pumpkin pie spice mix into your carved pumpkin before lighting the candle.



## Ask the Shaman: With Trent Deerhorn

**Q:** I have been single again now for the last 5 years. I would like to connect with someone on a meaningful level, so I got on to an online dating site. Yes, I got lots of hits from it, but when I would finally meet these people I would discover that they were NOT what they had presented on the site. I would also find that even basic things like interests where things that they had made up in order to get a "foot in the door". I decided to ditch the dating site. But now...how does one meet people?

**A:** First off, you are not alone in this struggle. I have had many people comment on very similar experiences. Although now and then the dating sites can achieve a "Match Made in Heaven", it is actually a lot less common than they would lead you to believe. There is nothing wrong with meeting through a dating site. The chances of finding someone compatible is, in my opinion, much lower than just finding people with which to fill your time. But here is the thing. Your time is a valuable commodity. You should not waste it on anyone that is not participating in mutual fulfillment, mutual respect, mutual support and mutual caring. Every single person on the planet deserves better than that. It concerns me that, right from the get go, these folks would misrepresent (lie about) themselves. They are counting on someone being extremely forgiving. If I were in that circumstance I would not be. I would be feeling manipulated and betrayed and they would never see me again.

As to how one meets people...we have convinced ourselves that we are living in a technological world and therefore must rely exclusively on tech to accomplish such a goal. We don't have to at all rely upon tech. We have to rely upon ourselves. It is completely alright to strike up a conversation with that stranger in the produce aisle at the grocery store. It is completely alright to approach that person we see on the street every day as we walk to work and just say "hello". When we send out vibes of friendliness people tend to respond positively, but it can't be overly friendly immediately or people get creeped out. A smile and a nod is often all it takes to connect.

And then there are the age old ways of meeting people. Social gatherings. This could mean a wedding or a funeral (I actually know 2 couples who met at funerals so I now know that THAT can happen), or at a club that you join, such as a dance club or a sports club or even a book club. I recommend first off browsing through your local leisure guide and seeing what strikes your interest for activities put on in your community. Join something. Get yourself out there

and out of your comfort zone of technological anonymity. That is how to meet actual people. That is how to get and stay connected with others.

## Tidbits and Tickles:

**A corporate executive received a monthly bill from a law firm that was handling a big case for his company. It included hourly billing for conferences, research, phone calls, fax, photocopying, and everything but lunch hours.**

**Unhappy as he was, the executive knew that the company would have to pay for each of these services. Then he noticed on item buried in the middle of the list:**

**"For crossing the street to talk to you, then discovering it wasn't you at all - \$125."**

## Forum:

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

### Of the previous Issue:

**Jen Wrote:** I am really enjoying the paranormal experiences section. Those stories warm my heart and give me chills...both at the same time!

**Michael Wrote:** In reading This Shit is Real, I came to realize how many experiences I have been writing off in my life as simply an overactive imagination. I think I will now start taking more serious note.

**Betty Wrote:** I read Reflections from the Shaman's Hut and found my heart breaking for the very young and gifted boy whose life was turned upside down because people were so self-righteous. I am sorry that you went through that, but know that because you did you became the amazing and strong person and shaman that you are.

**Justin Wrote:** I always knew that my tattoos had a spiritual connection. Thank you for that.

**Izzy Wrote:** I am always so intrigued by the Rock Talk section. Ave, you provide a wonderful service to everyone in your writing.

## Classified Ads



**Amythyst Therapies**  
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Reiki Master  
katherine@amythyst.ca    www.amythyst.ca  
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306.371.2889

**Deerhorn Shamanic Services**

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Face book Page: **Heart Song Arts and Crafts with Brian Paul D.G. and Friends**

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## Flight Newsletter Advertising Advertisements for Flight: A Living, Breathing Document of Consciousness

All ads must be in by the 20<sup>th</sup> of the month PRIOR to the issue that the ad is to be placed in. No exceptions. Send to [deerhorn007@gmail.com](mailto:deerhorn007@gmail.com).

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