

Flight: A Living, Breathing Document of Consciousness

Volume 6 Issue 66, November, 2017



Articles and excerpts that will inform and inspire!

A Letter from the Editor:



Well now. It would appear that winter has arrived with the snowfall that we have experienced in our fair city. I am hoping that people will remember the importance of winter tires on their vehicles so that they can avoid any unnecessary collisions.

We had a few setbacks in getting this issue out, including temporarily losing it on my computer. I knew it had to be in there somewhere, but finding it was still a challenge! Another setback was me coming down with strep throat in the last few days. Sometimes people think that a shaman who gets ill is likely not that adept. Nothing can be further from the truth. In fact, when our bodies get ill, it is because we are not completely focused on releasing whatever got in. We cannot avoid all illnesses through life. That is an impossibility. But how we embrace the illness will make us heal that much faster.

This is, despite the setbacks, quite the dynamic issue. I am really looking forward to hearing from you, the reader, what you think of it. I also want to thank all of my contributors, because without your participation this would just be the Trent Deerhorn show and that would get really boring really quickly. So from the bottom of my heart, I thank you. And now, without further delay...

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!





Heart Song Sharing Circle With Bruce, Brian Paul D.G. and Friends!

With Bruce, Brian Paul D.G. and Friends!
First Saturdays of each month, from 2-4pm
at Varsity Sobey's Community Room
(8th Street East and Cumberland)
Beginning Saturday, November 4, 2017, from 2-4pm!

Gathering around with folk songs, sing and play alongs of all kinds!
Feel free to bring poetry, song, story, acoustic instruments,
the will to sing along and/or co-creatively listen
as we share our roles as artists of the whole in the public Eye!

feel free to contact Brian for any inquiries at [306-653-0636](tel:306-653-0636) or email at heartsongartsandcrafts@gmail.com

Heart Songs with Infinite Potential

Sing and Play Alongs

with Bruce, Brian Paul D.G. and Friends!

4th Friday of the month, 7:30pm - 9:30pm

at d'Lish by Tish Cafe

[\(702A 14th Street East\)](#)

donations and/or other gifting
is certainly welcome and appreciated...
presence is truly priceless!

Heart Song **Arts** and Crafts

with Brian Paul D.G. and Friends!

Presentations of Live Music, Special Events, Poetry, CD's, Songbooks,
Heart Song Sharing Circles, Work/Playshops, Beeswax Candles and More!
(Healthy Food and Beverage Catering Options also available)

Contact: **Brian Paul Di Giuseppe** - Singer-Songwriter/Healthy Living Consultant

(Landline: [306-653-0636](tel:306-653-0636)) Email: heartsongartsandcrafts@gmail.com

Facebook 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**"

"**The Divine Comedians**" / "**The Rainbow Rhyming Rhythm Riders**"

Online audio files for free listening, singing and/or playing along with...

www.soundcloud.com/rememberingremembrance

www.soundcloud.com/by-the-fire www.soundcloud.com/heartsongarts

www.soundcloud.com/rainbowrhyming

Upcoming Events

Pass The Feather Community Get Together

Sharing Circle and Pot Luck

3rd Saturday's of the month from

(November 18, December 16...)

2pm - 5pm... pot luck at 4:30 pm

co-hosted by Victoria, Brian and Bruce

at Yoga Sanctuary in The City

[\(219A 21st Street East, Saskatoon, Sk\)](#)

Co-creating art from heart to heart with fellow student practitioners

of beauty way inter-plays for children of all ages!

Sharing gifts of poetry, story, song, dance, drum, yoga,

reiki, qi gong, laughter, animation, improvisation, etc...

Give as you can of currency, time, expertise, and/or food shareables.

Come as you can and leave as you need.

CONGREGATIONALIST WICCAN ASSOCIATION OF SASKATCHEWAN



SKY RIVER TEMPLE

Samhain

Public Ritual

Sunday October 29

2:30pm

Rusty MacDonald Library

225 Primrose Dr

Saskatoon, SK
Board meeting at 1:00pm

Potluck social to follow
Please bring a snack to share
(no nuts/legumes/seeds/soy)
FREE to attend
DONATIONS welcome
Next public event will be for YULE
December 17

Within Your Memory
When you walk outside,
When you sit by a tree,
Listen to the wind,
Feel the rain.
I will be there within your memory.
When you see a ladybug fly by,
Or a cat on the move,
I will be there within your memory.
You may be sad
Tears may fall.
You may feel lost
Or full of anger.
I ask you to remember my laughter,
Remember the warmth of my hug,
Think fondly of shared moments with me.
If those memories do not help ease your pain,
I ask you to turn to another,
Share my story,
Recall my laughter,
Hug each other for support.
The Lord and Lady are holding me close,
The Lord and Lady are healing my spirit.
The Lord and Lady are with me,
as they are with you all.
So for now...
When you walk outside,
When you sit by a tree,
Listening to the wind,
And feeling the rain...
Know that I will be there,
Within your memory.

By [Ave Riddler](#)

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!

Bus Stop

By Charles



As I walked home from work on a rainy late afternoon, the sky dark and grey, I saw ahead of me a young woman, dressed in period attire, waiting at a bus stop. She had no umbrella but was not wet at all, which I found to be quite weird. Then, as the bus drove down the street it looked like it was not going to stop where she

was clearly waiting. She stepped off the curb and into the path of the oncoming bus. I heard a sickening thud, but the bus kept travelling as though nothing happened. I ran to the spot where she was hit, but there was nothing there...not even blood. My heart was racing and I thought I would pass out. I went home, quite shaken, and told my roommate about what happened. He thought it was very strange as well. We watched the evening news to see if there were any reports of an accident. Nothing.

The following week it happened again, only this time it was a sunny late afternoon. There were others on the street and none of them saw what I saw. I thought I was losing my mind. Then, as the weeks went on, I realized that it was only on Friday afternoons that this would happen, leaving all the other walks home free and clear of all that trauma.

My roommate came to me one day and said, very excitedly, that he found himself a new girlfriend and that she was coming over for drinks. I took that to mean to make myself scarce, which I would have done, had she not arrived 20 minutes early. I was stunned when I saw her. She looked exactly like the woman on the street who would step in front of the bus. I must

have gone completely pale because my roommate asked me if I was feeling alright? I said "yes" and quickly left.

The next morning I asked my roommate how the date night went? He said that it was alright, but quite disturbing. I asked why that was and he shared with me that she had told him about her deceased twin sister, who was hit by a bus just a few blocks from where we live. I almost jumped out of my skin. I told him that she looked exactly like the woman that I kept seeing step in front of the bus on my way home every Friday afternoon.

He invited her over that evening for coffee with us. She came over and one of the first things that she did was apologize to him for over-sharing about her sister. She was not sure why she felt compelled to do that. I told her that I thought I might know why and then told her of my experiences. It turned out that her sister was an actress on stage and had been on her way to the dress rehearsal when this happened to her. She was wearing the costume because she ran late from work and so changed there instead of at the set. This was on a late Friday afternoon. Then she asked me for more details about the vision. When she processed the information she said, "So...you are saying to me that she stepped in front of the bus?" I said, "I am afraid that is what it looks like." She began to cry and said that everyone told her that it was an accident but that she and her sister were very close and she somehow knew deep inside that it wasn't. She was upset that she was right but grateful for outside confirmation.

My roommate ended up marrying this young woman. I have not, since that discussion with her, seen her sister on my way home on Friday afternoons. It still haunts me, though. I think that the spirit of her sister perhaps was able to move on once her twin knew the truth. But how did it know that I would meet her sister? Very strange.

Household Hints and Handy Tips



Sacred Tools and Instruments by Trent Deerhorn



Skulls

Considering that Samhain (Halloween) is just recently past, I thought that it might be kind of cool to talk about the unusual aspect of Skulls as they pertain to Sacred Tools and Instruments. The Skull represents the housing unit for the 3rd Eye chakra and the Crown chakra. As such it is the home for our personal insights and our connections on a conscious level to Spirit. This is why so many magical practitioners utilize them in their art and in their rituals.

Skulls can be found placed on altars, in the middle of Medicine Wheels, on talking sticks and wands, as well as woven into such things as witch's ladders and dream catchers, like the one in the photo (created by a very dear friend who placed this tiny Owl skull in the dream catcher that she made). In many ancient cultures the Skull has been used to guard sacred space and to watch over us at night while we sleep. In ancient Tibet the Skull Cap has been utilized to transfer knowledge from ancient deceased lamas to the next generation of lamas in ceremony wherein the recipients of the knowledge have the Skull cap placed atop their heads, covering the Crown chakra, which then absorbs the knowledge and wisdom of the Ancients. This has also been used as a means of connecting with Ancestral Spirits in many Pagan rituals.

Some people do find Skulls to be creepy, but it is my feeling that this is completely a socialised condition. If we are never told that something is creepy we tend to not develop any angst about it. That can be said of pretty much anything in our world, really. I, myself, am a keeper of skulls and own many of them. Some of them are tucked away and some are on complete display. One serves to watch over my daughter as she sleeps but, being a deer skull, also serves to display her more precious necklaces as they hang from the various points on the antlers. My buffalo skull sits on my altar, reminding me of the sacrifice that the Spirit of the Buffalo makes to ensure that we are able to live.

Some folks have asked me how to "clean out" a skull that they have found. One of the most efficient ways was taught me by a friend years ago. On his land he has a cage that is placed atop a gigantic ant hill. When he finds road kill or animal parts from dead animals who have been taken down by coyotes and such, he places the carcass in the cage on the ant hill. The cage serves to keep animals from dragging away the carcass. But the ants in the ant hill feed on

the remains and will clean off the bones till they are completely free of any rotting flesh, both outside and inside the Skull. It is a perfect way to allow nature to be part of the process!

Rock Talk by Ave Riddler

Clusters

The cluster is perhaps one of the most often seen natural formations of crystals. A cluster can be a selection of long terminated crystals fanning from a center “root”, or a bed of crystals lining a base of other minerals (matrix), or even more of the same type of mineral. Some clusters will form within hollows of other minerals, even at times replacing the mineral that was once there (example being a crystallized fossil.) Clusters can be found in almost every type of mineral that forms any crystalline formations, the most well known would likely be members of the quartz family.



These formations both send and receive energy from their environment. Clearing and charging the space the cluster is in, each point directing the flow of energy coming from its core, while also drawing any energies needed to be cleared and charged into itself. This makes clusters incredibly helpful for clearing and charging other minerals if you place them onto the cluster. One thing of note about clusters is they naturally clear and charge themselves as well.



Something I like to do with a cluster, is place the base of it onto any areas that are discomforted, and let the cluster draw up and out what may be causing the symptoms, while also drawing healing energy from the environment. This method can be useful at easing tension, or pain, it may not be a cure, but can be used as an aid in treatments.

Because of its directional energy a cluster can be used to fill a space with the natural energy of that mineral; example being rose quartz filling a space with heart healing love energy, which can make a cluster of a certain mineral helpful in situations where changing the energy of a room may be helpful.



The size of the cluster itself does not affect the “power” of the cluster, but the number of terminated points can.

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

Things to Know

21. Sit in silence for at least 10 minutes each day.

INSPIRATION

By Gail Fulkerson

The page is blank, its stark whiteness intimidating.
The challenge to fill it with all the best words,
Painstakingly pulled from decades of inner dialogue
And painted across the page in tentative strokes,
Proves to be a terrifying and daunting task.

Why so afraid?

Creating art from the depths of human emotion
(So we are told)

Is liberating for the creator and
Enlightening for the reader.

Yet, oftentimes, the fears that paralyze creativity can also
Freeze fingers that wait nervously for inspiration that may never arrive.

Keyboards remain untouched;
Brushes hover, un-dipped,
Over open paint pots developing a 'skin'.
Cameras hibernate
In their dark storage bags,



Reminiscing about their past photos
With the lenses that lay beside them
In the gloom.

The fear of what others may think
Of our works of art or,
By extension - of us,
Is a powerful crippler.
It stunts personal growth
And suffocates creative expression on all levels.

As scared as we are, we can choose
To stand against our fears,
Look them right in the eye and say,
"You don't scare me, not anymore".

Stand defiantly before your fears
And brush off the dust,
Treat the scrapes and bruises,
Then fix your eyes upon the rising sun
As it floods the world with its brilliance.

And, you can see your way far better in the light.



From the Flower Spirit Cards by Melanie Eclare



Sea Holly: My message is one of self-acceptance

Most of us hide away certain sides of our character, only revealing them under pressure, when we are caught unawares by the volatility of our emotions. The Sea Holly spirit brings a wonderful message: whatever or however we are, it is perfect.

We all have a thorny side and it is quite acceptable to reveal it sometimes, like the sharp, prickly edges of the Sea Holly flower. Perhaps you have been suppressing certain aspects of yourself, in which case it is time to take a really honest look at how you may be

acting to cover up underlying emotions. Bring them out and look at them in a detached, cool manner, then they become part of the whole, rather than a hidden side of your character. It takes a lot of energy to hold back emotions, so if we can become more real, we can free up extra vitality and life force. What is needed here is more self-acceptance and compassion. The Sea Holly reflects an honest beauty from which we can all learn. The more vulnerable and open we can be about who we are, the more we reflect the perfection of the Sea Holly and the softer we will become in ourselves.

Your newfound honesty about who you really are and how you feel will promote more genuine and rewarding ways of relating to others. It is time to remove the mask you have created to cover up those aspects of yourself you have been hiding. Look in the mirror and still the critical voices of your mind. You are perfect, just the way you are.

Thought for the Day:

We learn wisdom from failure much more than from success: We often discover what will do, by finding out what will not do: and probably he who never made a mistake never made a discovery.

Samuel Smiles

Extremes in Our World that You should Know:

What is the highest point in the world? (this one is easy)



Mount Everest ...

Towering 29,029 feet in the air, the top of Mount Everest is the closest you can get to touching outer space while still standing on Earth.

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.

21. The progressive development of man is vitally dependent on invention.

My Inventions, in Electrical Experimenter magazine (1919)

From 365 Zen daily readings by Jean Smith

For a while you may read books, but be careful to set them aside as soon as possible. If you do not quit them, you will get into the habit of learning letters only. This is like seeking ice by heating running water, or like seeking snow by boiling up hot water. Therefore, it is sometimes said by the Buddhas that (ultimate truth) is explicable and sometimes that it is not explicable. The fact is that there is nothing explicable or inexplicable in Reality itself, which is the state of all things that are. When this one thing is thoroughly grasped, all the other thousand things follow.

-D. T. Suzuki, *Essays in Zen Buddhism, III*

Things you may NOT have known about Canada:



Well now...isn't THAT now a frightening thought!

Reflections from the Shaman's Hut by Trent Deerhorn

Why I DO cry at Weddings

Last time I wrote about why I do NOT cry at funerals, so I thought that I would share with you why I DO cry at weddings. Someone once asked me, knowing that I am quite cynical about the institution of marriage, how I manage to resolve this with the fact that I perform Hand Fasting Ceremonies (weddings)? My answer was quite simple. I may not believe in "Till death do we part" but I DO BELIEVE IN LOVE AND ROMANCE.



Simply put, I find weddings to be beautiful, at least in intent, and the entire thing is something that will often bring a tear to my eye. From the flowers that adorn the ceremonial site (and I am not just having an allergic reaction...these ARE tears of joy) to the look that the couple getting married has in their eyes, one for the other. It is all beautiful. It is all of the Divine.

I have seen some pretty stressful weddings, don't get me wrong. I cannot count the times that the out-laws have been involved in making a big scene because they don't accept the relationship that the bride and groom have (or bride and bride...or groom and groom). Often there is also a deep current of religiosity involved in their objections...or even racism at times. These are the ugly things that come with getting large groups of friends and family together. But these are also the things that WILL....NOT....LAST, because they are based on falsehoods.

Love is love and love is beautiful. So when people are in love and want to celebrate that, I am all in. If they want to keep it more private, I completely support that. If they want to shout it from the mountain top, I will hire the helicopter to land them on that mountain top.

I cry at weddings because it is a demonstration of people putting themselves out there...taking a HUGE step into a relationship and being brave enough to declare it in front of friends and family, even if the family does not accept it. When performing a wedding ceremony my goal is to preserve and protect the couple. There have been times that I have challenged the family and friends in the middle of the ceremony to drop all their weapons and find peace in the love that exists right there in front of them. I have also given lectures about how important it is to support the COUPLE during struggles they have, even with one another, and to NOT be opportunists that will pick up a dagger at a weak moment for the couple and put said dagger in the back of the one in the couple who is not born to their family, but who was brave enough to marry into it. And yes, there has been a time when I actually physically stepped between two people at a wedding and de-escalated what was going to erupt into a fist fight. Because I believe in LOVE, I will stand up for it no matter what.

Often, when simply witnessing a marriage ceremony, I get small flashes of the couple over the next number of years. I see some of the struggles that are possibly coming their way, but I also see the incredible triumphs that they achieve. This also brings tears to my eyes. And it is not like I report any of this to the couple. Quite the opposite. I just contain that within so that it is not an influence one way or the other for the couple as they take their journey together. It simply is a quick peek into what lies ahead. And once the message is received I let it go and forget about it so that I can be just as surprised and delighted as anyone else when the good things happen...and just as heart-broken when the more difficult things come up. No one can avoid what is coming down the pike; there really is no point in trying. But if we can remain truly present for every moment, then we can handle whatever does come to us.

After having walked through 2 divorces, I became quite tainted in my experiences of the institution of marriage. I swore to myself that I would never get married again. But I met this wonderful person and we lived together for 5 years and one day, I just knew that we needed to move into marriage...our way. So I asked her on a Thursday if she would marry me on the following Tuesday. That gave me from Friday to Tuesday to arrange it all. It was simple and it was beautiful.

Now, when you have misplaced your car keys I can usually find them within a minute or two. But when I misplace my own car keys, well, they are pretty much gone until someone else can find them for me. So I really did not expect, when marrying this beautiful person, that just six weeks later she would be taken from me. I was, to say the least, devastated. Had I known the details of how that was going to happen I would not have been able to cope with it. Having it

simply happen was a shock, but I had to remain present through it and therefore I was able to handle it, with a lot of help from some very dear friends.

One could possibly think that, given how that turned out, I would be permanently scarred and would never even consider dating again, let alone getting married again. But the thing is, as I have said, I believe in LOVE and so, as a result of that belief I have found someone else to love along the way and we are very happy. Is marriage in the mix? Who knows? We just might do something wild and crazy like that down the road, or we may never do that. What I do know is that we love each other tremendously and that the love we have is what has already gotten us through some very challenging things in the years that we have been together...and it will continue to do so. What I also know is that if we were to have a wedding happen, I would be the one all teary and blubbery throughout the ceremony, because it would be absolutely beautiful and perfect...and that will always make me cry.

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

Encouragements for Personal Development:

Taken from Meditations with James Van Praagh

You must give yourself time to meditate. It doesn't matter what time of the day you do it - morning, noon, or night. A few minutes of uninterrupted peace every day will produce healing results.

According to the Farmer's Almanac 2017:

Feed the Birds

Make a special treat for your backyard birds: Wrap yarn or string around the bottom row of a large pinecone and tie into a loop for hanging. Mix birdseed with enough natural peanut butter to hold the seeds together. Using a teaspoon, spread a small amount of the seed mixture on

the top of each scale (imagining how the cone will hang), packing it as firmly as possible into the space. Hang the pinecone from a tree branch or bird feeder.



November 4th: Full Beaver Moon



November 5th: Daylight Saving Time ends at 2:00 am.

Plant an amaryllis bulb in early November for stunning blooms during the holidays.



November 11: Remembrance Day (Canada)



November 18: New Moon

Cut the tops off your asparagus plants and add compost or aged manure to the bed.



Ask the Shaman: With Trent Deerhorn

Q: I have a son who likes to play with dolls and play dress up with his sister. When he does, he usually takes on a more feminine character to dress up as. What are your thoughts on this?

A: Gender roles in our world are completely culturally biased, which means that whatever dogmatic beliefs are promoted are the ones that are vastly

accepted as true or right over anything else. It is admirable that you are allowing your son to do these things, because if we are ever going to change the rape culture in which we all live, we have to start by completely obliterating all gender roles and the stigma that goes with them.

Look at it this way, in his play your son is getting in touch with the more nurturing aspect of his personality. This is going to have extremely positive effects when he gets older. No matter who he is in love with, this person will be benefitting from being with a man who is connected and hard wired for emotional intelligence. Men are no longer "cool" if they only have 2 emotions that they express: angry and horny. Someone with emotional intelligence will be able to express when he is proud, afraid, concerned, depressed, elated and so on. He will be able to communicate verbally with descriptors of how he is feeling so that his partner will not have to pull teeth or stab around in the dark to try to figure out what is happening inside of him. This is extremely beneficial. I would personally take it one step further and buy him his own doll of choice. And notice what his preference is. After all, if he picks The Little Mermaid, he may have a preference in a future partner that is a red head! And this will in no way mean that he will NOT be into other things like Monster Trucks and such. People's interests can vary.

Tidbits and Ticks:

The little boy was late for Sunday school and the superintendent, seeing him slip in, detained him and asked him the reason. The boy shuffled his feet uncertainly for a moment, then blurted out, "I started out to go fishing instead, but my dad wouldn't let me."

The superintendent beamed broadly. "A wise father," he said, "He was quite right not to let you go fishing on a Sunday. Did he explain why?"

The little boy nodded. "Oh, yes sir. He said there wasn't enough bait for the two of us."

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 Issue:

Axle Wrote: The Late October article in the last issue was extremely creepy. I loved it!

Mel Wrote: I am so glad that Ave shared her teachings on the Cubic Crystals. This is stuff I have been wondering about for a while now...

Shannon Wrote: After reading Claire's article on listening to yourself I must say that I will be more diligent with that.

Macie Wrote: On behalf of pretty much the entire majority of the planet, I thank you, Gail, for your powerful poem, The Evil Clown in the White House.

Bryan Wrote: I could completely relate to Trent's article Why I Don't Cry at Funerals! Thank you, Brother!

Classified Ads



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Katherine Dempsey R.N.
Reiki Master
katherine@amythyst.ca www.amythyst.ca
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306.371.2889

Deerhorn Shamanic Services

Trent Deerhorn



Phone: 306.978.5300
deerhorn007@gmail.com
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with Brian Paul D.G. and Friends!

Presentations of Live Music, Special Events, Poetry, CD's, Songbooks,
Heart Song Sharing Circles, Work/Playshops, Beeswax Candles and More!
(Healthy Food and Beverage Catering Options also available)

Contact: **Brian Paul Di Giuseppe** - Singer-Songwriter/Healthy Living Consultant

(Landline: [306-653-0636](tel:306-653-0636)) Email: heartsongartsandcrafts@gmail.com

Facebook 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"

"The Divine Comedians" / "The Rainbow Rhyming Rhythm Riders"

Online audio files for free listening, singing and/or playing along with...

www.soundcloud.com/rememberingremembrance

www.soundcloud.com/by-the-fire www.soundcloud.com/heartsongarts

www.soundcloud.com/rainbowrhyming

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

All ads must be in by the 20th of the month PRIOR to the issue that the ad is to be placed in. No exceptions. Send to deerhorn007@gmail.com.

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