

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

Volume 6 Issue 67, December, 2017



*Articles and excerpts that will inform and inspire!*

## A Letter from the Editor:



I can hardly believe that Christmas/Yule is almost here. Normally I have all my gift shopping done by mid-July. This year, not at all. I have been scrambling to catch up. Now I know how the rest of the world lives!

This month's issue is wonderful in so many ways. There is a very heart-warming article in Paranormal Experiences, there is a fascinating article on Record Keeper Crystals, and one on Letting Go of Duality that warrants much thought and consideration. This month we have not one but two very powerful poems submitted, which is always a lovely treat!

Thank you to all of my contributors. You make this newsletter what it is and without you it would not be nearly as good! Please, forward this to anyone you like. I like the fact that it has gone VIRAL and that some of the responses I get to it come from all over our little blue planet.

If anyone wants to have a free subscription to FLIGHT, you only need to email me a request and it will be so. Send your emails to [deerhorn007@gmail.com](mailto:deerhorn007@gmail.com). Also, we love to hear from our readers, so please continue to send comments to me at the same email address and I will publish them in the Forum section.

Happy Holidays!

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!





## 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](mailto:heartsongartsandcrafts@gmail.com)

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## 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!

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# 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](mailto: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](http://www.soundcloud.com/rememberingremembrance)

[www.soundcloud.com/by-the-fire](http://www.soundcloud.com/by-the-fire) [www.soundcloud.com/heartsongarts](http://www.soundcloud.com/heartsongarts)

[www.soundcloud.com/rainbowrhyming](http://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.



## Natural Unity Winter Solstice Retreat & Celebration!

**(3 days!)**

Wednesday, December 20, 2017, 4pm

to Friday, December 22, 2017, 2pm

at Ancient Spirals Retreat Center

35 Km South of Saskatoon off of Hwy 219 South,  
just west of the highway, on the road with a sign  
just south of the motor bike tracks...  
(if you get to the casino, you've gone too far south!)

Feel Free to join us for another co-creative adventure spiraling through this seasons solstice muse  
of change and renewal with a family of friends! We're gathering for three days and two nights  
with enough song, drumming, dance, meditation, yoga, movement, music, play, sharing circles,  
stories, natural free play, happy food and drink to keep us healthy for another whole cycle, and  
beyond!!

Bring your own food and drink for pot-lucks, snacks, self-care, etc... blankets, pillows, other  
sleeping friends if staying through the nights... yoga mats, drums, musical instruments, poetry,  
and such!

There will be plenty of space for joyful grace, inside and out, with planned and unplanned  
activities and relaxations... (see schedule to be posted below asap)

facebook event page:

[https://www.facebook.com/events/126225804740014/?active\\_tab=about](https://www.facebook.com/events/126225804740014/?active_tab=about)

Feel free to show up for some and/or stay for the whole celebration!

(please rsvp for overnight stays asap)

personal message Brian, and/or call [\(306-653-0636\)](tel:306-653-0636), landline), and/or

email [heartsongartsandcrafts@gmail.com](mailto:heartsongartsandcrafts@gmail.com)

(please plan to manage yourselves responsibly and respectfully for the benefit, peace and joy of  
all!)

suggested donations...

\$10 - \$30 for each day or evening

\$20 - \$50 for each evening + overnight

+ morning/afternoon programs the next day...

or \$40 - \$100 for the whole retreat!

Let us know if you would like to volunteer any services, assistance, etc... in exchange and/or with  
fair trades, etc...

Many Blessings to All!



**CONGREGATIONALIST WICCAN  
ASSOCIATION OF SASKATCHEWAN**



**SKY RIVER TEMPLE**

**YULE**

Public Ritual

Sunday December 17

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 IMBOLC

February 4 2:30pm

***Goddess and God..... (The Little Drummer Boy)***

In the winter (The Goddess and God)

The nights are long and dark (The Goddess and God)

Our Sun God rests beneath (The Goddess and God)

The Earth also sleeps (The Goddess and God)

Goddess and God (Goddess and God)

So to wake him (The Goddess and God)

We light a flame.

Lunar Mother (The Goddess and God)

Who lights this longest night (The Goddess and God)

She who births all life (The Goddess and God)

Maiden, Mother and Crone (The Goddess and God)

Goddess and God (Goddess and God)

She will give him birth (The Goddess and God)

Solstice night

Yuletide blessings (The Goddess and God)  
With warmth of candle flame (The Goddess and God)  
Be with you through this night (The Goddess and God)  
To give you hope and light (The Goddess and God)  
Goddess and God (Goddess and God)  
On this sacred eve (The Goddess and God)  
Blessings and Love

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!

## The Christmas Bell

by Joel

When I was growing up my father used to tell me every Christmas Eve, as we were putting up the Christmas tree, that the bell that we would hang on the tree was there to represent my Grandmother, who passed away before I was born. He said that if we heard the bell ring, it meant that she was well on the other side and watching over us. As children my siblings and I would squeal in glee every time we heard the bell on the Christmas tree ring because we "knew" that it meant that our Grandmother was with us. Yes, sometimes it was simply the cat climbing the tree that rang it, but it still rang!

Years later, when I was in my 40's, my wife was tragically killed in a car accident. I was beside myself with grief. I wanted to hunt down the drunk driver who took her from me and throttle the life out of him. I wanted to collapse and curl up and never see the world again. But I had teenage children who needed me to function as best I could so I bottled it all up and moved on, focussing more on helping them with their grief.

The first Christmas without my beloved was going to be the hardest, I knew, so instead of sheltering my little family from it I decided to invite my parents, now in their 70's, and my siblings and their families. At first everyone thought that we should be the ones who were guests instead of hosting it, but I was



determined that this was going to be something that we would step up to, seeing as how it was our turn to host anyway. But I did concede to allow folks to bring a dish for the meal and organized who would bring what so that I knew what I was making and what I could leave for someone else. This became a tradition that still lives on, no matter who hosts.

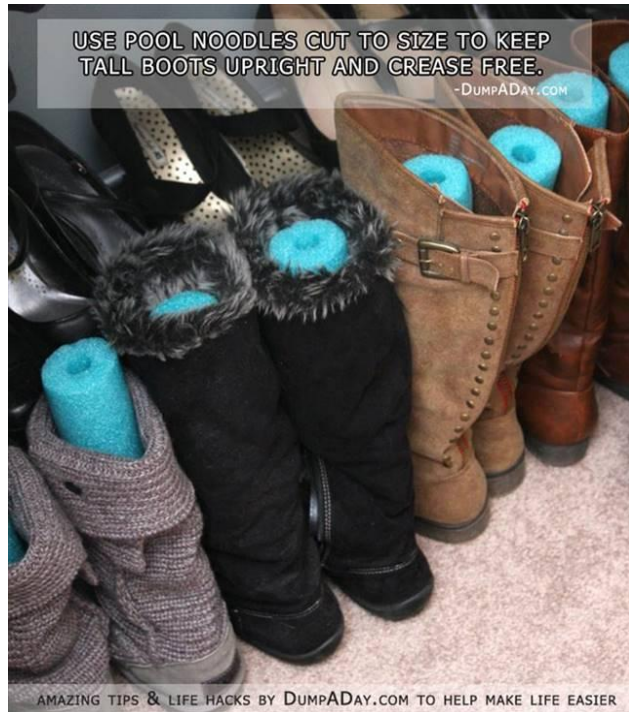
My parents showed up on Christmas Eve with their dish that could be warmed up the next day for dinner. When the kids went to bed, my father pulled me aside and handed me a small wrapped gift. I asked him what it was and he told me to just open it. I did, and there, in this box, was a shiny new bell. He put his hand on my shoulder and said, "This one is for Alanna." I was speechless. I teared up and he just stood there and held me. I began to sob tears that I had not shed for months. When it subsided I carefully placed the bell on the tree and thanked him for this very touching gesture. Then he asked if it would be alright to also hang Grandmother's bell on the tree? I said, "Of course! Absolutely." The two bells sounded distinctly different. He said that we would be able to tell who was saying hello to us.

The next day as we opened gifts in the morning I told my children about the bells. They were thrilled that this was something that was happening in our home. My eldest said that he sure hoped that his mother's bell would ring good and loud.

That evening we were all in the dining room, which was just off of the living room where the tree was. As we began our meal everyone stopped in surprise as Grandmother's bell rang out. My siblings all recognised the sound from our childhood and early adult years, as that bell was ALWAYS on the tree. We called out a Merry Christmas to our Grandmother. Then we proceeded to eat a delicious meal. Half way through, the second bell rang out, very loud and very clear. My kids and I stopped and all looked at each other with surprise and awe. Then it rang out again. My father raised his glass and said, "Merry Christmas, Alanna!" to which we all raised our glasses and welcomed my beloved to our Christmas gathering.

We still hang the bells on the tree. They still ring out, even though there are no cats climbing the tree at any time. For us, besides the gathering of family and friends, this is the best thing to happen every Christmas.

## Household Hints and Handy Tips



## Sacred Tools and Instruments by Trent Deerhorn



### The Tarot

A lot of people over the years have told me how valuable that they find the Tarot. It proves an interesting exploration at the very least and a valuable perspective at the most. Often folks are a little surprised that I use the Tarot, thinking that as a Shaman I should not have to rely upon such things. But everyone needs to have something that offers them a perspective on something that they may be missing otherwise. No matter how connected one is, the Tarot can be quite valuable. It is not like I do absolutely EVERYTHING that it tells me to do, no questions asked. That would not be wise at all. Instead, it provides me with food for thought on any subject.

For the most part, how I use my Tarot deck is that I will ask what I need to most know for my day. So before I begin my meditation, I ask the question and then draw a card. The teachings that come with each card can be many-layered. So it provides subject matter for my meditation as well. Interestingly, it has also happened that when I draw a card and cannot, for the life of me, figure out what it is supposed to be meaning to me, invariably I will have someone come to see me for whom that card resonates LOUDLY. So sometimes it isn't for me at all, but for one of my clients or even a friend that I am meeting for coffee. That I find to be extremely interesting. And often it is for both of us.

I have now 20 sets of Tarot decks. The reason for this is that I resonate at different times with different frequencies of Tarot. So I may use one deck for a few months and then switch to another deck. Each has extreme value and so none of it is a waste of time or a conflict with another Tarot deck. I hope that, as a reader, if you have not yet tried out a Tarot deck that you might give it a try. You never know. It might just turn into something that is a very valuable and sacred tool for you.

## SPIRIT WOLF

By Gail Fulkerson

Emotions are expressed with words,  
Facial expressions and body language.  
Ignore  
The fearful part of you that  
Maintains a steely-gripped  
Vigilance upon your mind,  
Ensuring you always sidestep  
Vulnerability, especially  
In sight of the ravenous wolves;  
The ones that prowl ceaselessly,  
Around every corner,  
Under every bed;  
The whispering sounds  
Of their swift running and  
Eerie howls  
Echo through  
The convoluted trails that  
Connect memory to  
Memory.  
The wolves:



Ever ready to leap,  
Tear you limb from limb  
At the first whiff  
Of your fearful blood's rising.

You inhale a tremulous breath,  
Feel it sneak past  
The writhing lump of  
Jumbled words  
Stuck in your throat for an eternity;

Begin to speak your truth.

The wolves react and descend upon you.

Hot breath on your neck,  
Snarling lips,  
Deep-chested growls,  
Tongue sheened with saliva,  
Darting wetly past sabre-sharp fangs that  
Long to pierce your flesh.  
Laser focused yellow eyes lock upon their  
Target:

You.  
And your terrified heart.

The Alpha Wolf straddles your  
Prone body.  
Mortal death is assured  
If you speak one more word.

Then:

The door to  
The secret place  
Where Souls meet  
To make deep and  
Lasting connections,  
Opens with a whisper,  
Connecting your soul  
With the soul of the Spirit Wolf.  
A dialogue began  
Between the two of you  
Before you became  
Consciously aware of it.

The dense, overwhelming terror  
Kept you from knowing.

The Spirit Wolf stood over you,  
Dripping saliva onto your exposed neck,  
Its teeth grazing your skin,  
As the sharing of ancient truths and wisdom  
Passed between your two souls.

Powerful Medicine.

When the wisdom stops flowing,  
The meeting place closes  
As quietly as it opened.  
The Spirit Wolf steps aside  
And disappears.

Fear diminishes;  
The pounding of your heart slows.  
You can breathe again;  
The lump in your throat is gone.

The long walk home commences.

There is something different about you  
That you cannot identify, but  
Now is not the time to be distracted;  
You must focus on  
Returning safely home.

Deep behind your eyes,  
The yellow-eyed Spirit Wolf  
Engages the world.

## Rock Talk by Ave Riddler

### RECORD KEEPER

Some crystals will have a naturally formed, raised or engraved triangle on its face of sides, sometimes they are large and obvious, other times more difficult to find. Another kind of record keeper is when the face of a termination forms a three sided triangle. The record keeper crystals can be found in most any crystalline formation, the triangle can be a “perfect” symmetrical kind, or elongated with uneven sides, but they do need to be a triangle. A record keeper can have more than one triangle on it.



These crystals can be used to store information, most often a record keeper will come with information stored within waiting for you to discover. Most often a record keeper that already has information stored within itself will offer insight and knowledge that will help you on your own journey. This information can be ancient, of a spiritual nature, possibly of a physical nature, or even emotional, but often accessing this information will be of benefit to you in your growth and development. Some believe ancient races of people programmed these crystals, others a more Divine source. Sometimes we may not feel ready for the information contained within a record keeper, and it may take time for you to connect with the message, and knowledge they hold. It is believed that the information contained within a record keeper was placed there by higher powers, and can as a result be vast as well as slightly overwhelming to connect with. It may take several connections with a record keeper for you to come near to understanding the messages stored within them.

One way to access the record keepers message is in meditation, while holding the crystal so that the triangle is visible to your eye as you gaze into it. Or you can place the crystal upon your third eye and meditate with it there. If you are a more physical sort, rubbing your finger or thumb over the face of the triangle can also be a method for receiving the messages.

Sometimes you may not see or find any triangular surfaces on a crystal, then later while looking at that same crystal you will suddenly see it; this is because it is believed the record keeper will only share its information with you when you are ready to begin to receive it. The reverse may also happen, where you can see the triangle readily on the surface, but over time it fades or seems to vanish, the belief being that once you have received the information programmed into it, the crystal has served that part of its purpose.

There is a message of balance between the physical, emotional, spiritual and mental aspects of one's self that can be attained while working with a record keeper crystal.

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



*Well folks this ends another year of writing about crystals, which means you will find I have turned my focus onto something NEW for the next rock talk article in flight (it's almost 2018 already can you believe that?) I'm VERY excited about next year, and can hardly wait to dive into this new focus for the year...hope I've intrigued you. In the meantime? Keep in mind, snow and ice are crystals!! And stay warm out there!*

## The secret

By Brian Bogdan

I am human.

I have a tail.



I've been told only about 2% of humans have a tail.

I think it's hard to tell exactly, most do a great job at hiding the fact they have a tail.

I was not so lucky.

When I was in high school, I told a friend that I had a tail.

Almost immediately, I was taunted by my school-mates.

"He has a tail! Tail boy! Tail boy! Get outa my way freakazoid!"

From that point on, I was unable to escape the torment.

I did not understand. I was born with a tail. It wasn't my fault.

I asked God on many occasions, why.

Why did he give me a tail??

God did not answer.

This made me sad.

I went to a priest for 'confession'.

He said that as long as I didn't use my tail, God was fine with it.

But I did use my tail.

Lots and lots of times.

When I would get close to other humans,

I secretly hoped they had a tail.

Nope. Some were gay, some were straight, but none had a tail.

They were shocked when they saw it.

This immediately stopped the encounter.

They wouldn't speak to me anymore.

Just mocked, "Tail boy! Tail boy! Tail boy!"

I would go back to the priest over and over.

Each time I would tell the Father,

"Bless me father, for I have sinned."

I have used my tail.

The priest asked me where I used my tail.

I told him I like to hang from the tree branches by it.

It gave me a new perspective on the world.

Father told me that I mustn't use my tail.

He told me, God wouldn't like me if I used my tail.

I was scared. I didn't want to have God be mad at me.

I was confused. Did not God make me?

Is he not the one who gave me the tail?

I was born with a tail after all.

"God hates me! God hates me!" This was all I could think about

I was so sad.

I tried to cut my tail off.

But I couldn't. All I could do was make a cut in it.

I went to school.

"Don't talk to him!", they said.

"He has a tail!"

"He's gross! He makes us want to upchuck!"

I had no friends.

No one was like me.

No one had a tail.

I was alone.

I decided that getting rid of my tail was not enough.

I decided to end my life.

End my suffering.

"It's not my fault I have a tail."

I was taken to the hospital.

This was one of many times I ended up there.

Always the same reason though.

Over and over this was repeated.

They put me in a special hospital.

They took away my laces.

They talked to me. Over and over.

"Why would you try to kill yourself, What could be so bad?"

I told them I had a tail.

They said, "It's alright that you have a tail."

I said, "God hates me because I use my tail."

They said, "God doesn't hate you for using your tail. He made you and made the tail."

A few days later I was out of hospital.

I had a new lease on life.

Until...

Someone on the street, (an acquaintance), pointed and shouted

"He has a tail! Tail boy! Tail boy!"

I rushed into a store.

When it was safe, I went to the park.

I went to the park to hang around and use my tail.

I pulled myself high into the trees.

Where no one could see or shame me.

It's so glorious up there.

Being who I was supposed to be.

Just a human with a tail.

I decided not to try to get rid of my tail anymore.

I became proud of my tail.

I was a rare gem within the human race.

2%!

Only 2% of all humans have a tail.

That means 98% of them won't feel the joy having a tail brings.

And you know what?

I found many more of the 2% of all humans that had a tail.

I have been in a relationship with one of them for 14 years.

We hang upside down in the trees

We look at all those poor folks out there.

Those with hate.

Those who think we shouldn't exist at all.

Well, they are so wrong.

People with tails are people first.

They Love

They feel pain

They eat, drink, and yes, on occasion be merry.

They sleep.

They drive cars.

They go to work every day.

I think it's amazing that a group of humans as small as 2%

can make the other 98% feel threatened by us with tails.

Maybe. Just maybe they are hiding a tail. Or something else.

I do not know. But I am proud to have and to use my tail.



The 'Other' Side of the Rainbow, where you find a blog about this and that, has LGBT content, is a safe space, lots of jokes, pictures, computer advice, Some pagan (Wicca) articles, trivia, and more!

## Things to Know

**23. Eat more foods that grow on trees and plants and eat less food that is manufactured in plants.**

## Letting Go of Duality

By Claire Netzach

*“Let us be kind, one to another, for most of us are fighting a hard battle.”*

—Ian McLaren

What if it isn't 'us and them', but 'we'?

I have recently been given the gift of close encounters with duality. First, I was asked to write a review of a film and panel discussion about debunking myths and 'alternate truths' about genetically modified organisms. I sat in a movie theatre watching two camps (the pro-science, GMO-supportive camp, and the less pro-science, anti-GMO camp), pitted against each other, even though they all really want the same thing: a world where we can feed ourselves and our families safe and healthy food without harming the environment.

(For the record, I live ambivalently between these two camps. I want the right to make my own informed choices about the food I eat. I also believe in evidence-based decision-making (AND that scientific 'evidence' as we currently know it has distinct limitations) and know that there are many organizations spewing ignorance and making people more fearful than they need to be about biotechnology.)

Then the #metoo movement happened. I struggled to deal with my own rage that bubbled up as I watched my friends come forward with their own #metoo stories and yet question whether their trauma was 'bad enough' to justify saying #metoo. While I sat with my own anger at really facing for the first time the fact that literally every single woman has experienced harassment or abuse, I also watched all the interesting reactions that came up for people holding on to dualism.

There were the men who tried to apologize, on behalf of all men to all women, only to be insulted and berated by men for being 'traitors' to their 'own kind'. Then there were the women who rolled their eyes at those men's crocodile tears and their (in their opinion) self-



serving apologies. There were women who told men they don't get to say #metoo because it's a women's issue, not a men's issue. There were the men who were (and are still) called out as abusers who are defended and villainized by turn.

Is this really an issue of us and them? The patriarchy would like us to think so. But in truth both women and men have been wounded in different ways by the patriarchy. I have read much about the deep wounding of all humanity that occurred during the European witch hunts, and how that influences our culture today. Woman Stands Shining, Pat McCabe, has [written about this](#) and conducted healing ceremonies in Europe based on her visions.

We may believe that we are fighting the patriarchy, or standing up for ourselves, by pitting ourselves against whoever is 'on the other side.' But the fundamental truth is this: the second we place another being in the camp of 'other' and buy into dualism, we serve the existing power structures.

It doesn't matter if you're a feminist, have left-wing or right-wing politics, believe your religion is superior to others, that your culture or skin colour is superior to others. Which duality we choose doesn't matter. The second we choose it, we deny ourselves access to true fulfillment in this life, and we waste our vitality on anger and contradiction instead of focusing it on what really matters—personal growth, resilience in the face of radical change (which, my friends, is coming), and connecting with your real purpose in life.

I'm definitely not saying don't stand up for yourself. Personal boundaries do not equal duality. Of course, if someone in your life is abusive, or even unsupportive, you don't have to put up with that. But you can feel some empathy for the hell that your tormenters are living in without subjecting yourself to the torment.

Many of us have been preparing for the evolution of human consciousness, the Age of Aquarius, the new world order, whatever you want to call it. It's exciting to talk about it and say we're ready for it. It's another to live through it. And when we realize that one of the steps in evolving is to let go everything we've understood as 'true', it starts to get really uncomfortable.

It's uncomfortable for all of us. It's excruciating for those who don't want it to happen—for those hanging on to the old world order. And even when we are ready to usher in the shades of grey that come with the Age of Aquarius and let go of the black/white, good/evil, his/hers duality of the Age of Pisces, old habits die hard. Especially for someone whose whole worldview is built on those dualities. They are going to be terrified at the prospect of their world crumbling, and they will be eager to engage you in the old dualistic arguments.

Don't be drawn in. And also, be gentle with yourself if you are. This new way of being will take decades of practice. And it will be uncomfortable. Love that as part of the process. You will

probably get angry. Love that, too. It will be beautiful, and excruciating and crazy-making. Love it all. It's the world we chose to be born into. We are meant to be here. And it won't be easy. But I'm pretty sure it will be worth it.

The struggle is real, but the enemy is an illusion. Try to remember that in the coming months.

## From the Flower Spirit Cards by Melanie Eclare



**Celandine:** My message is one of limitless possibilities

If you have any doubts or fears about a new undertaking, project or relationship, then release them all now. The Celandine is trumpeting your innate abilities to achieve the highest good for all concerned, so set aside your misgivings, bring out your heart's desires and begin to realize them. Now is the time for you to access the realm of limitless possibilities, the sweet Celandine flower spirit is bursting with excitement at your true potential.

Take this opportunity to celebrate your uniqueness and feel free to do all those things you only dreamed of before. Pay more attention to your daydreams from now on. They are precious indicators of what you are capable of. If we are able to imagine doing something then it is possible, as long as we truly believe it. So make a note of your dreams and begin to see them as a reality. Make the intention to move towards that reality and talk about it openly with everyone to bring conviction and life force to your direction. Once we bring our dreams into the present and start to live them actively, they take on a life force and power of their own. Doors begin to open and opportunities arise effortlessly. Realize your own amazing limitless possibilities, now.

## Thought for the Day:

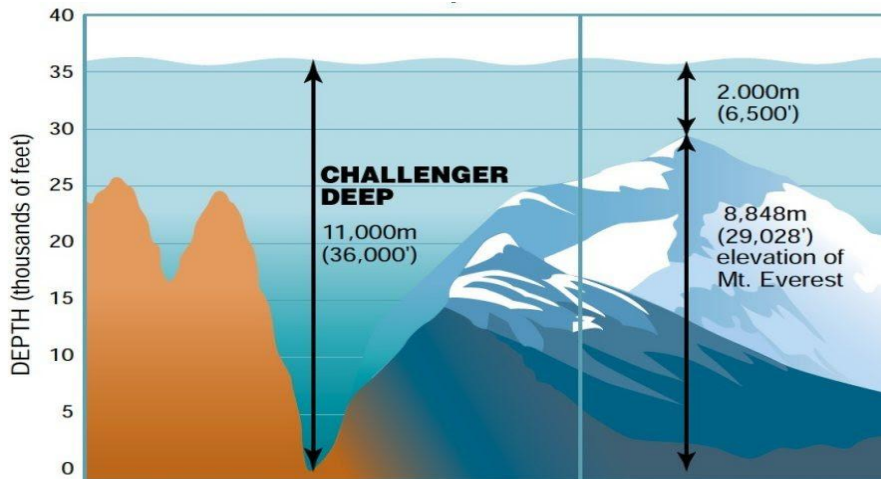
**Like attracts like. Whatever the conscious mind thinks and believes, the subconscious identically creates.**

**Brian Adams**

**How to Succeed**

## Extremes in Our World that You should Know:

### Where is the lowest point in the world?



### The Challenger Deep Trench

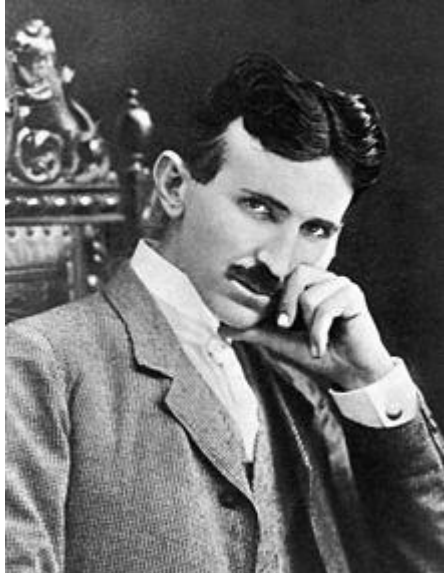
It is the lowest known natural point in the world at **35,797 ft** below sea level at the bottom of the Mariana Trench. Only three people have ever made it to the bottom in a submersible, one of which was filmmaker James Cameron.

## Paraprosdokians:

First time I heard about paraprosdokians, I liked them. Paraprosdokians are figures of speech in which the latter part of a sentence or phrase is surprising or unexpected and is frequently humorous. (Winston Churchill loved them).

## 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.

**22. Be alone, that is the secret of invention; be alone, that is when ideas are born.**

*American Genesis: A Century of Invention and Technological Enthusiasm, 1870-1970 by Thomas P. Hughes (2004)*

## From 365 Zen daily readings by Jean Smith

**The Buddha always told his disciples not to waste their time and energy in metaphysical speculation. Whenever he was asked a metaphysical question, he remained silent. Instead, he directed his disciples toward practical efforts. Questioned on day about the problem of the infinity of the world, the Buddha said, "Whether the world is finite or infinite, limited or unlimited, the problem of your liberation remains the same." Another time he said, "Suppose a man is struck by a poisoned arrow and the doctor wishes to take out the arrow immediately. Suppose the man does not want the arrow removed until he knows who shot it, his age, his parents, and why he shot it. What would happen? If he were to wait until all these questions have been answered, the man might die first." Life is so short. It must not be spent in endless metaphysical speculation that does not bring us any closer to the truth.**

*Thich Nhat Hanh, Zen Keys*

## Things you may NOT have known about Canada:

**WITH 1,896 KM (1,178 MI), THE YONGE STREET IN CANADA, IS THE LONGEST STREET IN THE WORLD.**

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

### The Sacred Mask

A very dear friend of mine is a mask maker. These are not carved masks, but masks that are made from casting that is molded to the contours of the face, then decorated. She shared with me the other day that she paused her mask making because someone whom she admired asked her why it is that she felt that she had to "wear a mask"?



Now, I have to say that there is a BIG difference between "wearing a mask" and "donning a mask". To wear a mask keeps things secret and hidden from others, so that they will not know anything about you. But to don a mask is an entirely different thing with an entirely different purpose. This is done in sacred ceremony to EXPRESS an aspect of who we are to the world. Some of those aspects may not be "comfortable" for others, but they are nonetheless there...they exist despite what others' comfort levels may or may not be.

To create a ceremonial mask and express ourselves spiritually is liberating, not confining. It is something that I personally would recommend to everyone to try at least once in their lives. When my friend led me on my first mask making journey I was thrilled with the results. But I also learned something that was unexpected.

The masks had to dry overnight. There was a large group of us in this mask making workshop, so when we gathered again the next morning to proceed with the decorating of our masks I was confused. I thought that my mask had gone missing. I could not identify it amongst all the other masks. I waited until everyone else chose their mask to see if there were any left, and there was. It was mine. But I would never have known that. You see...it had perfect cheek bones. It had a beautiful nose. The forehead was exquisite. And I had no idea that I looked like that. I had never thought of myself in any way as attractive. This confused me. Then it shocked me. Then, over time, it sunk in. I began to see my physical features in a way that others around me saw them. This did an amazing thing. It healed my self-image. Yes, I am still modest and humble, but I now also know that I am attractive as well. This is healing and empowering. And I hope that everyone on this planet can possibly experience that type of empowering healing thing for themselves.

We live in a world that is dominated by dogma. Religious dogma says things about other practices that make "true believers" think that anything other than their own path is evil. New Age dogma makes us believe that doing something primal like making and donning a mask is somehow ego based and should be set aside. I call "bull" on all of that. Celebrate your Spirit! Allow yourself to find creative ways to do so. Rejoice in the magic of your spiritual essence. And let go of all those social and political and religious conditions that try to control everyone on the planet. You don't need that in your life. You need YOU in your life. So go for it.

*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

**There is an invisible, infinite part of ourselves that I call the soul. The soul is our spiritual core; it is the divine spark of life that always was and forever will be. Think of this spark as a light that burns brightly within you. This is the essence of who you are, and it is contained in each breath you take.**



## According to the Farmer's Almanac 2017:



**Give Peace a Chance:** Winter care is easy for the popular Peace Lily. Unlike many houseplants, it doesn't go dormant; its leaves stay green, although it will not bloom. Place the Peace Lily in indirect light away from cold windows and drafts. It likes a consistent temperature between about 65 and 80 degrees F. Check the soil periodically and water only when it feels dry. During the winter months, there is no need to fertilize.



### December 3rd: Full Cold Moon

"Snow makes whiteness where it falls. The bushes look like popcorn balls." *Marie Louise Allen*



### December 12th: Chanukah Begins at Sundown

Keep bird feeders out of the wind, such as near a row of trees or bushes or on the east or southeast side of your house.



**December 16th:** Place conifers, holly, pinecones and winterberries in a window box for seasonal cheer.





### December 18th: New Moon

When removing snow from shrubs, use a broom and sweep in an upward motion in order to avoid breaking branches.



### December 21st: Winter Solstice/Yule

As the days lengthen, so the cold strengthens.



### December 25th: Christmas Day

The Christmas Rose (*Helleborus niger*), an evergreen perennial, is one of the first flowers to bloom in late winter, with pure white blossoms that fade to a dusty pink colour.



## Ask the Shaman: With Trent Deerhorn

**Q:** I often find that I am quite bothered by what other people think of me or how they talk about me. What can I do to get beyond that?

**A:** I think that this is not about them at all. It is about you and how you perceive yourself. You need to come to a place within yourself where you know that you know you better than anyone else on the planet. So your opinion of yourself is the only one that matters. Their opinion of you is none of your business and really has nothing to do with you, but with them.

## **Tidbits and Ticks:**

Ray has just reached his 110th birthday. A reporter comes to his birthday party and says, "Excuse me, sir, but how did you come to be so old?" Ray replies, "It's easy. The secret is never to argue with anyone." The reporter is not impressed. "That's insane!" he says, "It has to be something else - diet, meditation, or something. Just not arguing won't keep you alive for 110 years!" Ray looks at the reporter and says, "Y'know, maybe you're right."

## **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:**

**Jenine Wrote: I love the gentleness of all the articles. Some of the poems are not so gentle, but they have purpose as well.**

**Alex Wrote: That Bus Stop story in your Paranormal Experiences section was creepy. I loved it!**

**Maddison Wrote: I never understood the sacredness of skulls until now. Thank you.**

**Brian Wrote: Another great issue! Thank you!**

**Debbie Wrote: That article on crystal clusters truly was a cluster of excellent information!**

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