

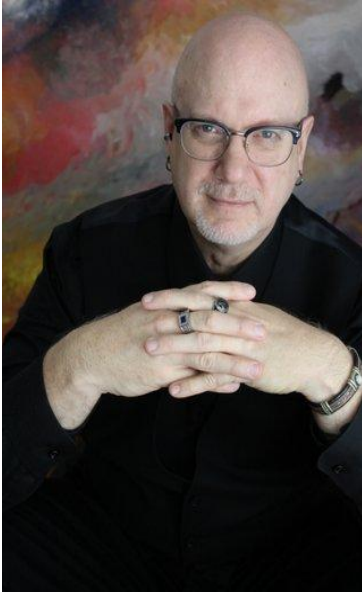
# *Flight: A Living, Breathing Document of Consciousness*

Volume 7 Issue 68, January 2018



*Articles and excerpts that will inform and inspire!*

## A Letter from the Editor:



This has been the most interesting winter, weather wise, that I have seen in a very long time. We have had highs of +3C to lows of -40C, all within a matter of two to three weeks. It brings to mind the poem that my children learned when watching the children's animated series "Little Bear":

*Whether the weather be warm,*

*Or whether the weather be hot,*

*We'll weather the weather,*

*Whatever the weather,*

*Whether we like it or not!*

I had intended to have this January issue of FLIGHT out before Christmas. However, the Universe had other plans for me. My computer went into the repair shop for an entire week and a half before Christmas, and then when I got it back Christmas was upon us. We were able to have all four of our children with us on Christmas Eve (something that will hopefully happen again, but with their schedules getting busier and busier, we kind of appreciate every little bit of connection we can get these days). Then friends from out of town were visiting and we had an amazing time of connecting and enjoying each others' company. Although I had a week off between Christmas and New Year, in the midst of that one of our dogs got very ill and had to be euthanized. This was not a very happy ending to an otherwise excellent holiday. So I am finally getting back to THIS.

Thank you all for being so patient. Thank you, my dear contributors, for sending me your articles and poetry to put into FLIGHT. One of the perks of being an editor is that I get first glimpse at the amazing work people put into their articles and art. Thank you, from the bottom of my heart.

It is time for 2018 to begin and I, for one, am looking forward to an awesome year. I hope you, the reader, are as well.

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

### **Saskatoon Qigong Practise Group Classes Hosted by Katherine Dempsey**

**Starting January 2, 2018**

**Tuesday Evenings 7pm to 8pm  
Rusty McDonald Library Meeting Room  
225 Primrose Dr. Saskatoon \$15**

Photo by Aaron Burden on Unsplash

## 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!

A flyer for "Empower Hour" with a dark purple and blue background. In the center is a white lotus flower logo. Text is arranged around and below the logo.

**Empower Hour**

*Every Thursday Evening!*

*By Donation*

*Community Sharing Circle*  
*From 7 pm to 8 pm*

*Hosted by Trusted Members of our Communities*

*Community Inspiration Wellness*

**Balance Within Energy & Wellness Center**  
**300 3rd Avenue South**  
**306 651 7227**

## 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)

\*\*\*\*\*

## 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](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.



# **JIKIDEN REIKI CERTIFICATION COURSE**

**SATURDAY – SUNDAY  
January 13-14th 2018  
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@DOLPHYHN.CA**

**WWW.INPHYNITEPHREEDOM.COM**



**INPHYNITE  
PHREEDOM**



**CONGREGATIONALIST WICCAN**  
**ASSOCIATION OF SASKATCHEWAN**



**SKY RIVER TEMPLE**

**Imbolc Ritual**

Public Ritual

Feb 4, 2018

2:30pm

Rusty Macdonald library

225 Primrose Dr

Saskatoon, SK

Potluck social to follow  
(no nuts/legumes/seeds/soy)

FREE to attend

DONATIONS welcome

Next ritual will be

Ostara, Mar 25, 2018

**Sigh and Swear**

A crush.

A fleeting thought of you,

An instant of fantasy

Causes my heart to race,

My cheeks to faintly flush...

I find my breath short

And all I can do is sigh and swear.

Sigh and swear,

As my tummy tangles in knots

And feels fluttery at the same time.

Just a passing thought,

Just a moment.

If I linger too long with the thought of you,

I start to giggle  
Start to blush.  
With a grin that is impossible to tame,  
And still I sigh and swear.  
I don't have the courage to say anything,  
Act as normal as possible around you...  
Can't risk it.  
Only letting myself  
Sign and swear  
When you are not around.  
Sigh and swear.  
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!

Well it would seem that this month was quite busy for people and no one submitted an article for this section, so I decided to share an experience of my own. So...without further adieu...

## Transitions

by Trent Deerhorn

I don't talk about this sort of thing to many people because they often find it uncomfortable, eerie, or they simply do not believe me. I help people to transition from this world to the next. That is part of my job as a shaman. Part of this consists of simply holding space for them in their final hours. Part of it has to do with counselling those they have left behind. And part of it involves actually making sure that ALL of the soul energy has left the body and gone through

the doorway to the Light (the other side of the Veil...or whatever you choose to call it in your own understanding...the Otherworld).

The most difficult part of this type of thing is, of course, when you have to do it for a family member. Unfortunately I have had to do that a number of times. The more challenging one was when my eldest sister passed. There had been a LOT of tension between the rest of my family and her. For awhile I was the only one of her siblings that would communicate with her, because, as she knew, I would not play the game of excommunicating a family member, as many of my family would do.

She had a very long and arduous journey through lung cancer. She had just had a five bi-pass surgery on her heart when they found the cancer in the lungs, and because of the surgery on her heart she was not strong enough to have any surgeries on her lungs, and she was told that they were in bad enough condition that even the wait for a lung transplant would not likely be successful. So she went home to recover from one surgery and prepare for the worst case scenario that was apparently inevitable.

After staying home for as long as she could she was finally moved to a palliative care unit in the city. At this point the goal was simply to keep her as comfortable as possible. The day that she died I was having my morning shower and suddenly heard her call to me. On the other side of the shower glass she was standing with her hand on the glass. I heard the phone ring and my wife answer the phone. I put my hand on the glass to match up with hers. I said to her, "You are leaving now, aren't you?" and she replied, "I need your help. Something is making me stick to my body." I said, "I will be right there."

As I got out of the shower my wife came in and told me that my sister's husband had just phoned. I said, "Yes, I know...she's gone." I went to the hospital to help the rest of her soul energy to leave her body. Fortunately she had not yet been moved, but my brother-in-law wasn't in the room. He had been called away to sign papers and make arrangements. So I proceeded with connecting with her on a soul level and, after opening a vortex to the other side, pulling her soul energy out of her body and sending it into the Light. As I was doing this I was telepathically flooded with events of her life...many of which I had not been privy to because they either happened way before I was born or they just were not any of my business in the first place. My sister and I had a strong telepathic connection throughout my life, so this was something that, on the one hand, was "normal" for us, but on the other was also very intense because of the details that flooded through. I was brought to tears.

At that moment my brother-in-law entered the room and watched what I was doing. He too began to cry and as the last remnant of her soul energy transitioned her body gave one last

deep, quiet exhale, like a sigh really, and the vortex closed. I hugged my brother-in-law and told him she was now in the Light.

This was the first time I had ever had a life flashback on behalf of another person. For me it was an indication that the bond between us was just that strong and we were deeply connected on a psychic level. I think it perhaps also helped her on some level to transition because she did not have to do the life review all on her own. There were some very dark things that happened to her and if it were me, I would also have been quite scared. But together we were able to get her through it. For that I will always be grateful.

## Household Hints and Handy Tips



## Sacred Tools and Instruments by Trent Deerhorn



### Prayer Beads

These are found in many cultures around the world. Be they a Rosary Bead set or a set of Mala Beads, or whatever, they are often used in prayer and meditation. I include these in



my Sacred Tools and Instruments because they are very useful.

These ones (there are 2 sets pictured here) are both sets of Mala Beads. There are 108 beads plus a "Guru" bead. The 108 beads are used to keep count of how many times a mantra or prayer is said. The number 108 adds up to the master number 9, which is said to be the most potent number spiritually. Once the prayers are said, slowly working one's way around the complete strand of beads and finally reaching the Guru bead, one then holds the Guru bead and chants OM. I like to do so four times (one time for each direction and element).

What I have noticed is that while doing energy work with people, I am sometimes called to do chants and prayers using the mala beads. When I am done my 4 OM's I am often led to place the beads somewhere on the person's body. When I do that people have most often commented on how as soon as the beads were placed they could feel a significant shift within the energy of their bodies. I wait until I am given the "green light" to remove the beads. When I do, the person often describes a feeling of having some toxic energy release from that spot, filling up immediately with positive energy. I know that when I first felt that I was amazed, and I think that this is why I was open to the guidance of placing the beads onto the person upon whom I am working. The effects can be quite profound.

Often people wear the prayer beads decoratively and keep it at that. This is not an appropriate use for them. If you wear them, please put them to proper use and create positive energy via prayer and chant...*then* place them on your body for the day if you like.

## Rock Talk by Ave Riddler

Welcome to a new theme for the rock talk, I'm excited to give this a try for the next year! For the past five years I have been writing about minerals, and crystals, from types to shapes, and have been referencing my favorite books to do so. Today we start a more personal journey! My goal for the next year is to share my own insights and experiences with these amazing energetic beings. This first article will be more the history of Ave and the rocks.

**I say I have rocks in my head, in a good way.**



For as long as I can recall I have had stones with me. I would collect them and store them in an empty ice cream bucket when I was a kid. I knew what stones were in that bucket, I might not have known the different kinds of minerals, but I knew what each one looked like, and often could tell you where I'd found it. I know I would occasionally sift through that collection and take

some back to the outside world. I imagine my mom had a heck of a time come laundry day when I was little; I was likely to have rocks in every pocket of every outfit I ever wore! Of course back then I had no idea what made them so special, didn't know there were gifts and experiences these stones could offer. I do know my mom told me once about a school project I had done (very young) where I wrote about pretty things, pretty clouds, pretty trees, and pritty rocks, she told me when she asked me why I had spelled pretty wrong that I told her it was a different kind of pretty.

One of my favorite stores, when I was young enough that I can barely remember anything else about the store itself, was one of those science and discovery types of stores I think in Midtown. In the back of that store was a small display of minerals and chunks of different stones. I couldn't tell you the name of the store, or how long ago it was there, but I can tell you what stone was my very first purchase from that store, and I in fact still HAVE that chunk of amazonite.



I even still have some of the quartz, a geode piece, and even a few fossils I collected from rock gardens and driveways where I used to sit and sift through all the pritty rocks I could find. I recall sitting on the beach at the lake as a kid and looking at the pritty rocks in the sand, or diving into the water to "rescue" a pritty rock.

As I got older around high school, I discovered a love hate relationship, I was a girl who did NOT like pink, anything pink was a thing to avoid, and yet suddenly I saw my first rose quartz at a friend's house, her mom owned a decor item that was carved rose quartz (again at this time I knew nothing about the gifts and experiences any mineral can help you with) but I LOVED that rose quartz, wanted so badly to touch it, hold it, and would NOT let myself do so because it was PINK!! I went through that struggle for some time. Anytime I saw anything made out of rose quartz I would want to touch it, hold it, but would refuse because it was pink; the more vibrant the pink the more I was drawn to it.

It was a few years later when I first discovered a metaphysical store, a haven of crystals and minerals, and found books as well as tiny little cards by the stones that explained what gifts and experiences this crystal or that gem could help you with. Suddenly I understood why it was a different kind of pretty! Once again we circle back to rose quartz, and my mom. For some reason one day I took my mom into that store, I think to show her what I was learning about all those pritty rocks! She found a piece of paper with the details about what rose quartz could do, how it could help you, what experiences it could help you heal from, and insisted I **NEEDED** to



get some. I don't know if she got me my first piece, or if I finally caved and got it for myself, but a rose quartz pendant was one of the first knowingly acquired healing tools I had. I still have that crystal. It is no longer a pendant and the crystal itself has changed drastically over the years (something I will go into detail in a future article this year)

Ever since that rose quartz I have learned to not question my feelings when it comes to minerals and crystals, if I feel drawn to it, even if I don't like the color, or how I feel when I look at it, there is *always* a reason I feel drawn to it. (First important bit of info I want to share right there!)

We will wrap up with that little idea, because I think that can lead us nicely into the next month's article. (Don't want to make each venture really long, plus should save stuff for further articles!)

Rock on!

## Things to Know

**24. Drink green tea and plenty of water. Eat blueberries, broccoli, and almonds.**

## From the Flower Spirit Cards by Melanie Eclare



### Purple Toadflax

*My message is one of surrender.*

Surrender is the simple, profound wisdom of yielding to rather than opposing the flow of life. The only place we can truly experience the flow of life is now, in the present, so to surrender is to accept the present moment unconditionally and without resistance. This does not mean giving up, or becoming defeatist, nor does it mean ceasing to make plans or initiating positive action. Surrendering is the most powerful move we can make to bring about positive change. We can say how we feel and take action where necessary, if we simply stay present. When we surrender all judgement and resistance, then the miracle of life unfolds naturally.

The flexible and joyous Toadflax spirit is showing us the way to surrender control and release preconceived notions about how a situation should unfold. If we trust in a higher power and know that we can only live our lives in the present moment, then we can go with the flow more easily and open up to the wonderful blossoming of experiences that unfold around us daily. When we accept what is, every moment becomes the best moment and we gain enlightenment.

Let go and surrender your problems to the Creator, releasing the anxiety that comes with trying to control situations the way you want them to be. Become aware of the resistance in your life, then make the intention to relinquish it and become truly conscious, by living in the now.



## Shamanic Human Rights

by Beata VanBerkom: The Tinfoil Hat Lady

We are living through a mental, emotional and spiritual renaissance; an historical enlightenment. It is an irreversible vortex of human personal awakening.

We can no longer deny human thoughts create our world. We are remembering the ancient truth, becoming inner 'Creator Aware'. Known as Shamanic Tradition, or **Ancient 'traditional human' intentional creation and meditation practice**, it's natural to you..

Traditional meaning of a shaman can be described as:

**"The one who sees in the dark" or "One who knows".**

One who recognizes the **conscious energetic connection** between two worlds: The SEEN and UNSEEN.

We see only a small portion of the total electromagnetic spectrum and hear a very limited range of audio as well. However while we are incarnate here on Earth, the intelligent consciousness from the unseen, is always available to us. Remember the 'ring' that moves the character Frodo, from Lord of the Rings, into a realm where the others cannot see him? Could this RING actually be in reference to SOUND ?

This unseen is the DREAMTIME of the Australian aboriginal people. It is said the "seen" world is a shadow of the unseen realm. We are the dreamers here in our waking reality.



***“The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honours the servant and has forgotten the gift.”***  
Einstein

**Direct Revelation Experience** is the basis of Shamanic tradition or ‘**ancient traditional human intentional meditation**’.

Modern life wants Action, values Action over the Natural Being state. In Being we know our truth. Yet we don't choose time to Be for all our modern Doing. Internal human experience has always been repressed, but today we can push the boundaries of ‘experience’ to include human consciousness. The past world of ‘expectation’ is over.

In authentic experience human perception awakens and personal responsibility ignites in our hearts once again. The faulty ‘born sinner’ identification and diversion to make self ‘better’ gives way to acceptance of what is, the perfection of being conscious. Loving self and Nature becomes obvious. The reality of personal connection to vast and eternal knowing is apparent.

Our new mantra becomes: *‘I LOVE AND APPROVE OF MYSELF. I AM SAFE.’*

Immediate direct personal contact with Spirit is intuitive and not subject to outside judgments, censorship, timeline or definition. There is no exterior top down orthodoxy pushing dogma.

No outside source can provide access to the wisdom within. Direct revelation allows each one of us the personal ability and responsibility to access our collective dream realm of consciousness.

In ‘modern culture’ alternate states of consciousness are **taboo**. However these realms are our *human right*. Shamanic culture offers personal transcendent connection. Sadly most organized ‘religion’, with fear tactics and controlled historical timelines, quite unjustly, suppress Shamanic or Natural Traditional Human Direct Revelation. These groups have gone so far as to call it dangerous and Satanic.

I learned of Gnostic and esoteric repression from many sources over the years. However the best source seems to be the book The Undying Stars by David Mathisen. These passages below are taken from there.

***“Theodosius ordered in AD 380 that all Christians must profess their faith in the bishop of Rome, thus outlawing alternative dogmas besides the one promulgated by the hierarchical structure controlled by the descendants of those long-ago transplants from Judea.”***

***“He outlawed paganism outright in AD 392, decreeing the death penalty for anyone practicing augury or some of the other practices of the traditional Roman pagan rites.”***

***“He closed the ancient Oracle at Delphi in AD 390, and ended the Eleusinian Mysteries in AD 392, as well as (according to some scholars) the Olympic games after that same year.”***

The heartrending truth is, the religious who tolerated only the literal and historical ‘Christ Story’ viciously repressed the Indigenous Human Nature Science. This science still holds our ancient human history, healing teachings and tools to access human consciousness realms. These experiences belong to all humans and need to be available to everyone.

Three simple tools are the main powers of the shamanic way:

**Love/Gratitude**

**Seeing/Truth**

**Blessing/Energy**

True Shamanic teaching offers the seeker an authentic initiation. Not copying teacher but building on wisdom, creating one’s own way. Being open to finding new information. Trusting, Loving, and Blessing the next generation keeps tradition non-dogmatic, alive, current and meaningful.

However there are many similar symbol forms, ideologies and characters that one sees, meets and deals with when on a Shamanic journey.

***“This (shamanic) worldview included the belief in an unseen world which actually contains the "source code" for this ordinary, material world which is in fact only a projection of the “real world which is behind this one”. It also included techniques for making contact with and actually traveling to that unseen realm, in order to gain information or make changes to the "source***

***code" there, which could have tremendous impact on events back here in "the ordinary world." -The Undying Stars- David Mathisen***

One can use Shamanic experience for practical personal visionary purpose without being an actual traditional shaman. Drumming, chanting and physical posture can be used to achieve trance states. Hallucinogenic use may be employed to meet the deity within. For example legal Salvia is a simple tool. It, as all shamanic and modern medicine, needs to be respected and used in a sacred way. The experience of being outside of your mind, body, personality complex can be healing.

**Meeting trans-personal 'others' is about *relationship not worship*.**

As humans we all share traits allowing direct knowing. Though not all train to the degree a traditional shaman does, Shamanic approach is natural and basic to all. **Intuition and trance states, comforting others, performing rituals for others and making one's dreams manifest are accessible to all.**

By following a Shamanic approach we are creating authentic meaning. Taking personal power back from the 'matrix think' of our culture. We are ignoring the lies of toxic media and digging for a more meaningful personal truth ourselves. By acknowledging the unseen, we are powerful, managing effective change as it manifests from the dream world towards us.

**Let us move forward into new realms, creating our environment with the best of human imagination.**

**Beata Van Berkom aka The Tinfoil Hat Lady is the Creator of Tinfoil Therapies in Saskatoon Sk. Beata can help you access your personal Shamanic Experience through the use of Healing Sound: Chakra Bowls, Holy Harmony Tuning Forks, Drumming, Chanting and more. <http://tinfoilhatlady.com/tinfoil-therapies>**

click here to read the full article. <https://tinfoilhatlady.com/2014/09/22/shamanic-human-rights/>

## Thought for the Day:

"If you would learn the secret of right relations look only for the divine in people and things, and leave all the rest to God." J. Allen Boone, *Kinship with all Life*

## NEW YEAR ADVENTURE

By Gail Fulkerson

Within winter's darkness  
A new year waits  
For its cue  
To step upon the universe's stage  
And flood the Earth  
With its magnificence.  
There it is!  
Bright with promise and  
Fraught with excitement,  
Adventures ripe for the picking,  
Hanging from the World Tree  
A most magical fruit.  
All one needs to do is reach up,  
Wrap your fingers around its  
Plump body,  
And pull it to you.  
Inhale the sweetness of  
Fresh promise,  
The ripeness of energy  
Contained within;  
Enough to power your adventures  
And more.





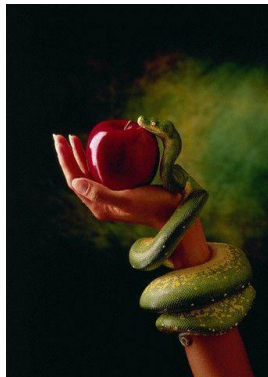
Bite into the fruit;  
Savor the taste  
As the juices spill over your lips  
And run down your arm.  
Each mouthful imparts  
Magic!

The energy flows into  
Your physical and ethereal bodies,  
Ramping up your energy levels  
Until you feel so powerful  
You believe you could take on  
The entire Universe at once  
And not break a sweat.  
(Totally not recommended, by the way.)

You know, of course, that no matter  
Which piece of fruit you choose,  
Each rich adventure unfolding  
With every bite you take,  
Brings with it  
A lesson  
Tailored just for you.

When the flesh is gone  
The core appears.  
The pit in the centre;  
The seeds of wisdom  
Encased within their own  
Protective jackets;  
All your hard work  
Has been rewarded.

Your gaze falls upon  
Your prize.



Please remember:  
The cores are not to be eaten  
Like the flesh,  
But consumed meditatively,  
Receiving its teachings  
Upon the ethereal cords  
That connect you to this  
Living being:  
That piece of fruit you picked  
From the World Tree  
That promised adventure,  
Has delivered 100-fold.

Are you ready to pick another?

## Extremes in Our World that You should Know:

What is the most photographed place in the U.S.?



**Surprise: the Guggenheim building in New York...**

Photos have always told stories, but in today's world of cell phone cameras and social media, that story is relayed as data to companies who monitor everything we do. Geotagged data was culled by Sightsmap

using a Google-based image sharing software, and can show us the most photographed places in the world, right down to this landmark. The strange winner is this building in New York City. Guess it impresses a lot of visitors.

# Practicing Trust

By Claire Netzach

“No matter how upside-down it all may temporarily appear, we will have no fear because we know this secret: Life is crazily in love with us—wildly and innocently in love with us. The universe always gives us exactly what we need, exactly when we need it.”

—Rob Brezsny, “This is a Perfect Moment” in *Pronoia*

Every day right after I wake up I say the mantra, “I surrender to the Divine Plan,” three times. I repeat it silently many times during the day at those moments when things don’t seem to be going according to my own plan. It’s a reminder that I’m not in charge, and a recognition that I don’t have a perspective broad enough to see how what I perceive as a glitch, mistake or inconvenience fits into the larger picture.

Years ago, when I began practicing believing in the Divine Plan and the Unseen, I got hooked on the book [\*Pronoia is the Antidote for Paranoia: How the Whole World is Conspiring to Shower You with Blessings\*](#). When I looked back on my life, I could see that what Rob Brezsny says is true: those moments that seem like a disaster at the time turn out to be one of the best things that ever happened to you, as Life continues to unfold.

And so I practice trust. It is easier said than done. It can also be quite a trigger for some people, which I discovered when I shared my mantra with a colleague of mine. A series of emotions twisted her face in a matter of a few seconds: horror, grief, disgust. I asked her what had upset her so much. She said, “I can’t surrender—it’s giving up.”

Letting go, in trust, to a higher and benevolent power is certainly not the same as giving up in the face of insurmountable barriers, but I could understand that from the position of someone who doesn’t trust, or who sees the world as a series of barriers and difficulties, they could be misinterpreted that way.

In my professional life, I do project-based work on a contract basis. I have rarely had to chase projects. They come to me from my network of clients or from recommendations from my clients to others. I am grateful to have a series of advocates speaking on my behalf. And this way of life means that projects appear out of the blue, and sometimes disappear without warning. And I have to trust that it is all happening for my greatest good.

Recently, a contract, which had potential to become long term, ended. This left me facing the next few months without the work (and income) that I was counting on. This has happened many times before in my career, and it always works out, but that doesn’t mean it isn’t tempting to fall into fear of the unknown or grief for what I just lost.

I allowed an evening to feel sorry for myself, and then began the practice of curiosity: I wondered what the Universe had in store for me as a replacement. I have a good relationship with my client, and I

wondered if maybe the relationship just needs to be reorganized under a different contract, making it potentially less of an ending than it felt like at first. I reminded myself to trust that the Universe has plans for me that I can't possibly know—and don't need to know until it unfolds.

I also made the connection that in a recent spiritual mentoring session, my spirit guides had told me to prepare for a sudden steep rise in responsibility and scope. My mentor advised me to tell my spirit guides that I am ready to begin that process, and I have been doing that. In bringing myself back to trust, I realized that what at first appears to be an ending that I didn't want may well be my spirit guides making room in my life for that impending Herculean task that I have been preparing for.

I mentioned to my husband that I felt a little out of practice with the trusting process, because things had been going so smoothly and steadily for so long. Then, two days after I received the notice about the contract ending, I received a call from an organization I had never spoken to before, acting on a recommendation from a colleague, asking me to partner with them on a new project. My husband laughed, "How many days did you have to practice trusting before the Universe responded? Two?"

How is your practice of trust? Can you think of examples in your life where you think that what is happening right now is the worst thing that could possibly happen to you, and then look back on that moment and realize it HAD to happen that way in order for things to work out even better for you than you could imagine? If you don't have a trust practice, perhaps just begin with entertaining the possibility that the world is conspiring to shower you with blessings. Look for signs. They're there.

In the meantime, I will enjoy a stress-free winter holiday, with no deadlines hanging over me, spend time with my family, and leave it up to the Universe to set up 2018 in ways more magical and wonderful than I ever could have predicted.

Thanks Universe, I trust you unconditionally, and surrender to the Divine Plan.

## Paraprosdokians:

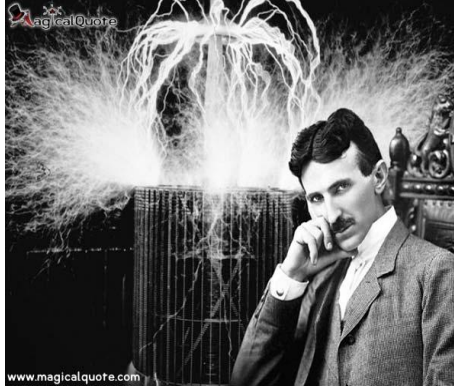
First time I heard about paraprosdokians, I liked them. Paraprosdokians are figures of speech in which the latter part of a sentence or phrase is surprising or unexpected and is frequently humorous. (Winston Churchill loved them).

### 1. Where there's a will, I want to be in it.



## 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.

**23. Life is and will ever remain an equation incapable of solution, but it contains certain known factors.** *The Machine to End War, Liberty, February, 1937*

## From 365 Zen daily readings by Jean Smith

**Zen teaching is like a window. At first, we look at it, and see only the dim reflection of our own face. But as we learn, and our vision becomes clear, the teaching becomes clear. Until at last it is perfectly transparent. We see through it. We see all things: our own face.**

***Stephen Mitchell, Dropping Ashes on the Buddha: The Teaching of Zen Master Seung Sahn***

## Things you may NOT have known about Canada:



IN NEWFOUNDLAND, CANADA,  
THE ATLANTIC OCEAN  
SOMETIMES FREEZES SO  
PEOPLE PLAY HOCKEY ON IT.

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

### Attend the Circle

I have noticed a rather disturbing trend of late. It is not disturbing in the sense that you might think, but possibly for completely different reasons. Many of my readers know well how much I struggle with technology. It seems like a “three steps forward, two steps back” relationship.

But this is just about how I am SLOWLY getting to know how to function with technology. So please put that concept aside for a moment, because it has very little, if anything, to do with what disturbs me in this trend.



The trend is this. There is value in oral traditions and in interpersonal experiences. When we gather together we are actually creating a circle. Whether it is a ceremonial circle or simply a social circle, it is, nonetheless, a circle. We connect. We are able to touch one another's lives in meaningful ways. But I have noticed, as have other practitioners of various modalities, that people are less likely now to attend a course that is being given. People want to be able to access pretty much everything online. This is NOT healthy and it certainly does not provide one with the quality of instruction or experiential learning that an in-person course does.

Imagine for a moment, if you will, going to a doctor and having the doctor examine you physically and tell you that you have a diagnosis that is quite dire. Imagine how you

would respond if you found out that their medical degree was acquired entirely online. If you are like pretty much anyone else in the world, you would immediately be getting a second opinion on that diagnosis.

The same applies to any form of practitioner in any healing modality. I would certainly never dream of getting much quality of training as a shaman online. The quality that I had in person with other practitioners was absolutely stellar and beyond compare. Most of the information that I have looked at online in the area of shamanism or even magic practices has ended up being the “Reader’s Digest” version that nowhere near covers everything involved on the topic. There is always information lacking and there is too often the impression given that “this is everything you need to know...”, which is hogwash.

People often say ridiculous things to me like, “Oh, you’re a shaman! I know all about that. I read a book on it.” Pardon me while I roll my eyes so hard I almost induce a migraine. Try 50+ years of training and practice, you moron! How would they feel if I said to them, “Oh! You’re an Engineer! I know ALL ABOUT THAT BECAUSE I READ A BOOK ON IT”? How ridiculous.

For those of you who want to learn and who want to learn well, no matter what the modality is that you wish to explore, please, PLEASE attend the circle! When you attend, be it a week long course, or weekend segments or whatever, you will be learning not just any written material. You will be learning from the shared experiences of your fellow classmates as well as from the expertise of the instructor who is presenting. That stuff is GOLD! You cannot learn how to be an excellent cook simply with a recipe book. This too is something that is best learned alongside an experienced cook or chef. The same applies for modalities. Learn alongside others with expertise and others who are also on a healing path. Attend the Circle! You will never regret that decision. Also, do not let yourself think that in one weekend course you will immediately be a practicing “whatever”. It takes YEARS. Go for the long picture. Attend the circle and keep attending. You will not regret 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

**When your body is relaxed, you have let go of all the stress you have been holding in every muscle, organ, and fiber of your being. You give your body time to renew and regenerate tissue. Relaxation helps your body tap into the spiritual vitality that sustains it.**

## According to the Farmer's Almanac 2018:



### Early Bloomers

The bulbs glory-of-the-snow and spring snowflake flower in early spring. Part of the Asparagaceae family, glory-of-the-snow can often be seen poking its flowering stalks up through melting snow, hence its common name. It is deer-resistant, naturalizes well, and offers delicate, lilac-color blossoms.

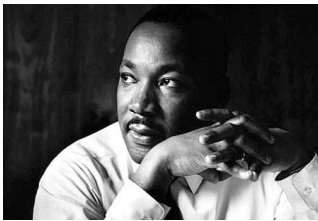


Spring snowflake is adored for its white, bell-shape umbels tipped with green. Belonging to the Amaryllidaceae family, it multiplies freely and is an ideal choice for bog gardens and pondside plantings



### January 1: New Year's Day/Full Wolf Moon

Some Sioux tribes call this full Moon the Moon of Frost in the Teepee.



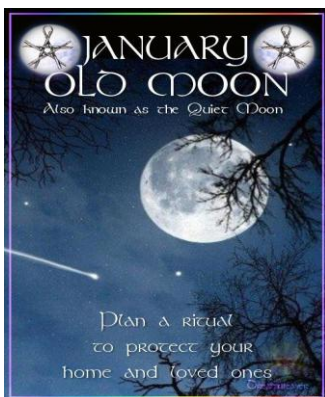
### January 15: Martin Luther King Jr.'s Birthday

The International World Peace Rose Garden in Atlanta, Georgia, features 185 roses in a variety of colors, planted in a sunburst pattern to represent the brilliance of Dr. King's ideals.



### January 16: New Moon

Sow seeds of carnation, impatiens, pansy, salvia, and verbena indoors now for early spring bloom.



### January 31: Full Old Moon

According to a popular definition, the blue Moon is the second full Moon that occurs in a month. This year has two blue Moons, in January and March, while February has no full Moon at all!



## Ask the Shaman: With Trent Deerhorn

### Q: Do animals have souls?

**A:** The short answer to this is "Yes", the slightly longer answer is, "Yes, of course" and now I will give you the answer that is yet longer than that:

I personally find that when I encounter a person who can look into the eyes of another creature and NOT see a soul behind those eyes that said person themselves is lacking "something". Some would call this person a "skin walker" - someone who themselves is devoid of soul energy and thus is a shell that can become inhabited by a dark entity. Others would call this type of person a "capitalist" whose main shtick in life is to rape the earth of all of her resources and never worry about what that does to the environment or how it compromises future generations of people who are yet to live on this little blue rock we call "home". Now, I do not necessarily equate capitalism with evil...only in its extreme personifications.

The point is that if you can look into the eyes of an animal and not see a soul, then there is something lacking in YOU, not the animal. In the Paranormal Experiences section of this issue I describe the experience of transitioning humans from this life to the other world upon death. The same is done for animals. Animals do not tend to have the same issues that get in the way of that transition as do humans (who are often riddled with fears and regrets). So the transition is often quite smooth. But their soul energy will cross over with the same amount of joy and glee as does a human soul. And often there are others waiting on the other side for them as they cross over, just as there often are for humans.

In some shamanic traditions (those which I do not necessarily agree with) it is acceptable to, during a soul retrieval ceremony, extract the soul energy from some animal and insert it into a human body where the human soul energy once existed, basically to "fill up space" where the human soul energy once resided so that random energies of entities cannot walk in and take over. There are far better ways of filling and protecting that space than dumping the soul energy of an animal into it. And when this is done the soul energy of the animal goes into crisis because it is not in its OWN temple (body). But the mere fact that this is a practice speaks to the fact that many cultures and traditions hold it as a truth that animals do, indeed, have souls.

We have to, in order to understand this, recognise that Animism is a thing. It is an understanding that there are spirit and soul energies in everything we encounter. Trees have it, plants have it, rivers have it, oceans have it, rocks and stones have it, mountains and prairies have it and so on. It is now becoming scientifically measured in terms of vibration and energy



force. And it has been discovered that there is a symbiotic connection and communication between all things. Consciousness cannot exist without some form of charge...and that charge is usually soul energy.

## Tidbits and Ticks:

My friend was at the beauty parlor when she overheard another woman rattle on to the manicurist about the sad state of her marriage. "Things have gotten so bad," she said, "I think I might ask for a divorce. What do you think?"

"That's a serious matter, " came the reply, "I think you should consult another manicurist."

## 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:

**Ryan Wrote:** Trent, your article on the making of the Sacred Masks touched me deeply. In addition to that, I found that I was both surprised and delighted by how easily you let yourself become vulnerable and speak to your own personal issues around self-image. Thank you. I would never have guessed, knowing you, that you ever had these issues because you come across very confidently. Yet you are also human and you are such an inspiration, even within your vulnerability. So thank you.

**Jamie Wrote:** The article on letting go of duality, by Claire, I found to be challenging. Part of the challenge, I am well aware, is that I hold my own dualistic beliefs. It is refreshing to look at something like this and see that there are perhaps other options available to me.


**Matthew Wrote:** I thoroughly enjoyed The Secret by Brian Bogdan! Thank you!

**Angela Wrote:** I have never before heard of a Record Keeper crystal. That is so incredibly cool! Love the photos of them too.

**Peggy Wrote:** I loved the poem about the Spirit Wolves.

**Joanne Wrote:** The Christmas Bell article...OMG! I am in tears!

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