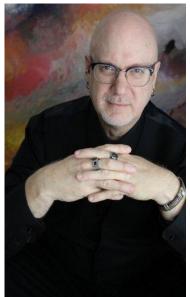
Flight: A Living, Breathing Document of Consciousness

Volume 7 Issue 70, March 2018



Articles and excerpts that will inform and inspire!

A Letter from the Editor:



I don't know if anyone else ever experiences this, but have you ever woken up from a deep sleep and suddenly realized that somehow some part of your body has been injured in your sleep? This is what happened to me the other day. So now I am in treatments for an injured foot that swells up like a soft ball. Once the swelling is completely gone I may need to have X-rays taken to see if somehow I have fractured anything. In the meantime it is Chiropractic adjustments, energy healing, and physiotherapy. But, as someone once said to me, "You're not really stuck. Slowed down considerably, but not stuck." So I have used my time to heal to make sure that things like FLIGHT have been completely taken care of and that it is ready to go!

Thank you to all of my contributors. You make this newsletter amazing each and every time you write something of your journey and your wisdom and your experiences. Readers love that, as you will see when you look at the Forum section and see their responses to the last issue.

I want this to go viral, so please do forward it on. And if you have received this from a friend or family member and would like to get this newsletter directly, you can email me at deerhorn007@gmail.com for your free subscription. Please don't just send me an email address with no request written out. I need to know what you are asking for. LOL It has happened, otherwise I would not mention it.

Enjoy the read!

Trent Deerhorn

Editor

Deerhorn Shamanic Services Floating Drum Circle



With the impending lack of an affordable space for holding drum circles, Trent Deerhorn has come up with a dynamic solution in which the Drum Circle Community can participate! The Floating Drum Circle will now be available!

What is a Floating Drum Circle? It is a Drum Circle that is able to move from one location to another.

How does this work? Invite a minimum of 10 friends over for a drum circle in the privacy of your own home. Trent brings the supplies for the Drum Circle and the Ceremony.

Ceremony? Yes. As you all know, Trent's Drum Circles are Ceremony/Ritual based, which makes them both spectacular and unique. These celebrations can be in accordance to the phase of the Moon, or the Season, or whatever you choose to celebrate.

Who is in charge? You are in charge of the space and the people you invite and the number of people you can comfortably accommodate. Trent is in charge of the circle once it begins.

What if I don't have 10 people? It is important to have the minimum of 10 in order to be financially feasible for Trent to lead the circle. *Upon your request* in advance of the registration date, Trent can share the date and time and contact number with his contacts who can then contact you to see if there is enough space.

Who pays? Each person pays their fee (\$20) **ahead** of the date of the Drum Circle. If the fee is not paid **3 days in advance** of the circle, the spot goes to the next person in line on the waiting list. The host/hostess collects all fees and pays Trent **before** the circle begins on the date set. Hosts/Hostesses get the Drum Circle free of charge.

Children in attendance must be strictly monitored by their parents.

Any damaged supplies must be paid for or replaced by the one who damaged it (or parents if it is a child) by a similar article of equal or greater value.

What is the method of payment? **Cash only.** This makes it much easier for the host/hostess to collect.

To arrange for a Floating Drum Circle in your home, please contact Trent Deerhorn at **deerhorn007@gmail.com** or at (306) 978-5300.

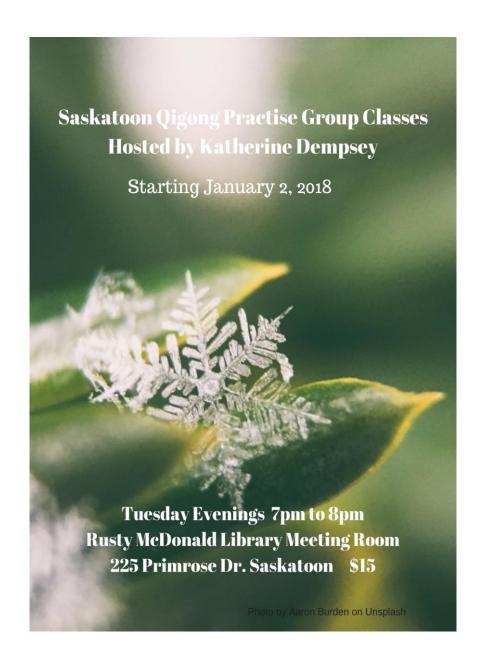
Ongoing Events

Skype and Face Time with the SHAMAN!



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





Heart Songs, Sharing and Sing Alongs with Bruce, Brian D. and Friends!

Second Saturday afternoons of each month

from January to June... 1pm - 3pm...

at Serendipity Flowers!

727 A 22nd Street West

(Saturday, Jan 13/Feb 10/March10/April 14/May 12/June 9, 2018)

presence is priceless...enter freely... all donations and/or gifts are certainly welcome and appreciated!

Heart Songs with Infinite Potential

Sing and Play Alongs

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

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

at d'Lish by Tish Cafe

(702A 14th Street East)

presence is priceless...enter freely... all donations and/or gifts are certainly welcome and appreciated!

Upcoming Events

Pass The Feather Community Get Together

Sharing Circle and Pot Luck

3rd Saturday's of the month from

(November 18, December 16...)

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

co-hosted by Victoria, Brian and Bruce

at Yoga Sanctuary in The City

(219A 21st Street East, Saskatoon, Sk)

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

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

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

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

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

Come as you can and leave as you need.



CONGREGATIONALIST WICCAN ASSOCIATION OF SASKATCHEWAN



OSTARA

Public Ritual Mar 25, 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
April 29
2:30
Gabriel DuMont Park
Plus
CWAS Provincial AGM
Apr 21, 2018
Rusty MacDonald Library
1:00 pm (tentative)



TOON TOWN'S PAGAN SUMMER FEST.

Friday June 22 to Sunday June 24 2018 WELCOME TO THE SIXTEENTH YEAR OF FESTIVE FUN!

This is an all-inclusive three day, two night camp-out festival, in the Saskatoon area. Included are meals, crafts, guest speakers, drum circles, circle dancing, rituals, and MORE!

Tickets on sale starting April 1, with different early bird prices

APRIL 1 - 30

\$70.00 Adult

\$55.00 Child (12 & under)

Group Rate offer for 4+ people

\$10.00 off each ticket.

MAY 1 - 31

\$80.00 Adult

\$65.00 Child

Group Rate as above

JUNE 1 - 12

(Unless sold out)

\$100.00 Adult

\$80.00 Child

No Group Rate

Contact Ave Riddler at

phone (306) 329-4719

email toontownspagansummerfest@gmail.com

website http://toontownspagansummerfest.yolasite.com

We are excited to announce a partial sponsorship provided by the folks from the wonderful home of our event Ancient Spirals! http://www.ancientspirals.com/

If you are interested in being a merchant at this event please contact us!

Household Hints and Handy Tips



Rock Talk by Ave Riddler



I have hinted with the last two articles that a crystal can CHANGE while you are working with it. This was a surprising and, at first, very upsetting discovery for me. After all, I had liked how that quartz point was cloudy inside (it had so many things to look at) or the shade of pink my rose quartz pendant has shifted so that it looks nothing like it did when I first got it! I remember thinking I had done something wrong! It took some time, and even faith that this was a good thing. It may not always happen either,

which is also a good thing. I think often we live too much within our brains when it comes to working with healing assistants such as crystals, after all they are just stones right? Imagine you have found this amazing quartz sphere that is full of clouds and veils within, it is like a universe, perhaps those veils are there to cloak knowledge you are not ready for as yet, and as you change, it reveals more of its story to you. Or perhaps this sphere needs to bond with you before it is ready to share its inner self. I also have found some crystals were so traumatized by their harvesting and shipping that they needed time to heal, and would clear of some of the clouding within. Sometimes a once clear piece might cloud over, because whatever you are working through with it has been absorbed into the crystal. This is not bad, because the

healing assistant will not take on more than it can. We can help them in this process by cleansing them, or clearing them, or even charging them.

The worst experience I had of this happening was with one of my spheres, I rarely think of any of the crystals or minerals I work with as mine. I see myself more as their caretaker for now (which I will explain at a later date) but this sphere is one of the few that I call mine. I have taken that beauty into the ocean, into hot springs, into mountain rivers, and lakes. It has traveled with me from the frozen north, to the sweltering heat of Arizona. It wasn't until it permanently transformed while helping me that I started to think of it as my companion for life. See I had a very bad lung infection, no meds were helping, I couldn't breathe, I couldn't sleep, my ribs were in a constant state of agony from the coughing I was doing. I was desperate, it had been going on so long, and I was scared. One night I was sitting with my sphere in my hand and felt inspired to ask it to help, if in any way it could help, and then went to sleep holding it in my hand. This was not the first time I had brought a crystal into bed for sleeping, often I will stick



them in my pillow cases, but normally if I fall asleep with it in my hand I will wake the next morning with that stone SOMEWHERE in the bed, or on the floor...This time though I woke up with that sphere still clutched in my hand, and it was scorching hot. I remember the coughing that morning, it was harsher and deeper, aching all the way into my body, but I started coughing out the most disgusting things I had ever seen. It wasn't an overnight recovery but after that night, my health took a serious upswing. I was so grateful to my sphere, and then went about cleansing and clearing it. While working to cleanse and

clear it I saw within the sphere new almost bubble like tiny inclusions, not just one or two but a sizable cluster of them, I was HORRIFIED! What had I done?! I tried everything every book and website said to do, to try clearing those specks of what I was thinking of as poison out of the crystal. I felt I had harmed my sphere, POISONED it! It took me a long time to realize few things. The sphere willingly helped. The sphere bonded to me in my moment of need, and answered my request for help. The specks that formed within the sphere are also a willing result of that help. This is not damage, or poison trapped within my sphere, I now honestly believe those specks are in fact pieces of the crystal that were absorbed INTO my body, to help speed my healing. And finally the crystal itself did what it felt was right. I can now look at those specks, and see them as a beautiful affirmation of our partnership.

Not every experience will be as profound or drastic as this was, but it was going through that experience that opened my eyes and mind to the truth that yes they are crystals, minerals, and stones, but within the magic of our partnership, we are not the only ones who are transformed by working together.

Rock on

Alternate Endings

I try not to over think, Try to let life happen, This is a challenge... See I have this part of my brain, That thinks itself in circles. Replaying a moment A mental snapshot of what was said, What was done. Then the replay morphs Altering to show What I could have said differently here, Or what I could have done differently there. Around and round it goes. Alternate endings are fun to watch in movies, Less fun in life! I try not to over think.

Ave Riddler

Things to Know

26. Don't waste your precious energy on gossip, energy vampires, issues of the past, negative thoughts and things you cannot control. Instead invest your energy in the positive present moment.

From the Flower Spirit Cards by Melanie Eclare



Cranesbill

My message is one of expansion.

This exquisite, celestial flower appears to be floating above the earth; it represents expansion. Our hearts and souls are capable of opening to incredible depths of love, yet many of us

spend our lives resisting this potential. The Cranesbill flower spirit invites you to honour your own expansive nature and to feel the depths of liberation and joy that living a life through love will bring.

To access this expansion, choose some music that enhances a feeling of openness in you - uplifting, joyful singing or soulful, moving music. Sit quietly and listen, and imagine your heart softening and expanding. Feel the tension melt away and lead you deeper into a silent reverie. Sense the love you feel for all those closest to you and experience a sense of expansion in your whole body, your heart and soul. Stay with these blissful feelings of love and let them grow and fill your being.

In the moment you are connected with Source and angelic beings will surround you. Know that you are always connected with the creator and that this expansion is part of your own bliss; once you know how, it can be accessed so simply. From this perspective, all else is released - negativity, fears, anger, troubles and difficulties. In this place of love and expansion, the bigger picture becomes clear and your true purpose becomes part of your awareness. Cherish these feelings and tap back into them whenever you can, learning to live your life through this openness and love.

Thought for the Day:

We can only be Here Now when we accept instantly our moment-by-moment emotional experience. *Gita Bellin*

Extremes in Our World that You should Know:

Where is the <u>driest spot</u> on Earth? (It's not the Sahara!)



The Atacama Desert ...

The **600 miles** of South America's Atacama desert is recorded as the driest place on Earth, no contest. This desert has an average of only 4 inches of rain every hundred years. Incredible, but true.

Paraprosdokians:

3. Since light travels faster than sound, some people appear bright until you hear them speak.

Thoughtful Quotes by Nikola Tesla:

From www.magicalquote.com



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

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

25. Peace can only come as a natural consequence of universal enlightenment.

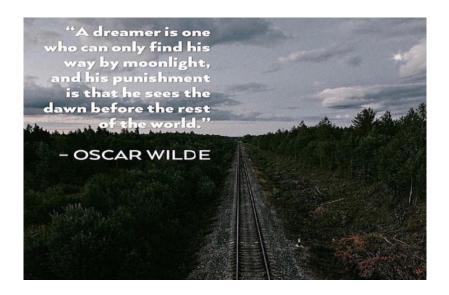
My Inventions, in Electrical Experimenter magazine (1919)

From 365 Zen daily readings by Jean Smith

There are three forms of discipline in our practice. The first is *sila*, moral precepts against stealing, gossiping, coveting, etc. The second is *dhyana*, or Zen, and the third is *prajna* [wisdom]. Hui-neng [638 - 713, the Sixth Ancestor] said that for true understanding, we must know that dhyana is not different from prajna, and that prajna is not something attained after practicing Zen. When we are practicing, in this very moment of practicing, prajna is unfolding itself in every single aspect of our lives: sweeping the floor, washing the dishes, cooking the food, everything we do.

This was the very original teaching of Hui-neng, and it marked the beginning of true Zen Buddhism. Everything is teaching us, everything is showing us this wonderful Dharma light. All we have to do is open our eyes; open our hearts.

Maurine Stuart, Subtle Sound



Things you may NOT have known about Canada:



THE SUN IN SHADOW By Gail Fulkerson

Darkness hovers,
Dense clouds
Raining oily
Melancholy,
Despair and hopelessness;
Seeping into the heart,
Pooling in the forgotten
Back alleys
Where
The laughter of
Children at play
And their bright steps
Ripple out like musical notes,
Echoes from the past.

Crisp light quickly
Fills with wispy shadows,
That tangle and
Coalesce to make
Deeper shades
Of black towards
The middle;
Ground zero lies at the centre.

Everything good
Grinds to a halt.
The oily rain thickens,
Settles into
The empty spaces
Once meant for joy and love.

Apathy and
Indifference ooze, and
Slide down the walls
In slimy ropes,
Drip from the ceiling
In phlegmy ribbons
Onto the slick floor,
Any light that tries to enter

Is effectively barred.
The fight
For control
Has been too long.
There is nothing left of you
To resist it.
Darkness has won again.

Close your eyes;
Let the cloud descend;
Feel it engulf your body.
It will remain until all
The light is gone,
Leaving your body
A shriveled husk.

You lay where you fell, Spent and unresponsive.

The wind stirs, and
Lifts you upon its
Gentle currents.
The sun feels warm
And life-giving.
You feel yourself
Soaring and diving
Upon the up draughts
And down currents;
You are at the mercy
Of the winds.

Enjoy the ride
While it lasts,
Because you never know
When the winds will
Cease,
Leaving you unsupported,
To make your crazy
Freefall back to the ground.

Yet, here's the catch:
Wherever you land,
Will you be able to
Handle what happens next?

Reflections from the Shaman's Hut by Trent Deerhorn

Ink

Yesterday I was having lunch with a good friend. She was telling me that she had shown her mother a photo she had taken of me a while back. Her mother immediately got frightened and judgmental because of the tattoos that were



on my forearms. Imagine how she would have responded had she seen all the other ones on the rest of my body! My friend set her straight about her judgments and attitudes. But this got me thinking about how often people jump to a LOT of conclusions, even in this day and age, when they see tattoos. Try going through airport security! No one thinks to ask about your journey of self-modification and what that journey means to you. They want to know what gang you are in. They want to know if it is a sexual turn on to get it done. They want to know what each tattoo means in terms of symbolism. They never ask about YOU.

So I decided that I am going to get very personal here, but hopefully not uncomfortably so. If you are the type of person who thinks the slightest thing is too much information I suggest you stop reading here and start reading about personal inhibitions and social guilt tripping and shaming. Then come back and read this post. So here we go.

Not a lot of people know this about me, mostly because I rarely ever talk about it unless absolutely necessary. I have survived physical abuse and several sexual assaults. There. I said it. Each time I went through something I was profoundly aware of how it was affecting me. I would refuse to "leave my body" for the duration of the event. I stayed right where I was in rebellion of the event. I knew that if I left my body they would OWN it, so I stayed right there for every single second, every minute, every hour, every day. I did not want to be the person who knew something went wrong and not be able to remember what it was. And my grandmother had instructed me on how important it is to stay present even if the present moment is torturous. That way you don't experience Soul Loss. And you will remember the events as they happened and people involved will always know that you know exactly who and how they are. It tends to take away their power over you, or their perceived power. That is what got me through for years until I was able to afford some good therapy regarding these issues. The good therapy part was quite the hunt back then. It was a time when therapists and social workers did not want to contemplate the possibility that males are also victimized in our society. I challenged every misconception on that front, and I still do. Gradually...YEARS LATER...things are beginning to turn around. It is a darn good thing that I am a very patient man.

So where does this tie in to getting tattooed? Let me just say that it took me 50 years to get around to getting my first tattoo. So this was not something that I did on a whim and I think that by the time someone is 50 years old they are old enough to make their own decisions

regarding body modifications. It is not like I dove into that as a rite of passage on my 18th birthday or anything.

All my life I have had tattoos existing *under* my skin. They are sometimes seen by others, not necessarily restricted to just those with "sight". People, regular people, have seen them. What tends to freak them out is that they are not stationary. The shadow tattoos move around under my skin all the time. They are part of my energy field. Often I asked Spirit if I should get one inked somewhere on my body and was told that until I get the green light to do so I should just allow them free range. Then, one day, I was watching a tattoo under my skin move around and it came to rest on the inside of my forearm. I heard my Spirit Guide say, "Now is the time. If you would like to get this one inked on in that particular spot, go ahead. It is anchored there from now on anyway." So I did. Gradually over the last 5 years I have been having more and more of the images anchor themselves and so I tend to get them inked when they do. Granted, some of the tattoos that I have are also images that I simply love and have never really been a part of the shadow tattoos under my skin. So for example I have a heart shaped crest on my left shoulder that is there in memory of my late wife. That is its soul purpose. Nothing more. I also have a steampunk heart over my left pectoral muscle, which for me represents the mechanics of the heart and of emotions. But it is not a part of my shadow tattoos.

In having tattoos placed on my body I walk through, each and every time, an inner reclaiming of my body. All of the trauma that went down, all of the assaults that took place, have healed. But for me it is also about a reclamation. It is my way of saying, "My body, My rules." Up until my torso was covered in ink I was quite intimidated about even removing my shirt. Now, even with my shirt off, I am no longer just naked. In fact, I do not feel naked at all. Last week we were visiting with friends and the woman, who is totally into tattoos, asked if she could see the other ones. I took off my shirt and watched as she admired each and every one of them. I mentioned that I have some on my legs and she invited me to drop trou. Without even batting an eye I undid my belt, dropped my pants and stood there in my underwear in our kitchen as she admired the tattoos on my legs. It was not sexual in any way. It was personal, but I feel completely comfortable with these people, and I NOW feel completely comfortable in my body. I am a walking and talking work of art. Family members have worried about what all this means, but it is really none of their business. Some friends have worried as well, and again it is none of their business. The friends that are closest to me celebrate with me each and every tattoo that I get and the beauty of it and what it means to ME. And that means so much to me in and of itself, because my ink has nothing to do with anyone else on the planet. It really is, in this particular circumstance, all about me...no one else. If people are offended by them they can sit in that offended feeling and sort their stuff out. I owe them nothing and I need not be doing pretzel performances to try to make them like me. I don't care if they like me. And if they are the type of person who is going to judge me based on their misconceptions about tattoos, then I really don't want them in my life anyway.

So that is my story. It has nothing to do with tribal ritual, nothing to do with gang mentality, nothing to do with drug use, nothing to do with an "ink addiction" (which to me is a stupid myth), nothing to do with deviant behaviour, nothing to do with worshipping Satan (whom I

don't even believe exists anyway), nothing to do with cultural appropriation (believe me I have heard ALL the idiotic perspectives over the last 5 years), it has nothing to do with "hiding who I am" like people say about men who choose to grow beards, nothing to do with anything other than my personal self-expression. It has to do with who I am as a spirit on this earth plane. It has to do with the energy medicine that I carry with me, regardless of whether or not it is physically visible. It has to do with being comfortable in my own skin and allowing myself to become a beautiful canvas for art of my choosing.

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

Encouragements for Personal Development:

Taken from Meditations with James Van Praagh

When you meditate you enter your own private sanctuary and tap into the purity of higher consciousness where ignorance, judgment, and hostility do not exist.

According to the Farmer's Almanac 2018:



Wisteria Wise

Wisteria has enchanted gardeners for centuries with its dramatic clusters of flowers in blue, pink, purple, and white. Unfortunately, the lovely Chinese and Japanese forms are also weedy and destructive. As an alternative, consider growing less-invasive natives, such as American Wisteria. This high-climbing and fragrant vine blooms from April to May. Its counter clockwise growing habit creates interest in the garden

with its thick and twisted woody vines. Train vines to grow on a free-standing arbor, pergola, post, trellis, fence or terrace wall.

March 1st: Full Worm Moon

"We are all worms, but I believe I am a glow worm." Winston Churchill, English Statesman (1874-1965)

March 11th: Daylight Saving Time begins at 2:00 A.M.

Keep off the grass this month if it's soggy: Too much pressure will compact the soil and inhibit the rooting of new grass.

March 20th: Vernal Equinox

"Every spring is the only spring, a perpetual astonishment." Ellis Peters, English writer (1913-95)

March 30th: Good Friday Passover begins at sundown

If a bee flies into the house, it is a sign of good luck. However, the luck will hold only if the bee is allowed either to stay or to fly out of the house of its own accord.



March 31st: Full Sap Moon

To thin seedlings growing in flats, scissor them off at the soil level so as not to disturb the roots of neighboring plants.



Ask the Shaman: With Trent Deerhorn

Q: I have been dating my boyfriend for 2 months now. I am divorced and have been for 3 years. I have 2 teenage sons. He is widowed for a year now and has two children, a boy and a girl, aged 8 and 10. My question is about how long we need to be dating before he actually introduces me to his children? He is refusing to do so and this bothers me greatly. I want him to

also meet my sons, but he doesn't want to. I have introduced other men I have dated to my children and it went well. Am I simply a bootie call for him?

A: I am going to do my best to be as clear as I possibly can on this one, because I want you to understand what is happening. So please keep an open mind on your end as well. He is protecting his children. That is all. This may offend you, but you should actually be incredibly impressed by him because he is also protecting YOUR children as well. His family is grieving. He does not want to complicate that for his children by introducing into their lives a stranger with whom he is sleeping. His romantic life is his business, not their concern. Furthermore, you have been dating for only 2 months. You may want to consider approaching this again in a year from now. By then, if you two are still an item, you will certainly know if you are going to be a steady thing or if this relationship has served its purpose and it is then time to move on. And if it is time to move on, then you will have both saved your children heartache that comes from bonding with someone in their parents' lives, only to have them ripped away as well. In a year from now you will know each other much better and will be certain as to whether or not either of you actually wants to inflict the other upon their children.

So often people just expect their children to adapt to what their own selfish needs may be. This is a prime example of this. Demanding that he introduce you to his children is controlling and manipulative. These are red flags that he is obviously picking up on. You need to back it up and take things much slower so that everyone is respected, and not be expecting him to succumb to only your wishes. At this point in time, his concern is his children, not you. That is admirable. He is not concerned at this time with becoming a father figure to your teenage boys either. So if that is what you are expecting, then you will want to let that one go as well for now. His concern is helping himself and his children to get through the tragic loss of his wife/their mother. For you to not see this speaks volumes to your own myopic approach to life.

Taking time, being patient, and not demanding this of him will win his heart and his respect. Anything less that than will only create contempt for you. Think about this. You know I am right here.

Tidbits and Tickles:

Seeing her friend, Sally, wearing a new locket, Meg asks if there is a memento of some sort inside.

"Yes," says Sally, "a lock of my husband's hair."

"But Larry's still alive."

"I know, but his hair is gone."

Forum:

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

Of the previous Issue:

Penny Wrote: Really enjoyed Claire Netzach's article. The world would be a much softer, more understanding place if we taught our children from a young age to incorporate Spiritual Practice and Family Life into everyday living. Young people are like sponges and retain what they experience. Gail's "Solitude" is right on the mark. Well said and AMEN!

Congratulations Trent on another excellent FLIGHT.

Brian Wrote: I can hardly remember what life was like before this amazing newsletter began. I love it. It always has treasures for me. Thank you!

Jessica Wrote: What amazes me about this newsletter is that every time I read it, it is like someone amongst the contributors and creators has been watching my life and knew exactly what to write about so that I would be enlightened and touched on a very deep soul level. Thank you all for this.

Classified Ads





MEDIUM-HEALER

RYAN HAUSER

(306) 270-0138

RYAN.HAUSER@SASKTEL.NET





CLEANING by BEV

Need help with your house? 18 years experience References provided

Contact Bev at 306.280.0639 tomlinb@sasktel.net

GAIL FULKERSON

Tarot Card Reader and More!

PO Box 424 Dundurn, SK SOK 1K0

Phone: 306 492 2373

Email:

fulkerson.gail@gmail.com

Call me - We'll talk!





Heart Songs, Sharing and Sing Alongs with Bruce, Brian D. and Friends!

Second Saturday afternoons of each month

from January to June... 1pm - 3pm...

at Serendipity Flowers!

727 A 22nd Street West

(Saturday, Jan 13/Feb 10/March10/April 14/May 12/June 9, 2018)

presence is priceless...enter freely... all donations and/or gifts are certainly welcome and appreciated!

Heart Songs with Infinite Potential
Sing and Play Alongs
with Bruce, Brian Paul D.G. and Friends!
4th Friday's of the month, 7:30pm - 9:30pm
at d'Lish by Tish Cafe

(702A 14th Street East)

presence is priceless...enter freely... all donations and/or gifts are certainly welcome and appreciated!

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

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

Classified Ads:

FREE for article contributors

\$25 for business card size

\$35 for half page

\$45 for full page

Events: FREE for Non-profit organizations and Article Contributors

\$20 Profit organizations

Workshops/Classes

\$35 half page

\$45 full page

Do you have a yearning to share information with people? Write an article about your area of knowledge or exploration. I accept article submissions right up to 6pm on the 20th day of each month. Your article could appear in FLIGHT: A Living, Breathing Document of Consciousness within a week or two! Concerned that you may not be a great writer? No worries. I'm the Editor! I can make you look like a ROCK STAR! Send submissions to deerhorn007@gmail.com.

Blessed Be!

