

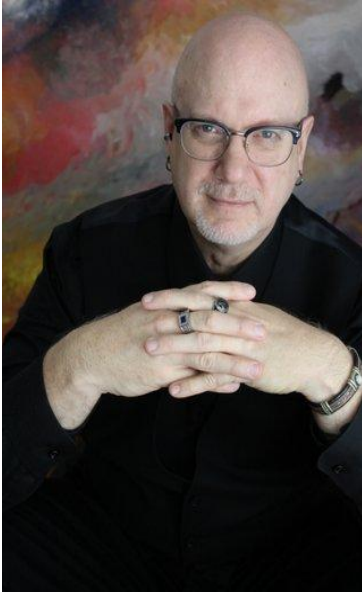
Flight: A Living, Breathing Document of Consciousness

Volume 7 Issue 72, May 2018



Articles and excerpts that will inform and inspire!

A Letter from the Editor:



Well, it would appear that (perhaps) Spring has finally arrived. The regular birds that come around in Spring were, admittedly, looking quite confused until just yesterday. Now they are singing and chirping and building nests like nobody's business! This warms my heart, as I love to garden and was beginning to wonder if ever I would be able to this year.

This issue has a wonderful Paranormal Experiences article that I am sure you will enjoy. The Rock Talk article is stellar, and we have, not one, but TWO awesome poems in this issue. And have you ever wondered about the Warrior Within? Check out the Reflections from the Shaman's Hut article. You will find it interesting. And what about energy exchange between people? Check out the Ask the Shaman section.

Thank you so very much to all of my contributors! I know that some can only contribute periodically. Your contribution is still appreciated and valued. So keep them coming. And notice the feedback in the Forum section.

Want to pass this on to a friend? Go ahead. The goal is to continue allowing this newsletter to go VIRAL. And if your friend would like to receive a direct issue, they can contact me at deerhorn007@gmail.com and ask to be put onto the Flight mailing list. Subscriptions are free, so there is nothing to impede one's access. Interested in back issues? You can find them on my website at www.deerhornshamanic.com.

Happy Spring one and all!

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.

Upcoming Events

Heart Song Sing and/or Play Alongs!

With Brian Paul D.G. and Friends!
Third Sunday's of each month, from 2-4pm
(next one Sunday, April 15, 2018, 2-4pm)
at Varsity Sobey's Community Room
(8th Street East and Cumberland)

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

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
(next one is Friday, March 23) at d'Lish by Tish Cafe

Pass The Feather Community Get Together

Sharing Circle and Pot Luck

3rd Saturday's of the month from

(November 18, December 16...)

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

co-hosted by Victoria, Brian and Bruce

at Yoga Sanctuary in The City

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

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

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

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

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

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

Come as you can and leave as you need.

CONGREGATIONALIST WICCAN **ASSOCIATION OF SASKATCHEWAN**



SKY RIVER TEMPLE

TEMPLE AGM

May 6 2018

1:00pm

Rusty MacDonald Library

Next ritual will be

June 10 2018

2:30

Gabriel DuMont Park

Potluck social to follow

(No nuts/legumes/seeds/soy)

FREE to attend

DONATIONS welcome



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](tel:3063294719)

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!

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...*

Snow White

By Penny Guest

I woke up one morning feeling very calm and content.

I had a dream about my daughter in Toronto and she had died. Although she had not been sick to my knowledge it was a peaceful death and I knew she was happy.

She was laid out like Snow White and was wearing a stunning, full length blue dress.

I phoned my friend in Alberta to tell her about it and as I said 'She was laid out like Snow White' my friend said "and wasn't that a beautiful blue dress she had on?"

Needless to say my next call was to my shaman, Trent. He explained that he felt she had made a decision to make a huge change in her life and this was not her physical death but the start of her new decision.

I told him I was going to phone her and tell her what I had dreamed and he said no she has to do this on her own and once she has made the change I could tell her of the dream.

I learned a few weeks later that she had started assertiveness classes and they have been a great help to her over the years.

Household Hints and Handy Tips



Rock Talk by Ave Riddler



I've covered some of the basics of how to care for your minerals, but there's one thing I haven't covered yet...how do you know which crystal is the right one for you to take home?

There are many ways we can tell if a crystal is ready to work with us. Perhaps when you hold it in your hand you feel it seem to heat up? Or while you are holding the crystal you might feel a vibration, which might even feel sort of like a small jolt of electricity. You could feel a sense of calm, even of home within yourself when you hold the crystal. You could feel dizzy, near tears, or a burst of giddy

joy. The how and even the intensity of your reaction will vary; possibly even vary from one type of crystal or mineral to the next, or even from one cut of the same mineral to the next. There will most often though be some sort of reaction, an energetic exchange. In my case I often feel a combination of the examples I've listed above. There are way more physical types of reactions than I can possibly list, that can happen when there is an energetic exchange happening between you and the stone. There can also be the opposite! Sometimes a crystal will NOT want to work with you, and the physical experience will be very unpleasant, there have even been times that no matter how focused I am, the mineral will drop out of my hands, I just can't seem to keep a grip on it.

Over the years I have had a few people worriedly tell me they don't FEEL anything when they touch a crystal, and sometimes that can happen. It could be that you are not ready for the energy of that kind of mineral, or perhaps it's not ready to work with you. It could be the crystal was mishandled long before you came into contact with it, and the stone is still recovering. Or it could be a case that crystal energy simply is not your calling, this does not mean that crystals will not work for you, only that you may need to rely more on the books that tell you what the crystals natural gifts are. Keep in mind though sometimes VISUAL clues and reactions are a more than accurate indicator that there is an energy exchange happening! Maybe you feel visually drawn to it, see it as somehow brighter, or more colorful than the others in the display. I know I told the story of my fascination with rose quartz even though I HATED pink, how it drew me despite the color, often drew me more strongly the MORE pink it was. I've had similar visual experiences over the years, some have even seemed larger even though they were the same size and weight as the rest.

A trickier situation can be when the crystals find you in your dreams! A long time ago I had this crazy awesome dream that every store in the downtown district had a display of lovely light blue crystal clusters. It didn't matter if it was a restaurant, a dollar store, or a high end clothing boutique; gleaming from the windows were these beautiful clusters. In the dream I finally got curious enough that I went into one of the stores (a snooty boutique) and asked the lady behind the till about the stones. She sniffed and looked down her nose at me and said it was "blue celestite" almost like I was a total dunce to even need to ask. When I woke up I wrote down the dream, and the next time I went to a metaphysical shop I asked if blue celestite was a real thing; at that point I had never heard of or seen one in real life. Not only was blue celestite real, but they had JUST gotten a shipment of them in! The second I had one in my hand I knew I had to take one home.

Ultimately there is no wrong way to select a crystal partner; each one will have a different voice, a different way of communicating with you. The trick is trusting that communication,

even if you don't think it makes sense! I no longer resist the draw of crystal energy, no matter what form it takes; I have long since learned there is a reason for that crystal to be calling to me. I use this same practice with all the crystals I have brought home with me over the years, I will hold them and see if I feel any kind of energy exchange, because not all crystals will work with you indefinitely, sometimes we outgrow them, or the purpose for which they first came into our lives has been resolved. I try to be mindful of this and help them move along to new homes if that seems to be best. That was a hard lesson to learn, and even harder to accept.

I think that covers the basics of finding a crystal partner to work with, so until next month...rock on!

Things to Know

28. Life isn't fair, but it's still good.

BIRTHRIGHT

By Gail Fulkerson

Your footfalls
Echo off
The rough hewn, ancient
Stone tunnels
You traverse
While you sleep.

Your wings unfurl;
Strike the air.
Wingtips caress
The sides of the tunnel
As you take flight.
Very little headroom;

You must fly low.

The drop off
Approaches.
Wings wrapped tightly
Around your body,
You nosedive, like a
Falcon in descent
After its prey.
Into the pit
Of greasy blackness you go.
Every night, the pit appears
At the same spot,
Where the tunnel terminates
At a solid rock wall,
And the only way out
Is down.

Eyes shut tightly,
Lips pressed against teeth
Clamped shut
To prevent your screams
From escaping.
If you're going to wake up,
Now would be the time.

Plummeting headlong in darkness
And not knowing
When or whether light
Will ever penetrate
This blackened space;
Falling is all
You can do.

There is a change in the air.
The up draughts are
Getting warmer, denser.
Below, a speck of light
That grows larger and brighter.

Jets of air
Blow in from all sides,
Slowing your rapid descent.
A thought that

You will survive the freefall
Flashes into your mind,
Initiating a cascade of
Relaxation
Throughout your body.
Wings relax a bit from
Their protective enfoldment.

The light at the end
Of the tunnel envelops you.

Your eyes adjust to the
Brightness; your limbs stretch,
Your fingers and toes spread,
Releasing the tension.
Wings unfurl and flap to test the
Their strength and surrounding air currents.
All is well.

Think on this:
Each time you take this trip,
The landing is what
Awakens you every time.

What is it that scares you,
Turns you back when you reach this
Pivotal moment?
What is it you are meant to discover,
The thing you shy away from knowing
Night after night?
The only way to find out
Is to take the first step
Toward it.
Take the next one and the next,
And the next one after that.

I assure you:
When you are ready, you will
Alight and have the
Courage to walk and/or fly
In the direction you need to go.
And you will be Fearless!
Discover your heart's desire,
The wisdom hidden within.

It is the treasure you seek.

It is your birthright.

From the Flower Spirit Cards by Melanie Eclare



Marsh Orchid

My message is one of respect.

The loving and forgiving spirit of the wild Marsh Orchid calls out for respect for the natural world of which we are part. It thanks us for opening up to these generous flower spirits and their clear healing messages. The Marsh Orchid flower spirit begs us to feast on its perfection as a sacred representative of Mother Earth.

The world is in crisis now, as the earth becomes overloaded with negative influences. Perhaps if we can take a little more responsibility for our part in the protection of the natural world it will have a transformative effect. There is, after all, a sensitive side of you that can be invoked. The wild Marsh Orchid's spirit

remind you of your own passion for Mother Earth and your deep connection with nature and asks if you can help in small ways. If we understand the impact we have on the environment in the way we live, then we are able to take more responsibility for respecting and protecting what we have.

There are so many ways to effect change - even if we can start in simple ways at home this will have great benefit. Look at ways to become more environmentally efficient in your home. If possible, make a pledge to plant some trees, as this is one of the most healing things we can do for our planet. Be true to yourself and activate some dynamic positive changes in the way you live.

Thought for the Day:

Why destroy your present happiness by a distant misery, which may never come at all? For every substantial grief has twenty shadows and most of the shadows are of your own making.

-Sydney Smith

Extremes in Our World that You should Know:

Where is the most expensive city to live in?



Singapore ...

This city has recently beat out Tokyo, Japan, for the title of "most expensive city" for 2014. Cars can cost between 4-6 times as much in Singapore from what they cost in the US or UK (for example, a Toyota Prius actually costs about \$150,000.00 there).

Filtered by Ave Riddler

We live in a world where
With a click of a button
You can wave at someone half the globe away.
We live in a world where we can
Share digital of moments of our lives,
Photo albums dusty on our shelves,
No new photos being printed and added in
After all hundreds of people have seen them already!
We live in a world where
Moments have to be captured,
With the click of a button
A staged posed planned edited snap shot
Saved to a phone

Uploaded for those hundreds to see.

We live in a world where
We hunger for more,
Chase those likes
Hope for a comment.
We live in a world where
The click of a button has
Replaced the sips of coffee,
The touch of a hand,
And shared laughter.

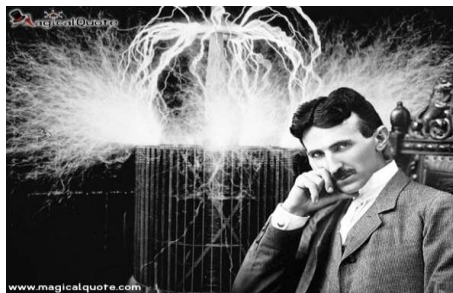
Paraprosdokians:

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).

5. We never really grow up -- we only learn how to act in public.

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.

27. Three possible solutions of the great problem of increasing human energy are answered by the three words: food, peace, work.

- *The problem of Increasing Human Energy, in Century Illustrated Magazine (June 1900)*

From 365 Zen daily readings by Jean Smith

In the past, you have sowed certain seeds that now result in your encountering Buddhism. Not only that - some people come here [to a Zen center] only once, while others stay and practice very earnestly. When you practice Zen earnestly, you are burning up the karma that binds you to Ignorance. In Japanese the word for "earnest" means "to heat up the heart." If you heat up your heart, this karma, which is like a block of ice, melts and becomes liquid. And if you keep on heating it, it becomes steam and evaporates into space. Those people who practice come to melt their hindrances and attachments. Why do they practice? Because it is their karma to practice.

- Zen Master Seung Sahn, in Dropping Ashes on the Buddha

Things you may NOT have known about Canada:



Reflections from the Shaman's Hut

by Trent Deerhorn

The Warrior Within



Everyone has one. Everyone can access their own. But what is it? What is this "Warrior Within"? A number of years ago (so many that I really don't want to do the math because it will make me realise just how old I have become) a very wise man told me that what I needed to do was to find the inner warrior. I had no idea what he was talking about. I grew up with a raging father and, to me, that was the only example of anything warrior-like and, frankly, I did not want to become that.

So I began searching for what this was supposed to look like. I studied several different martial arts, just in case it would have anything to do with it. And it did, but not the way most would think. Martial arts taught me self-discipline. They say that boot camp will do the same thing. But I also went to boot camp and found a bunch of egomaniacs who would create more abusive people in the world who would, in turn, become egomaniacs. The Universe devised a plan to have me injured so that I would have to leave boot camp...because once you enter that realm there is usually no turning back. To this day I still have issues with the shoulder that was injured, but I am grateful that it happened so that I could find my way back to inner peace.

In all my searching I found that my definition of "male" had to also change. I was equating male with "toxic" and with "aggressive" and with "abusive". I began finding more balanced males to hang with and who were actually men that had some level of integrity. That was awesome. I continue to surround myself with such men.

Then I began having children. And with that came a long number of years of putting the search on hold. At least that is what I thought happened. But what actually happened was that through fatherhood I found my inner warrior!

My inner warrior no longer tolerated anyone taking advantage of the "father of my children". My inner warrior began setting very healthy boundaries for himself. My inner warrior accessed a very strong protective aspect to my personality that I had no idea was even in play. My inner warrior would stay up for long nights with sick daughters. My inner warrior would work his butt off trying to provide for his family. My inner warrior would make 67,000 peanut butter and jelly sandwiches and 40,000 fruit and veggie platters. My inner warrior would diligently work with each child as she struggled to learn to play the piano, would attend all piano classes and make sure that all theory work was not just done, but understood. Later in life my inner

warrior became the man that everyone could count on to tell the absolute truth as perceived by me, regardless of whether or not they enjoyed the shared information. My inner warrior became the part of me that does not give a damn about what other people think about him. And so there are hardly any folks who will take him on over petty issues, because they know he will not be manipulated or coerced into thinking or doing what they want him to or think he should think or do.

Although there are others in the world who, once encountering my inner warrior, wish that they had never met him, I rather like my inner warrior. And the funny thing is that he was always right there, deep within me, silently waiting for me to begin to recognise him for who he truly was...for who I truly AM.

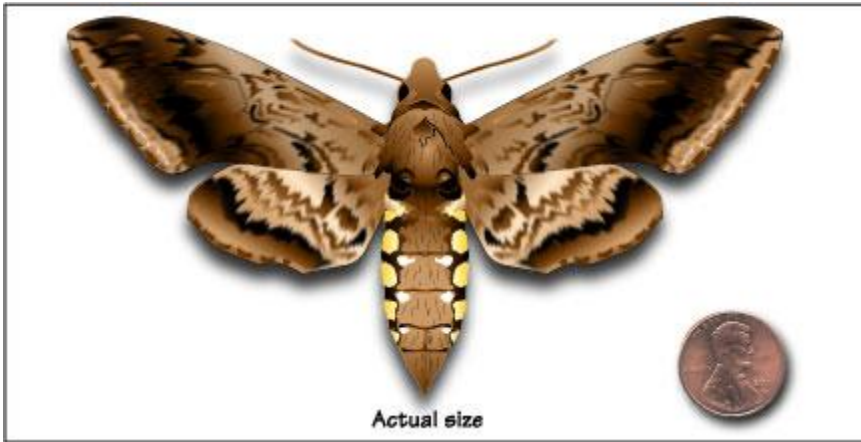
For more articles from the Shaman's Hut, visit Trent's blog at www.deerhornshamanic.com

Encouragements for Personal Development:

Taken from Meditations with James Van Praagh

Everything is energy vibrating at different rates of speed and at different levels of awareness. Your mind, body, and spirit are composed of this same energy, each vibrating at a different frequency. Think of your energy as one unifying force that is connected to everything.

According to the Farmer's Almanac 2018:



Like a Hawk

Tomato hornworms (*Manduca quinquemaculata*) are large caterpillars named for their black, horn-like tail. Adults are hawk moths, also called sphinx moths, which emerge in spring from overwintering pupae. After



mating, females deposit hundreds of green eggs one at a time on foliage. Caterpillars soon hatch and devour plant foliage, favoring tomatoes and related plants. At maturity, the larvae burrow into the soil to pupate. There are usually two to four generations each year. Watch for these pests like a hawk! The caterpillars' coloring makes them hard to detect until most of the damage is done.



May Day: May 1st

The fair maid who, the first of May,
Goes to the fields at break of day,
And washes in dew from the hawthorn tree,
Will ever after handsome be.

- The First of May, Mother Goose nursery rhyme.



May 7th

The golden-chain tree (*Laburnum* sp.), hardy in Zones 5-7, displays its long strands of golden, wisteria-like flowers this month and next.

Mother's Day: May 13th

Earth laughs in flowers.

- Ralph Waldo Emerson, American writer (1803-82)



New Moon: May 15th

To encourage a strong root system, pinch off a few of the lower branches of tomato transplants before setting them in the ground. Plant the root ball deep enough that the remaining lowest leaves are just above the soil surface.

Full Flower Moon: May 29th



After transplanting a rosebush, water it daily for the first week, then water every 3 days during the growing season!

Ask the Shaman: With Trent Deerhorn



Q: I was told once that there is energy exchange that happens between people during intimacy. Is this true? And if so, how does that work?

A: Yes it is true. But it is also true of other types of encounters. For example, there is energy exchanged when people are arguing, when people are laughing together, when people are dining together and so on. The reason for this is that absolutely everything in the Universe is made up of energy, vibration and frequency. So when we are exchanging bodily fluids we are also exchanging a certain amount of energy with each other. That can be very pleasant. It can also be traumatic in cases of sexual assault, for example. The ancients used to consider it to be a sharing of spirits (or, more accurately, soul energy). So when a baby is conceived, it is a biological exchange, but also a certain amount of energy exchange and a certain amount of soul exchange. It is not that you are infusing the unborn with your soul. It is more like there is a small sample of your soul DNA that gets infused along with the physical DNA and, once blended, creates life. This is also why there can be a thing that is called "genetic memory", whereby a person remembers an experience that a grandparent, or even an older relative has experienced. That is a topic for another time. Just know that it happens.

Tidbits and Tickles:

What's the difference between a good lawyer and a bad lawyer?

A bad lawyer can let a case drag out for several years. A good lawyer can make it last even longer.

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:

James Wrote: Thank you Ave for your wonderful insights on Rocks and Crystals! I am feeling much more secure in my care of them since your instructional article.

Victoria Wrote: I love Gail's poems. They are both enlightening and mind-bending.

Arthur Wrote: Claire's article on conscious evolution was totally on point!

Stephanie Wrote: I loved Ave's article on voice recovery. I have had a similar journey. Glad to know I am not alone.

White Feather Wrote: I so appreciate Trent's understanding that we are all one. We have to stop this duplicitous reality that most races seem to have incorporated into their self-identity.

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Brian Paul Di Giuseppe - Singer-Songwriter w/ Many 'Irons in the Fire'

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

(email me to add you the heartsong email list sent every 90 days
re; live events, new releases, and more optional info/inspiration links!)

and/or have a look, listen to more links and communication here:

Facebook: **Heart Song Arts and Crafts with Brian Paul D.G. and Friends**

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

www.soundcloud.com/rememberingremembrance

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

www.soundcloud.com/rainbowrhyming

and the "Brian Paul Di Giuseppe" YouTube Channel

(hear/see "Brian Paul D.G. and Friends!" playlist)

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

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\$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!

