

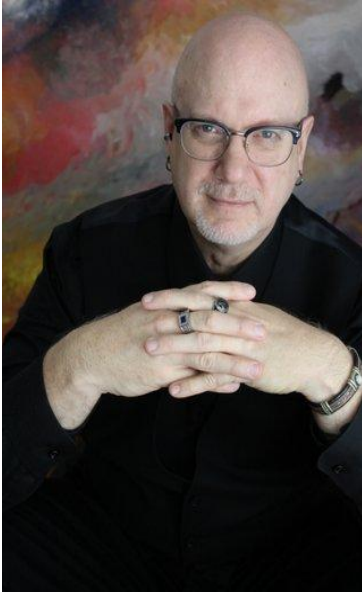
Flight: A Living, Breathing Document of Consciousness

Volume 7 Issue 75, September, 2018



Articles and excerpts that will inform and inspire!

A Letter from the Editor:



Well we are back from holidays at the lake and heading into the fall with a refreshed state of mind. At least that is how it feels. Our 10 year old dog might have a different opinion on that matter, as we adopted a puppy in need of rescue last weekend. He is full of vim, vigor and vitality, energy brimming over and filling an entire household with puppy joy, puppy barks, puppy chaos and puppy harassment of said 10 year old dog. She thinks we have lost our minds bringing this gremlin into our home. But, he is adorable and looks like a baby Ewok, so it is important that she adjusts just as much as it is important for us to limit his harassment of her.

This issue has within it some extremely inspiring articles that the contributors have graciously shared. And there are some upcoming events that you will definitely want to check out. I thank all my subscribers for your interest in this newsletter, and I thank all of my wonderful contributors for your steady support and participation in

making this newsletter the amazing and wonderful creation that it has become over the years.

If you would like to forward this on to someone whom you think may have some interest in it, please, by all means, DO. And if anyone would like to receive their free subscription to FLIGHT, please send me an email to deerhorn007@gmail.com and request it. I want these positive vibes to go Viral! And so far I am receiving requests and feedback from all around the planet, so it is awesome that this is manifesting so 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 or at (306) 978-5300.

Upcoming Events

Heart Songs with Infinite Potential
Sing and Play Alongs
with Brian Paul D.G. and Friends!
4th Friday's of the month, 7pm - 9:30pm
(next one is Friday, August 24/sept 28...) 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!

Brian Paul Di Giuseppe

Singer-Songwriter w/ Many 'Irons in the Fire' (Landline: [306-653-0636](tel:306-653-0636))
email Brian to be added to the heartsong email list sent every 90 days
re; live events, new releases, and more optional info/inspiration links!
Email: heartsongartsandcrafts@gmail.com

have a look, listen to more links and communication on the facebook page:
Heart Song Arts and Crafts with Brian Paul D.G. and Friends

Presentations of Live Music, Special Events, Heart Song Sharing Circles
with Bruce, Brian and Friends, Workshops, Beeswax Candles,
Water Kefir 'Grains' and Specialized "Kickaboo Joy Juice" Orders!
*in partnership with Bruce Stephenson from the Melobee
Heart Song Arts and Crafts Studio and traveling medicine show

most commonly appearing from 'the band with many names project'
as "The Divine Comedians"

**(hear/see Brian's "Brian Paul D.G. and Friends!"
playlist on YouTube for more!)**

https://www.youtube.com/watch?v=oomYMZkv_M&list=PLPie_alMm3txoRe1sraVXzK6JFNgC4NAi&index=1

CONGREGATIONALIST WICCAN
ASSOCIATION OF SASKATCHEWAN



SKY RIVER TEMPLE

MABON Ritual

Public Ritual

September 24

2:30pm

Rusty Macdonald library

225 Primrose Dr

Saskatoon, SK

Potluck social to follow

(no nuts/legumes/seeds/soy)

FREE to attend

DONATIONS welcome

The Gene Keys

In over thirty years of exploration into Metaphysics and Spirituality, Peter Tongue has become the primary facilitator and counselor in Canada of the most powerful and profound "Great Alchemical Work" called The Gene Keys by Richard Rudd. It is a system based upon the link between the Chinese "I Ching" 64 hexagrams and the 64 Codons that make up our DNA.

The Gene Keys take you on your own "Grail Quest" along the Golden Path to show you the key Gene Keys in your own unique hologenetic profile. The journey reveals to you the shadow energies lurking in your unconscious that are waiting to be transmuted and transformed into your most powerful gifts, and ultimately the Siddhis or Divine Essences that are at the core of your soul. This truly is a path to your enlightenment that only you can tread.

However the initial stages can be quite daunting and overwhelming. Having completed the Golden Path and with the blessing of the brilliant originator, Richard Rudd, Peter is offering this workshop and private one on one sessions to help you navigate your way through this

magnificent process

Check out Peter's Interview with Richard Rudd on Awakening to Conscious Co-Creation!

https://www.youtube.com/watch?v=jTQDn_cZD5E&t=631s

Introduction to the Gene Keys Golden Path

Please bring your own Gene Key profile to each of the gatherings that you plan to attend obtained through the link below

Free Profile

<https://teachings.genekeys.com/>

Friday September 7th free Introductory Talk 7.00-8.30pm (Hot Yoga on 20th) seating limited, please contact Jenny to reserve a spot.

Saturday September 8th Full Day workshop 10.00am-5.00pm (Hot Yoga on 20th) Cost:\$144

Sunday September 9th Private one on one sessions (Ellen's Whole Body Health)
\$120/one hour session.

To register for each of the events please contact Jenny Kyplain 306-880-8533
or jenkyplain@gmail.com

www.jmkmassage.com

Jikiden Reiki (Level One) Certification Course

with Jenny Kyplain Reiki Teacher

I have been a practitioner for almost 20 years. Investing in myself and the training I have is the best thing I have ever done. It has allowed me to run my own business where I set my schedule. I work as much or as little as I want. Take control of your life and become a practitioner. This is an amazing course!

**** limited class size ****

Saturday September 15th and Sunday September 16th, 2018
522 Duchess Street
Saskatoon, SK
9am-5pm (both days)

Once you have completed the course, you will be allowed to attend monthly reiki shares and you will be well on your way to owning and operating your own business.

\$350.00 investment

includes textbook and certificates.

\$50.00 non-refundable fee to hold your spot.

Sign up online

<https://clients.mindbodyonline.com/classic/ws?studioid=475446&stype=-102&sTG=25&sVT=25&sView=week&sLoc=0&date=09/15/18&sSU=true>

Refreshments and snack provided

bring a bagged lunch

dress comfortably

if you have a massage table, please bring it.

Previous Reiki students, \$150.00 for review

Become a reiki practitioner, make excellent money, be your own boss and, create your own schedule and or work from home.

Small investment for an improved healthy life.

Further description please refer to the reiki website for a full description.

or call 306-880-8533

<http://www.jikidenreikiassociation.ca/>

Jenny Kyplain RMT BA CST MFR

JMK Massage Therapy

New Location

522 Duchess Street

Saskatoon, SK

www.jmkmassage.com

306-880-8533

Household Hints and Handy Tips



Rock Talk by Ave Riddler

So far we have delved into the beginning part of a mineral sharing with you. How to select, connect with, cleanse, program, even store them...Also how those crystals can change over time and use. One important part to keep in mind on your mineral journey though; not every crystal or gem you are drawn to will remain with you forever!

Sometimes as we work with a mineral we resolve the issue it came into our lives to help us through, or the crystal came into your life for a brief time as an aid in a time of need. I find it very important to regularly go through all of the minerals you have gained over time, and sit with them. Perhaps you once felt the crystal heat up while you held it, and now it feels cold, or maybe you could sense the vibration of the energy of that mineral, and now it feels still. My main rule when cleansing my stones is to try reconnect with each one, and listen/feel for its story, if I cannot feel a story I accept that it might be time to find it a new home, a new purpose. Some of these crystals will end up gifted to a friend who needs it, or depending on what task it helped me though, I might give it as an offering. This doesn't always mean you must give it away, or make an offering of it, but sometimes you will feel called to do just that. Just like humans not every mineral will remain in your life forever.

This can be hard to accept at first, after all you create a powerful connection to these healing assistants, at times might even feel as if it has become a part of you. This is a bond and a connection that we can become attached to, at times holding onto a crystal simply because it

was with you through some things. I am not saying you have to send every crystal away after use, just be open to the idea that sometime, you might be sitting with a friend having a lovely visit, and suddenly feel moved by their story to give them the crystal that you once worked with. This is an important part of being a caretaker of these minerals; we can help them continue to be healing assistants, to have an active purpose.

There is an even more disconcerting thing that can at times happen, where that mineral will simply disappear! I have put crystals and minerals in my cabinet that I just *know* I have put away, that suddenly no longer are in there. I often thought maybe I accidentally washed them in my pants pocket, or maybe left them in my purse, or some other location. Many searches were conducted in my hunt to find them. Sometimes I have found them, other times they are simply gone. One of the most memorable was the disappearance of a crystal of a size that I can't



casually carry in a pocket (and as a result have fall out unnoticed). This crystal for the most part remained at home, and was only brought out to work with while home, it spent a sizeable portion of time in the cabinet I house my minerals in. Luckily I had long since accepted that sometimes, these energetic beings will take themselves away. I have had this happen only a few times, even more rarely months later I'm digging through my crystals for a certain one I want to work with, and find that the missing crystal has returned! I figure there are times they are needed elsewhere, but return home when the task they were needed for has been resolved.

It can be difficult to let them move on, but to me it is just as important to listen for that moment, as it was to answer the call when that crystal spoke to you.

Until next month, rock on.

THE RELIGION OF CONSUMERISM

By Gail Fulkerson

Hunting, searching, digging,
Deeper into the blackness,

Where all profound knowledge
And wisdom is revealed.

Some abandon the search
Because they find nothing
That fits their descriptions
Of their idea of truth,
Or it was not found
On their own rigidly set
Timelines.

Unrewarded, they climb back
To the surface and live
With the un-holiness
And unfulfilling wantonness
Of a life spent getting
And having.

On the surface, the air is stale,
Bereft of nourishment;
The getting doesn't satisfy
The voracious emptiness;
The staggering aloneness.

The contentment of having
Doesn't last as long as it
Once did.
We must go out and get,
Again and again,
So we can have,
Again and again.
The emptiness yet remains.

Instead of stalking animals
For sustenance,
We now hunt for food
And bargains at stores;
Gathering
Our spoils into
Convenient shopping carts
That we wheel out to our
Parked cars,
Congratulating ourselves
On another successful
Hunting trip,
As we load everything

Into the trunks of our vehicles
And drive home the spoils.

Like it or not,
We
Are
Consumers.

We are
Hunted,
Lured,
By slick advertising,
Subliminal messaging,
And sales tactics
That beat us about
The head and shoulders,
Wearing us down,
Until we succumb
To the pressure.
We buy from the one
Whose sales tactics
Wooed us best.

We are conditioned
To ignore our intuitions
In favor of what
Those around us
Think and say.
We heed their advice
And turn away from
Our own counsel
To our detriment.
Our souls are
Crying out for attention.

There is hope.
Many of us are awakening
And turning our faces
Away from the false gods
Of consumerism,
Plugging our ears and
Closing our eyes,
While the foundations
Upon which the sham
Religion,
The holy grail of

Greed,
Trembles and shudders.

Cracks appear in the walls;
A terrible loud roar,
The sound of once solid
Encasements falling,
As it loses its ability
To imprison,
Hypnotize and
Fleece consumers
For profit.
A sinkhole opens.
The floor
Plummets into
Oblivion.
The silent screams of
Jailers,
Thieves,
Their pockets
Bleeding money,
Go unheeded.
We watch
Their inevitable deaths,
Unmoved,
As they fall into
The bottomless pit
Of their own making.

Their bodies
Are crushed
To dust
As they disappear
Into the abyss
Amidst the detritus of
Foul consumerism's
Lies, hatred, and contempt
For all but money,
The accumulation
Of wealth,
And the power it bestows.
It is all meaningless.

We turn away,
Shake the dust from our feet,
And head for the

The long awaited
Victory celebration.

The Gene Keys: Unlocking the Higher Purpose Hidden in your DNA

By Peter Tongue

In over thirty years of exploration into Metaphysics and Spirituality, Peter Tongue has become the primary facilitator and counselor in Canada of the most powerful and profound "Great Alchemical Work" called The Gene Keys by Richard Rudd. It is a system based upon the link between the Chinese "I Ching" 64 hexagrams and the 64 Codons that make up our DNA.

The Gene Keys take you on your own "Grail Quest" along the Golden Path to show you the key Gene Keys in your own unique hologenetic profile. The journey reveals to you the shadow energies lurking in your unconscious that are waiting to be transmuted and transformed into your most powerful gifts, and ultimately the Siddhis or Divine Essences that are at the core of your soul. This truly is a path to your enlightenment that only you can tread.

The journey through your own profile of eleven spheres contains three sequences called the Golden Path which guide you along your quest. The Activation Sequence provides you with your core physical stability once you have shifted out of the shadow frequency and into the Gift. Each Gene Key carries a shadow frequency within it which is a result of our genetics and early childhood conditioning, often hidden from us in the unconscious realms. This process brings these repetitive negative patterns out into our awareness to be transmuted and transformed into our gifts.

The Venus Sequence takes us on a deep dive into our primary one on one relationships and the events of our childhood to give us a profound understanding of why we behave the way we do and why certain people trigger reactions in us. Those reactions are unhealed wounds which are waiting to be healed through this process. The final step in the Venus Sequence is the opportunity to heal ancestral wounds imprinted into us, in the moment of conception, by our parents. Once we know what these ancestral wounds are, through the profile, we can heal them within ourselves and therefore on behalf of the entire lineage, unraveling the wounds back through time. It is the greatest gift we can offer our ancestors!

Once this core wound is healed, we can move into the final Pearl Sequence, where we bring this deep inner awareness we have gained, out into the World, as we offer ourselves in service to the greater good of all. The final step in the Golden Path is the Pearl itself which is the final harvest for all the work we have done on the journey and now we are living a life of peace, fulfillment and prosperity, simply and abundantly. Not only are we now in an elevated emotional state, but we are actually secreting biochemical molecules of pleasure through our cells so we feel absolutely wonderful.

Richard Rudd has written a book to go along with the Golden Path. This book is an invitation to begin a new journey in your life. The beating heart of the Gene Keys Synthesis, this is the codebook describing all human states of consciousness, from the deepest fear-based patterns to the most awe-inspiring possibilities in our DNA. A vast work of vision and depth, this is a book to contemplate over a lifetime. It can be used in many ways – as a companion to explain the Gene Keys in your Profile, as an oracle and daily inspiration or as a spiritual path in its own right. Many people have testified that simply reading this book brings them a profound understanding of their life, relationships and higher purpose. Written in a poetic yet practical style, the Gene Keys book points you towards the beauty that already lies inside you and invites you into a world where anything is possible.

The initial stages of the process can be quite daunting and overwhelming. Having completed the Golden Path and the necessary courses, with the blessing of the brilliant originator, Richard Rudd, Peter offers himself through one on one private sessions and full day workshops, to set you on your own course of discovery!

www.genekeys.com

www.petertongue.com

Alignment trumps EVERYTHING! KNOWING what you want and who you are is everything.

By Jenny Kyplain

My name is Jenny Kyplain, a Jikiden Reiki Shihan Kaku teacher. I was born and raised in Ile a La Crosse, Saskatchewan. Now I live in Saskatoon, SK where I have been practicing massage therapy for 18 years. In addition to massage, I have training in gem stone therapy, kofutu, myofascial therapy, cranial sacral therapy, western Reiki and Jikiden Reiki to name a few. I finished a degree in Indigenous Studies from the University of Saskatchewan. The form of Reiki I teach is called Jikiden Reiki which translated from Japanese to English means, "directly from". Jikiden Reiki is the most authentic form of Reiki system available today. Reiki originated in Japan and is a form of energy healing. I love teaching the gentle and healing way of life through reiki. It supports physical and emotional health. Jikiden is simple, anyone can learn and do Reiki. Learn Reiki to improve body, mind and wellbeing.

Reiki compliments my massage treatments. Often clients ask to end the massage treatment with Reiki to decrease inflammation, and pain.

Please join my monthly Reiki shares, we have built a great welcoming community.

I am teaching level one (Shodden) on Saturday September 15 and Sunday September 16, 2018.

Investment is \$350.00 522 Duchess Street.

contact Jenny for further information

306-880-8533

sign up online www.jmkmassage.com

Your source will never look past where you are.

Jenny Kyplain RMT BA CST MFR

JMK Massage Therapy

New Location

522 Duchess Street

Saskatoon, SK

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306-880-8533

Homework

by Ave Riddler

For years I have had this self help based homework I have shared with many of my friends. It first started as homework I had given myself what feels like a lifetime ago. I'm sure I read about it in some self help book decades ago I don't recall where or when I first heard about this. Before I go into detail about this homework, I first want to say it was **NOT** easy to do; it caused a lot of tears, anger, and at times even just numbness. I stuck with it though, a commitment to make a very important change in my life. I remember the wounded animal sobs that would come out of me when I first started trying to do this thing. Now I can almost consistently do this exercise, and will occasionally do so just as a type of personal check in, I really think this has helped me through some very difficult times in my life. Now when I tell my friends about it I always warn them it's not easy, that it hurts like hell, but the end result can be healing in ways that you would never expect.

We are taught that to love ourselves is a very important and even necessary thing; it is, however, something many struggle to really do. Some may find it easier if there are conditions at the end "I love myself because I'm a good mom." or "I love myself because I am a hard worker." and so on. In fact at times if you boldly say you truly love yourself, no conditions or reasons, some will act like you are arrogant, full of yourself. To simply love who you are no conditions, no reasons is not easy.

The homework I did, and tell my friends about if I see them struggling and they ask me for help, is fairly accessible for everyone. It doesn't take any tech, no apps need to be downloaded, you

don't need a special book, or cd, it can be done at home, while traveling, heck even at work or at the mall, it can be done pretty much anywhere!

What is this homework? What do you need to do it? A mirror. That's it, just a mirror. Try looking yourself in the eye in a mirror, and saying you love yourself. Not because of this or that, or even limiting it by saying especially for this or that thing you do. This can be harder than you might think. If it's not at all difficult for you, fantastic!! I am so happy you really do feel that precious self love many are lacking. If you do find it is difficult, but not deeply painful, congratulations! You are closer than many are to loving who you are. If, on the other hand, you are wounded deeply by the attempt, I have a softer approach I recommend, try saying that you like yourself, still without conditions or limits...this too can be hard at first, but stick with it. My hope is that in time you can face yourself and honestly, easily say you like who you are, then take the next step and say you love that person too.

To truly love yourself will give you a core strength that you can access when life throws you a curveball, or even seems to offer a situation with no hope. Having that strength can help you find your way out of some of the darkest times you may face. It is not a cure all, nor a miracle end to struggle. You won't always be able to look yourself in the eye and say you love yourself just because you have done it once or a hundred times before. Sometimes those rough times will unsettle that self love and you might need to go through the whole process again. It will always be worth it.

There is this awesome video that a friend sent to me some time ago, that she felt was 100% me. At first I was where Andre was, then I became Angela <https://youtu.be/0kOkkRHohTE> and now I share this homework with you the readers of Flight, I hope you try it, grow from it, and maybe share it with others.

Things to Know

Make peace with your past so it won't spoil the present.

From the Flower Spirit Cards by Melanie Eclare



Primrose

The delicate Primrose, flowering in the early spring, comes as a reminder to us to reawaken to our true selves after a time of spiritual hibernation. The Primrose flower spirit brings a lightness and ease to the process of change and encourages a fearless openness to the extraordinariness of life. Sometimes it feels easier to play safe and continue in a way that maintains the status quo. In a sense this is a form of hibernation, as we put to sleep all our abilities to see, feel, hear and know on a deeper level, and we stop being inquisitive about all the potential that could be.

The Primrose flower spirit is laughing and asking if you may be about to awaken to the amazing possibilities that life offers. It is saying to you that there is so much more out there waiting for you and it is time for you to be true to yourself and accept this with open arms. You are a truly incredible, powerful and perfect being and you are now being asked in this moment to accept it and awaken to your brilliance. Begin to use it, feel it, enjoy it and nourish it. Follow up on the areas of life that you want to know more about and throw yourself into new experiences. With this will come a spiritual, mental, emotional and physical awakening - a freshness and vitality expressed by the Primrose flower.

Essential Oils Introduction ~ Edition 1

by Sharon Whitethunder Baldock

Independent Distributor

Young Living Essential Oils

I grew up in a farming community, most of my relatives and friends lived on farms. The meals during harvest time are unlike any meal that I have ever eaten to this day. Everything was grown on the farm and we *never* used the term “organic” because no additives or sprays were used to grow the food. Today, as consumers, we go to the grocery store and may not even read the labels because of the long words on it. My rule of thumb is if you cannot pronounce the

ingredient ...then don't eat it, it means "a chemical shit storm on a grand scale." After my partner's health issues, we started eating cleaner and avidly reading labels for the ingredients.

My intention for joining and using Young Living Essential Oils was to add other simple tools to empower clients in my Sacred Source Medicine holistic business. As we began to use more of these amazing Grade A Essential Oils we realized it took our wellness to a whole new level. I did take a basic essential oils course from an aroma therapist, and although the information I learned was great, my focus was to become more a part of Young Living Essential Oils. Above all I believe in empowering people to make their own choices and enhancing their own ability for better wellness. I believe in "Clients" not "Patients" as a description of people when they come to us for guidance, because one term empowers you whereas the other controls you.

We have used Young Living Essential Oils for serious Auto Immune issues, natural cleaners, natural bug and garden deterrent, personal care products, headaches, aches and pains, upset stomach or heartburn, nausea, asthma, menopause, our companion animal, for mental health, for personal healing and spiritual ceremonies just to name a few. We no longer use harmful off the shelf toxic chemicals that can cause hormone disruption, skin sensitivities, breathing issues, or, the worst-case scenario, possible cancer. I hope to share all the ways we used these Young Living Essential Oils with you in future articles.

It isn't all about creating another business, it is about creating a better and bigger gateway of wellness for myself and my family. D. Gary Young said "I never make an oil for profit, I make it for purpose."

Young Living owns their own fields and controls the process from Seed to Seal. The harvest is done by minimal machinery right up until distillation. There are two ways of distilling, one is steam distilled; most of Young Living Essential Oils are steam distilled unless it is a citrus oil. Citrus oils are cold pressed which means the proteins or allergens have not been removed. This does not mean that people don't have sensitivities and we suggest you start by using an organic carrier oil if this is the case.

If you have allergies (depending on each person) there have been many who have used Young Living Essential Oils with NO reactions. If you are allergic to citrus essential oils it is often

because the process they go through does not remove the compound that illicitness allergic reactions.

“There are a couple of ways one can be sensitive to essential oils, but an allergic reaction is not one of them. Allergies are erroneous immune responses to proteins, peptides, and amino acids - all nitrogen compounds, none of which are found in essential oils.

You can have an allergic reaction to a vegetable oil such as olive, corn, peanut, walnut, almond, etc., since these are cold pressed and can contain small amounts of proteins. Because of the nature of distillation by heat, steam, and water, that true essential oils must undergo, they do not contain the necessary compounds to trigger allergies because these compounds do not pass through the distillation process.”

David Stewart, PhD, DNM

Generally, all oils in the world are in one of four categories: Grade A, Grade B, Grade C, and Grade D.

- 1) Grade A is therapeutic, made from organically grown plants and distilled at low temperatures.
- 2) Grade B oils are food grade, but may contain synthetics, pesticides, fertilizers, chemical extenders, or carrier oils.
- 3) Grade C oils are perfume oils that often contain adulterating chemicals. They use solvents (for example, hexane) to gain a higher yield of oil per harvest. Solvents can be cancerous and are in many store-bought oils. They may also be diluted 80-95 percent with alcohol.
- 4) Grade D is called “floral water,” which is aromatic oil and is usually a by-product of Grade A distillation. After all the oil is pulled out, the leftover trash water is sold to companies which will fill 5 percent of the bottles with this “leftover trash waster,” fill the rest with carriers, and label is “pure”.

Other factors in getting quality essential oils is essential oils need to be grown and harvested at different altitudes and times for the essential oils to be of benefit. The time of day, evening or during the right time of the month otherwise you're just getting oils that smell nice and have nothing to offer for benefits.

Young Living has over 300 essential oils and a wide range of products with 80 of their essential oils registered as a “Natural Health Product” with Health Canada. This means that Young Living has scientifically proven that 80 of their essential oils do what they say they will do.

Young Living is the first and *only* company that has permission to harvest Sacred Frankincense. In fact, they were given land from tribes in Salalah, Oman. D. Gary Young built a relationship of mutual respect with them based upon how they care of the lands and the integrity behind Young Living Essential Oils. They consult with the tribes and people of that country to attain permission and to offer jobs to sustain their community. As a consumer I am not just reading labels of the things I consume, I want to know that companies are being *ethical* with nature and the communities.

Young Living is also ethically responsible, and constantly replace what they use no matter where in the world the essential oils come from. It is a myth and uneducated statement to say that the Young Living essential oils company is using up valuable crops or fields and causing a depletion of the essential oil supply. It doesn't take a rocket scientist to figure out that if you own a field to grow crops you do not deplete what you grow. Farming 101.

https://www.youngliving.com/en_US/discover/seed-to-seal

Canadian Label laws only require companies have at least 5% of the product and this is even more important when it comes to Essential oils. I have learned after becoming a Young Living Essential Oils member (and continue to learn) that many essential oil companies can make claims of “pure or organic” and only have 5% of the essential oil in them. When you go to a store and get off the shelf cheap brands they may be ineffective and ultimately can cause you more harm than good.

A few years ago, Young Living found two of their farms had not followed the Young Living's Stringent protocols for harvesting. They did an internal investigation and reported the illegal harvesting of Rosewood and Spikenard Essential Oil to the FDA. They accepted a plea agreement and paid the fines. Young Living created the “Lacey Act” the first and only essential oils company to have a comprehensive *Lacey Act*-specific compliance program that has been reviewed and accepted by the FDA & Health Canada.

You can try other essential oils, as we have, but nothing has or ever will be comparable for us because of Young Living's quality and integrity. D. Gary Young founded this company in 1993 before essential oils became so well known. They have many charity foundations that help

communities all over the world. One that is close to my heart is the “Hope For Justice” to end human trafficking and slavery. I used to be a Youth Worker so I know personally how traumatic it can be for a child on the streets as well as how they got there.

How to apply Young Living Essential oils:

Aromatically:

- * Drop 2-3 drops (3 inches above) your palm, rub your hands together 3 times, hold your hands at or below the bridge of your nose and inhale
- * Apply 3 - 6 drops in the diffuser

Topically:

- * Place 1-3 drops on your fingers, and rub it on the back of your neck, temples, below ears or bottoms of feet. If you are right handed then you want to apply the oil counter clockwise, if you are left handed then you apply the oil clockwise in a circle. You can also apply drops on the area of the body. If there is an irritation do NOT use water. Use a vegetable oil or carrier oil over the area.
- * Citrus Blends may cause photosensitivity.

Ingesting:

- * Apply 1 - 2 drops in your water or food. Young Living Essential Oils has a Plus Line specifically for cooking and drinking

The regular Young Living Essential Oils can be too strong for some, especially for children, elderly or our furry family, which means you should dilute them with carrier oils. I have used coconut oil, avocado oil, apricot oil, shea butter, mango butter or V6 Vegetable Carrier Oil from Young Living. I apply the same principle as Young Living to my carrier oils; how was it processed? How was it grown and where was it grown? Always do your research!

ESSENTIAL OILS FOR FALL & WINTER

With the cold and flu season upon us, kids going back to school and coming home with a wide range of viruses, now is a perfect time to build your immune system and keep helpful Young Living Essential Oils for symptoms of illnesses.

THIEVES STORY

During the time of the Plague, also known as the “Black Death”, in the mid 1300’s. Most already know they had little knowledge of proper medicine for their health let alone how to prevent a contagious and deadly disease.



The thieves were going into the homes of the dead and dying and robbing them of what little valuables they had. This went on for months until the magistrate caught wind of what was happening and thought these individuals would eventually die from the plague...but they didn’t. The magistrate sent out soldiers to capture these thieves. They were brought in front of the magistrate they told the thieves they would not burn them alive if they told them how they were not dying. The magistrate kept their word and did not burn them alive. Instead they were hanged

The thieves gave the recipe that prevented them from getting sick and dying. The thieves where perfume and spice merchants, as we know in some of the history books you can see drawings of people wearing these long beaks. These masks where then used by Doctors during the plague to treat the sick. The beak is how doctors got the long-lasting nickname “quack”.

The traditional blend has clove, lemon, cinnamon, eucalyptus and rosemary.

THIEVES ESSENTIAL OIL

Thieves is generally an immune booster used for relief of a variety of illness or sicknesses. We have used many types of preventative medicine and we started using Thieves Essential Oil for over a year and a half during cold and flu season. Our family places one or two drops either on the bottoms of our feet or on our neck before going out into public.



We diffuse Thieves Essential Oil in the evening for 20 minutes to clear whatever we may have been in contact with. We have not been seriously ill since we started using Thieves Essential Oil. I think once we both got the beginning symptoms of a possible bug, but it was gone in 2- 3 days.

CONTAINS: clove, cinnamon bark, rosemary, lemon, eucalyptus (E. radiata)

We use Young Living Thieves product in our household and we traded out toxic cleaners or any product that may cause us serious potential illness. Nor do we use product that causes harm to our water and land as most off the shelf products do. We use Thieves Detergent (1 tsp per load), One cleaner for the whole house (one cap full per one litre water), toothpaste, hand sanitizer, hand soap, and dish soap. I will make up a small thieves' spray bottle to take with me when I am out or travelling for toilets, hotel beds, to clean fruits and veggies etc.



R.C. ESSENTIAL OIL

R.C. is an invigorating blend of cypress, spruce, and three varieties of eucalyptus that is comforting when applied to the chest and throat.

It helps to relieve coughs, colds and sore throats. I have replaced my asthma puffer and have been using R.C. Essential Oil for a year and a half. I have not used my puffer since

CONTAINS : eucalyptus (E. globulus, E. radiata, E. citriodora), myrtle, spruce, peppermint, pine, lavender, marjoram, cypress

DiGize ESSENTIAL OIL

DiGize is a blend of pure tarragon, ginger, peppermint, and other essential oils that may bring about calming feelings.



Aids as a carminative and antispasmodic for symptomatic relief of digestive discomfort.

In all honesty the smell is not the greatest but it works! I have used it a few times during nausea, or upset stomach. We have used a small diluted amount for our furry friend when she had an upset digestive system and it worked for her.

CONTAINS : tarragon, juniper, anise, ginger, fennel, patchouli, peppermint, lemongrass

PEPPERMINT

Peppermint is one of the oldest and most highly appreciated herbs, it has a fresh aroma that is energizing to give you a freshness and feeling of robustness.

Suggested uses

- to help relieve joint or muscle pain associated with sprains, strains & rheumatoid arthritis
- or inhaled can act as a nervine and calmative which enhances relaxation
- or inhaled to reduce the symptoms of cold & cough
- when experiencing digestive discomfort can act as a carminative and antispasmodic

I have never liked mint and still do not like it in my food, but I have found myself using Young Living Peppermint Essential Oils for headaches and digestive issues. I have a Hiatus Hernia and what I have noticed is how my stomach has not only improved, but now I rarely get indigestion or have had any further stomach issues.



So how did we begin our journey with Essential Oils ? We began by joining Young Living for free and buying the Premium Starter Kit. I have learned so much about essential oils and I have also empowered my own method of health and wellness. It was as simple as looking up online oils for symptoms and Young Living actually has an app for that. I am a consumer and a client ...not a patient.

I also hope to share my knowledge and experience of essential oils, how to use essential oils for you, your family and for animals. We dispel the fear and myths around essential oils and animals. I began this journey with Young Living over a year ago with very little knowledge on essential oils. Today, I am confident with using Young Living Essential Oils for everything in and around my home.

Much gratitude and humble thank you to Trent for inviting me to write an article on essential oils. I am deeply honoured to be a part of empowering others. If you want to learn more or join Young Living, send me an email, ancientlight_1@yahoo.ca

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Thought for the Day:

Learn to be silent. Let your quiet mind listen and absorb. *Pythagoras*

Extremes in Our World that You should Know:

Where is the world's oldest city ?



Damascus ...

There's quite a bit of controversy over which city gets to officially claim the title of

"oldest continuously inhabited city.

However, Damascus is the safest bet, with evidence of civilization that extends back over **11,000 years**.

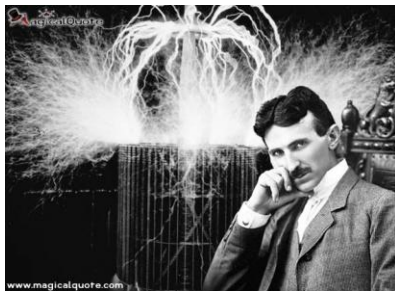
Paraprosdokians:

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).

8. To steal ideas from one person is plagiarism. To steal from many is research.

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.

"We crave for new sensations but soon become indifferent to them. The wonders of yesterday are today common occurrences" *My Inventions, in Electrical Experimenter magazine (1919)*

From 365 Zen daily readings by Jean Smith

In fact, nobody - but nobody - can experience our lives for us; nobody can feel for us the pain that life inevitably brings. The price we must pay to grow is always in front of our noses; and we never have a real practice until we realize our unwillingness to pay any price at all. Sadly, as long as we evade, we shut ourselves off from the wonder of what life is and what we are. We try to hold on to people who we think can mitigate our pain for us. We try to dominate them, to keep them with us, even to fool them into taking care of our suffering. But alas, there are no free lunches, no giveaways. A jewel of great price is never a giveaway. We must earn it, with steady, unrelenting practice.

We must earn it in each moment, not just in the "spiritual side" of our life. How we keep our obligations to others, how we serve others, whether we make the effort of attention that is call for each moment of our life - all of this is paying the price for the jewel.

Charlotte Joko Beck, Everyday Zen

Things you may NOT have known about Canada:



Reflections from the Shaman's Hut

by Trent Deerhorn

It was meant to be...or WAS it?



I would like to talk about something here that keeps coming up and is very disturbing. And I should warn the readers that I am about to blow apart all kinds of ridiculous dogma, and that may be uncomfortable for some of you. But, you see, that is part of my job as a Shaman. So I am not going to apologize for this. I will, however, say that I completely understand the pain and discomfort that this is causing you, but that it is not actually the information causing it, but rather the cracking of some very well-laid dogmatic beliefs.

Something that I have often encountered is the belief that "if this happened then it was obviously meant to be." This is based upon a theory that there is pre-destiny that we have all chosen in life before we were ever born into life. People veil this belief in things like "compassion teachings" and "non-attachment teachings" and "new-age thought". Excuse me. BULLSHIT.

Life presents us with many opportunities and many dilemmas. We cannot possibly think that absolutely every opportunity that comes our way is something that we **MUST** go for. If we live our lives like that we will completely compromise our grounding and stability. We will flit from one opportunity to the next without actually setting solid foundations in **ANY** of them. This is why it is important to discern what is appropriate for us in any given moment, what is congruent with who we are and who we are becoming, and then make a **DECISION** based upon that...and **STICK TO IT**. That way we can foster success. And, once successful in one thing, it becomes easier then to take on the next thing. But to abandon one thing to hop onto another train is not productive.

Now...let's look at another angle to this. Let's think for a moment that someone has suffered a miscarriage, or a rape, or an physical assault, or a robbery/mugging, murder, or a tragic car accident. "It was meant to be" suddenly becomes quite a toxic thing to present to them. Basically what it does is makes the person feel like they, a victim, are being blamed for the event that was out of their control. "God's will" suddenly becomes a punishment that is completely unnecessary and completely abusive. And we need to remember that, as humans, we have this thing called **FREE WILL**. It means that we get to choose what we want to do in life. **BUT** that also means that everyone else does as well. And so one person's free will can and

often does completely broadside that of another. That is not the fault of the person who was broadsided. That was completely of the offender's choosing.

"Yes," someone might say, "But if he/she did not do that to me, I would not have become the strong person that I am today." There is a difference between acknowledging your own personal power to transmute a toxic energy into a positive medicine that you can now carry with you to help yourself and others, and actually GIVING CREDIT to the person who harmed you for making you a better person. Your ability to survive and then to thrive is ALL YOURS. It was in you from the very beginning. And the person who harmed you should NEVER be given even an ounce of credit for "activating" it. This would have been activated anyway, just by living life. You did NOT need some idiot coming along and making things worse for you just so that you could "become stronger". This is why when someone says to me that "It was meant to be" I have to always ask, "Or WAS it?" I am not one who thinks that all offences must be met with punitive measures. Sometimes the horror of realizing what they have just done is enough to motivate them to become a better person. But when we actually address who has the responsibility for what happened, that healing has a much better chance of happening. So we need to stop blaming victims and start holding offenders accountable. That way we help to heal the world instead of foster an environment where everything spirals into the lowest common denominator.

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 we meditate, we are in essence training our thoughts to lift to a higher vibration. Although we may not think anything is going on, we are aligning our energy fields to a divine consciousness of love. Many people refer to this consciousness as God. When thoughts are elevated to the God consciousness level, we develop an appreciation of love, joy, calmness, and patience.

According to the Farmer's Almanac 2018:



Potato Prep

To successfully store potatoes, reduce watering after flowering. Wait to harvest until after the plants completely die back. Skins should not easily rub off. Brush away soil but don't wash unless you need to remove stubborn clumps. Be sure that the spuds are completely dry before storing. Cure them for 7-14 days in a dark, well-ventilated area at 50-60 degrees F and 85%-95% humidity. discard bruised and/or diseased potatoes. Store the healthy crop in a dark, well-ventilated area at 40-45 degrees F and 90%-95% humidity, which helps to prevent shriveling. Tubers exposed to light will turn green.

September 3rd: Labor Day

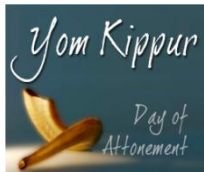
Without labor, nothing prospers. *Sophocles, Greek dramatist (c. 496-406 B.C.)*

JEWISH NEW YEAR
Rosh HaShanah



September 9th: Rosh Hashanah begins at sundown/Grandparents' Day/New Moon

Wood cut during the new Moon is hard to split.



September 18th: Yom Kippur begins at sundown

Take a snapshot of your vegetable garden so that you will know what grew where when rotating crops next year.



September 21st: International Day of Peace

Thunder in September indicates a good crop of grain and fruit for next year.



September 22nd: Autumnal Equinox

Celebrate the equinox by decorating with a cornucopia filled with traditional autumn symbols: apples, fall wildflowers, grapes, dried gourds, nuts, strawberry or mini Indian corn, and mini pumpkins.



September 24th: Full Harvest Moon

Onions are ready to harvest when the tops begin to weaken and fall over. Pull the plants out of the soil and let them dry in the garden for 1-2 days before curing and storing.

Ask the Shaman: With Trent Deerhorn



Q: I was curious if you would be able to share some thoughts on karmic debt. Not sure if you've done that already. I'm curious to hear your thoughts.

A: When we boil down the concept of Karma, we are talking about the law of cause and effect. We are all very well aware (or should be) that everything has a cause and every cause has an effect. Things that I say and do today will set the stage for what happens tomorrow. This is a fact of life. One does not have to believe in past lives or reincarnation or Buddhism to understand that basic concept. But if you do believe in past lives and reincarnation...

Some of the teachings that I have received have to do with this. We are familiar with the idea that when we die our souls go "into the Light". This has been scientifically studied for decades now as a result of research into near death experiences. I have personally experienced this, having been clinically dead 3 times in my life. Each time I was brought back to life in the physical realm I felt myself ripped from the Light and pushed back into my physical body. The teachings, however, also match memories that I have had in between lifetimes. They say that there is something beyond just the Light. That something is called the Void. The Void is something that at first appears to be total darkness (like a black hole) sucking souls from the Light into it. Many souls feel fear at this point and hang onto the Light for all they are worth. These souls, therefore, do not experience the benefits of the Void, which I will get into in a moment. What they experience is a "recycling" process whereby they are reincarnated into the physical form (in this world or on any number of other worlds...because the Universe is much more vast than what humans want to believe and there is life out there) without any memory of the previous life. Thus, the same patterns arise in that new lifetime to help the reincarnated soul to learn it better the next time around. It is like having total amnesia with a bit of déjà vu thrown into the mix when something really stands out to our conscious mind.

Now, if you do go into the Void (and being sucked into it is powerful, yes, but it is only an invitation and that is why not everyone gets into the Void) you are met with something even more beautiful and all-encompassing than just the Light. You are taken under the wing of a very wise "coach" and taught about what has developed in the lifetime you just left and why those things happened. The "coach" is often referred to as an Angel, or a Spirit Guide, or even an Ancestor. It really doesn't matter how we define it, the fact of the matter is that it is there to help us to digest and assimilate our experiences. So we are taught about what we wove into our lifetimes and then how to untangle the places that got all muddled up. Then we are taught about how to weave something much better for the next lifetime. Once all of this happens we are then ready, with memory of the previous lifetime, to reincarnate and weave something much more positive in the next lifetime. That memory is not necessarily complete and whole. Sometimes it will happen in terms of an inkling that perhaps we should or should not participate in something in the next life, or perhaps even in a very clear memory of what the past life experience was and how it turned out, along with an awareness of what we need to do this time around in order to weave a more beautiful tapestry of life.

As to Karmic debt, we live out Karmic debt on a daily basis. It is not like we "owe" anybody anything. Just in being who we are we are balancing the scales. The more perfectly and profoundly we become who we are, the more rapidly the debt balances out. So, for example, I am not going to feel guilty (I don't do guilt anyway) about having murdered someone in a past life. Just being who I am now sets me up for balancing that out. Helping a blind lady carry groceries across the street to her apartment building is enough to balance that out. Humans

often get caught up in equal being fair and fair being equal. We do what we can and that balances. Equal is not always fair and fair is not always equal. The mere willingness to do something helpful, beautiful or profound is what makes the difference. In order to get to that point, however, we have to work at becoming self-fulfilled. Without that, acts of kindness can end up laced with expectations of acknowledgement or reward, which basically negates the act itself.

The other thing that we have to remember is that, when it comes to past lives, our need to know if we were someone famous is ALL EGO. Yes, there were people in history that you may or may not have been who are famous for one reason or another. But, seriously, SOMEONE had to also be cleaning the toilets or providing services of prostitution or be enslaved. There are rich experiences in all of those things as well. That is not to say that the latter two are recommended. On the contrary. But someone had to do this stuff. And the likelihood is far greater that we were just a common Joe doing common work than some form of royalty.

There are also some traditions/beliefs that birth marks indicate how one died in a previous lifetime. I just shake my head at that kind of stuff.

Tidbits and Tickles:

Standing in line at the clothing store's counter, I watched as the woman ahead of me handed the clerk her credit card. The customer waited for a long time while the saleswoman went to verify the account.

When she finally returned, the clerk said, "I'm sorry, but this card is in your husband's name, and we can't accept it because the records show that he is deceased."

With that, the woman turned to her husband, who was standing next to her and asked, "Does this mean that I don't have to fix lunch for you today?"

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:

Beverley Wrote: I like the idea of a "Rock Whisperer". There are a few rocks in my collection that make me wonder what they must think and feel!

Max Wrote: The Oracle of Nature article, by Katherine Dempsey, was fascinating. I like the mystical aspect of it. I almost thought that it belonged in the Paranormal Experiences section. But either way, I am glad that I was given the opportunity to read it.

Samuel Wrote: I very much enjoyed Trent's article on The Dynamics of Healing. You are an amazing writer, Trent, and I love your down to earth perspectives, especially when it comes to spiritual matters.

Amy Wrote: The Ask the Shaman advice column is one of my favourites. And the one in this issue was the best so far. I know far too many couples who are on again and off again for entirely the wrong reasons.

Melanie Wrote: I am a huge fan of Gail's poems, everything from the ecstatically beautiful to the morose. A great talent there!

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