

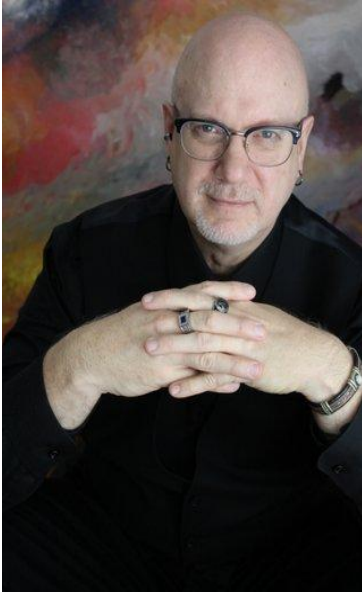
# *Flight: A Living, Breathing Document of Consciousness*

Volume 7 Issue 76, October, 2018



*Articles and excerpts that will inform and inspire!*

### A Letter from the Editor:



The seasons are changing! This is evidenced by the early snowfall that we are getting. I prefer long autumns, so the early snow is a little distressing. But hopefully it will not last that long and some of the autumn colours will still be able to linger a while longer.

This issue has a lot of fun stuff in it. Articles about a head sized crystal, about healing sound, about finding one's voice, and not one but two poems. This issue is for October, so some of the information in it will relate to that "Halloween Season". All in all it is a great read! And do remember to check out some of the upcoming events. There are some really good ones happening!

Thank you so much to all of the contributors! Without your articles, your insights and wisdom, your poems and your creativity, this newsletter would prove to be quite boring.

Feel free, as a reader, to forward this newsletter on to whomever you think might find it useful. Subscriptions are free, so at any time anyone can ask to be put onto the FLIGHT newsletter email list by dropping me an email at [deerhorn007@gmail.com](mailto:deerhorn007@gmail.com)

*Enjoy the read!*

*Trent Deerhorn*

Editor

## Deerhorn Shamanic Services *Floating* Drum Circle



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

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

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

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

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

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

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

Children in attendance must be strictly monitored by their parents.

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

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

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

# Upcoming Events

## TRODKA Trio

### House Concert

Dempsey Acreage, Batoche, SK

(1 hour drive North of Saskatoon)

Date: October 14th, 2018

Time: 2:00 pm



We are an eclectic musical Trio that performs labels and originals. The three part harmonies are haunting.

**Price: \$25/person**

**Early bird Discount: \$20/person if registered before October 1st!**

For Tickets Contact the TRODKA Trio Booking office at (306) 978-5300

**Ticket Sales CLOSE October 9th!**

*A map to the location of the concert will be provided upon the purchase of tickets.*

We will provide refreshments. Please bring POT LUCK SNACKS (that do NOT require an oven) for during intermission.



## Heart Song Sharing Circles

With Brian Paul D.G. and Friends!  
at Varsity Sobey's Community Room  
(8th Street East and Cumberland)  
**2nd Saturday's of each month from 2-4pm,  
starting October 13, 2018...**

Feel free to bring poetry, song, acoustic instruments,  
the will to sing along and/or co-creatively listen  
as we gather with/to/through/for/from/by  
and beyond folk songs of all kinds!!

\*\*\*\*\*

## 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  
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!

\*\*\*\*\*

*for more info, feel free to communicate, and/or have a look/listen...*

## 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](mailto: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=okgZesZp8zQ&index=1&list=PLPie\\_aIMm3txoRe1sraVXzK6JFNgc4NAi](https://www.youtube.com/watch?v=okgZesZp8zQ&index=1&list=PLPie_aIMm3txoRe1sraVXzK6JFNgc4NAi)



## **SKY RIVER TEMPLE**

### **SAMHAIN Ritual**

Public Event

OCTOBER 28

2:30pm

Rusty Macdonald library

225 Primrose Dr

Saskatoon, SK

Potluck social to follow

(no nuts/legumes/seeds/soy)

FREE to attend

DONATIONS welcome



## **Sound Healing - Discover your Sound in Crystal Singing Bowls**

**Dates: November 3<sup>rd</sup> & 4th**

**Time: 9:30am – 4:30pm**

**Location: Twig and Squirrel Wild Goods**

**504 20<sup>th</sup> St West, Saskatoon**

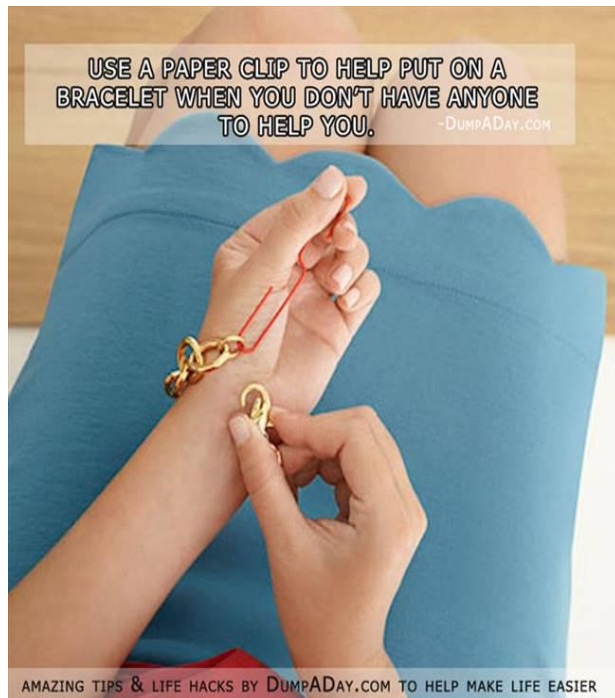
**Cost: \$350**

**Early Bird Registration: \$300 by October 19<sup>th</sup>**

**Contact: [katherine@amythyst.ca](mailto:katherine@amythyst.ca)**



## Household Hints and Handy Tips



### Rock Talk by Ave Riddler

You have to try keeping an open mind when working with minerals and these past few months have really brought that home for me. Pretty much ever since I learned crystals DO have energy I have half joked, half been serious when I've said I wanted to own a quartz point bigger than my head.

In my mind that someday goal/dream had me happily owning a shining radiant clear quartz, with a sharp well defined point, and a ton of lovely rainbows to catch the light and imagination. This was a dream/goal that I never fully expected to realize, the price tag of such a quartz being way outside my budget. Many people have heard me say that I would someday own a quartz point bigger than my head, and we'd always laugh...

A few months ago there was a huge gem and mineral show/sale that came through, this show comes through at least once a year, and while some may dislike the show, I'm like a kid in a candy store. I tend to go on the opening day, and almost every day after that, often once alone, and then with friends. They often have minerals I have been searching for, things I have read about, but not yet worked with, (most notably was the year I purchased some lightening struck quartz) or even more wonderful, minerals I haven't even heard of yet! (Keep in mind I have



been focused on learning about, and formally working with minerals for around 20 years!) The other reason I love that gem show is it is one of the few times a year when I am absolutely



SURROUNDED by rocks, crystals, and minerals; total bliss for a gal like me. Over the years I have purchased some amazing pieces I would never have found if it wasn't for that show.

I had found, while at the latest gem show, this amazing HUGE quartz, it was not the most visually beautiful piece, filled with all kinds of inclusions, not a rainbow to be seen, and nowhere near a sharp well defined point. I fell for that big beautiful interesting piece, I honestly don't often find myself overwhelmed by crystals anymore, but this beauty did just that. Even though it was beyond my budget, I just had to show it to a friend, who owns a magical shop in Toon Town. The most unexpected thing happened, my friend snagged this massive point and took off towards the area where he was stashing his purchases for the shop as well as himself. I was sort of sad to see it carried away, but was also glad it was finding a home; with how excited he was I was sure he was snagging it for himself, which would mean I could at least visit it. Not long after I went to visit him at the shop and saw the quartz point in the store, with a price tag on it..."nope that's not for sale! It's already sold, you'll do layaway right?" And so it officially became mine, it may have taken me months before I was able to bring it home, but now it is home, and I'm excited to see where we go as we work together.



So the point of this article, and the message I'm hoping to share? Sometimes we have to turn off our eyes, and expectations in order to open

ourselves up to potential. With that I will say until next month, rock on!

## Things to Know

**Don't compare your life to others. You have no idea what their journey is all about.**

## From the Flower Spirit Cards by Melanie Eclare



### Purple Loosestrife

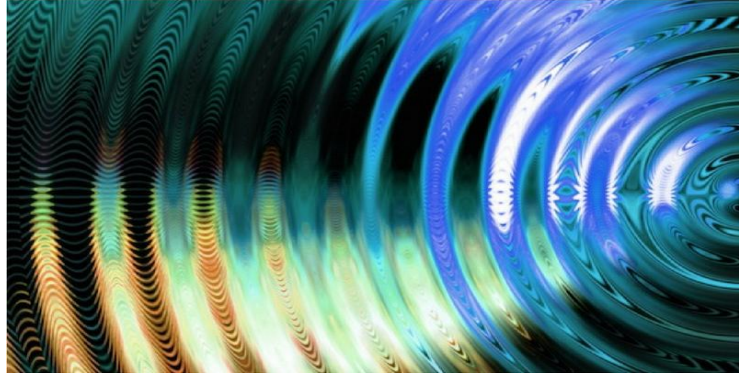
The true self within each of us is a powerful interconnected being capable of infinite possibilities. As we were taught as children to move more towards a way of behaving that fitted in with everyone else's needs, we have mostly forgotten who we truly are. It sometimes feels like an unrewarding task to trawl through layers of emotion in order to heal our disconnectedness and rediscover our core being.

The over-lighting spirit of the Purple Loosestrife flower tells you to find another perspective, maybe more detached an approach, moving away from the minutiae and out into the bigger picture. It takes you on a journey and asks you to see yourself moving through a dark tunnel or corridor with no light and a feeling of claustrophobia. See this as the place where you are stuck now - physically, mentally, emotionally or spiritually. It guides you through this dark place and out into the clear, light and airy landscape, bringing with it an immense freedom. Experience this new perspective as if, like an eagle, you are soaring high up with a limitless view of the world below. See yourself in relationship to everything around you rather than as a single, separate being. Keep a clear perspective and always remember the bigger picture, coming out of the dark, into the light of understanding and interconnectedness with our Creator.

## Sound Healing Journey

by Katherine Dempsey

Sound is life. It is our inner hum and our inner vibrancy. Each of us is unique in the sound of our vibration. Everything that makes up the Universe has a vibration, each proton, neutron, quark, molecule gives off radiance of sound in its vibration. It is the dance of life and expression of polarity as yin and yang seek balance. Sound is everything!



In almost all creation stories throughout the world, sound is credited as the unseen force that created the earth, mankind and all species that inhabit this earth.

New Testament - In the beginning there was the word and the word was with god and the word was God

Vedas of Hindu tradition - In the beginning there was Brahman with whom was the word and the word is Brahman.

Ancient Egypt-The god Thoth created the world by his voice alone.

Hopi Indians tell the story of Spider Woman who sang the song of Creation over the inanimate objects of the Earth bringing them to life.

Australian Aboriginal Traditions- Sound of the didgeridoo is responsible for the creation of the world.

The list goes on! Ancient teachings of mystery schools taught traditions of sound as a therapeutic tool of healing, some of which still survives today. The wisdom of ancient shamans is alive in ancient stories and the healing wisdom verbally passed down from generation to generation. It also continues to grow as this information is channelled to us as we open to the sound of ourselves and the sound of now, sound of future and ancient past.

Take the time to consider what sound your inner being makes. Can you see it, feel it, taste it? Use all your senses to explore your inner sound. Can you hear its calling and envision its story? What is the sound of your life? I experienced these questions profoundly in a time of my life when I was in dire need of healing. I began to slowly wake up to these concepts. Slowly but surely my healing sound blossomed, and transformation took place. In that yesterday and in my journey of today, I feel the shamans of centuries past using sound, rattles the beat of the drum, the whistle and song of singing bowls to create healing shifts in a physical being. Ancient song of past is calling me home.

Of all sound healing tools, the sound of your voice is your truth. The tone and unique registry of your voice is a vibrational field that indicates your emotional status, your physical wellbeing, and your intent or current thought form. Your voice carries the frequency of who you are. When we engage with others, we intuitively pick up on these frequencies of information. Regardless of social code and the veneer we choose to dress ourselves with, each of us intuitively pick up on these truths. We know when we are liked and respected. We know what feels good and what does not in social conversation regardless of the veil of pretense that tries to hide an attitude, emotion and thought form. This truth also is a revelation to you. What do you hear in your voice?

The sound of your voice is truly the foundation of your expression of who you are. Many of us have lost our ability to speak or even sing our truth. When is the last time you sang on the top of your lungs with careless abandon? When is the last time you spoke up on an issue or even felt heard? For many of us we are wounded in voice. Layers of words are held back, or emotional pain received for speaking out. Many of us feel the restriction of sound in song as it is not considered beautiful to others. Our sound is withdrawn with the effects of judgement and criticism. We leave our songs to be sung by those with musical expertise. We scroll our song lists for a prescription of sound. We listen to others and forget to sing our song.

Embrace your sound! Sing it! Hum it! Just do it as you make your sound in all its gritty glory of expression! You will discover a richness of life and an emotional freedom in this expressiveness. You open to the heart of you and as you open, the most amazing things begin to happen. Your body responds

Blood pressure goes down

Feel good hormones are released

Chronic pain lets go

Stress hormones dissipate

Anxiety and stress fall away

As you make your sound, you create peace within.

My personal journey in sound healing began with sound of voice! It was not pretty! Spirit demanded it of me. It was sink or swim in my inner turmoil. So, I tentatively began hum and to sing Oms and Ohs, Ahs and Ees. In this exploration, this was the only place I knew to begin. I was convinced I could not sing. What song to sing? I could not remember the words. I just did it. It all felt good! In this process what I call spirit song emerged. A song that touches deep emotion and opens the heart field. Today, I am still on this journey of sound. It connects me deeply to me. Singing with my guidance team, I now also bring this into my sound treatment sessions. The sound of voice creates such a gentle heart connection and in this sound something beautiful unfolds. The sound flows and tells a story. Like water, this sound of human voice touches another deeply allowing them to release a blockage that was tucked away. In this

softening and opening a new light of vibrancy expands within, creating balance, peace and a feeling of wholeness.

Science is catching up to our Shaman sound. The body is 70 percent water. Water is also the most malleable and strongly affected by the vibration of sound. Sounds in our environment can put us at ease or put us into the fight or flight response. Sound affects us emotionally, neurochemically and physically. Dr. Masaru Emoto proved the strong effects of sound and sound of intent in his research demonstrated in his book "The Hidden Messages in Water". His pictures of frozen water droplets depict the effects the vibrational sound of nature, sound of mantra and prayer, vibrational effects of pollution and harsh words of disrespect." Each water droplet expressed itself in a form of beauty or ugliness depending on the vibrations they were exposed to either in the physical environment, the spoken or sung word. The droplet formations portrayed exquisite form of mandalas and crystal snowflakes. They also demonstrated gross malformation. The higher the frequency of love that was demonstrated in the environment the more exquisite beauty was revealed in the droplet frozen form. This experiment went further to discover how our vibrational thought form and intent affected the waters. The results were the same. We truly are what we think and speak, it is reflected in our body and mind. It is reflected out into our environment to manifest more of the same. In self care of sound, bath yourself in healing sound and picture your cells blossoming to their perfection of wholeness. Crank up the volume and sing your song!

Dr. Hans Jenny, a leader in the science of Cymatics, also studied the effects of sound on matter. He produced the most amazing pictures and videos of formations that were produced in water, liquids, powders and soft pastes from sound vibration. My favorite video shows the effects of the OM sound in water. Om is the sound that ancient Sanskrit texts speak of as the creative force of the universe. This sound vibration created the most beautiful forms across the water. It is breathtaking to behold; the effect of positive sound on matter. We are sound, every thought, every emotion resonates in a wave form of frequency that is sound. It affects all of you, your environment and those around you.

Science today continues to study effects of sound in the Quantum science of the universe and the Biological Science on the physical. Research is being conducted on the effects of sound on viruses, bacteria and cancer. I dream of the day when cancer is healed in sound. No more chemical baths of chemo and fire of radiation. Sound is bringing new possibility into our lives.

Sound healing tools of Singing Bowls, chimes, didgeridoos, drums are all wonderful ways to bring sound in your life. Their sounds bring wonderful joy and motivation into your practice of healing. As I play my crystal singing bowls I follow the sound and feel waves of sound within me. The buzz of the nervous system quiets, the mind is stilled, and the breath becomes slower and deeper. Meditation is now easily accessible as the alert brain wave state of alpha slows to beta and then to theta. Your body and mind entrain with your sound healing tools. You bring in your intent of healing and compassion and there is an expansion as you go further within. The healing resonance field of sound is further expanded when you join in with your voice. It guides you to the areas of need. Sound waves wash over and you begin to become aware of areas of congestion within the body. The high-pitched whine of the sympathetic nervous system returns to balance as harmonics of sound engage on a deep cellular level. Cells of the

body that have lost their rhythm pulse with the force of sound. They become entrained to the waves of healing sound. The cells become oxygenated in sound vibration, they release and begin to regain their original sound blueprint. Your cells now groove to their original sound of joy. The symphony of your body returns to balance, wholeness and sound health.

I challenge you to *embrace your sound!* Make your sound and explore your inner world. Expose your dark and open to your light. In the glory of expression there is richness of life and emotional energy that is being expressed. You open to the heart of you and, as you open, the most amazing things begin to happen. Your body responds, returning to well being. Make time to play with sound of voice and sound tools that bring you happiness. Forget perfection and just let it happen. As you engage in sound how you learn, grow and heal! In this expression, what beauty in healing sound you can share!

Edgar Cayce once said, "Sound will be the medicine of the future." I like to believe the future is NOW!

*Katherine Dempsey is an Intuitive Sound Healer who uses spirit song and sound of crystal singing bowls in her sessions. She is a Spring Forest Qigong Level 1 Trainer and Reiki Master. She offers Sound Healing Sessions and Qigong Energy Balancing. She regularly hosts weekly Qigong Practise groups. She teaches her passion Sound Healing and Qigong Training at various times throughout the year.*

## **Sound Healing - Discover your Sound in Crystal Singing Bowls**

**Dates: November 3<sup>rd</sup> & 4th**

**Time: 9:30am – 4:30pm**

**Location: Twig and Squirrel Wild Goods**

**504 20<sup>th</sup> St West, Saskatoon**

**Tuition: \$350**

**Early Bird Registration: \$300 by October 19<sup>th</sup>**

**Contact: [katherine@amythyst.ca](mailto:katherine@amythyst.ca)**



## A MOST BELOVED BOOK

By Gail Fulkerson

Your most beloved book  
Has died;  
You are inconsolable.  
The loss was unexpected.  
Instead of curling up  
On the couch with your beloved,  
You must plan a funeral.

Headstones mark the places  
Where books are interred,  
The last page writ,  
The back cover closed;  
The End.

The books' life is over.  
All the joys and celebrations,  
The losses and the lows,  
All the loves  
And broken hearts,  
All meticulously noted  
As they happened.

It was a great read,  
And, throughout its life,  
Taught us many things.

Faded ink is becoming  
Harder to read;  
The paper is brittle,  
And flakes at the  
Slightest touch  
Or breath of air.

The burial time  
Is upon us.

Break out your funeral clothes;  
Free them from  
The mothball-scented chest  
And allow the cold, freshening air  
And sunlight

To revive the threads.

Leaves rustle underfoot,  
Crackling with  
Your every step,  
As you make your way  
Towards the crowd of mourners  
Gathered around the open grave.

Words are spoken;  
The book is slowly lowered  
Into the ground.  
Tears sprinkle the book's  
Front cover as it settles into  
Its final resting place.

In single file,  
The gathered each toss a handful  
Of dirt on top of the book;  
Their final tribute  
To a well-lived  
And well-loved book.

Back from the cemetery,  
A luncheon is served in the Library  
For the attendees.

Now begins a time of remembrance,  
Of toasting the departed,  
And of telling stories of personal  
Interactions with the deceased.

Time goes on.  
The sting of loss eases,  
The grief softens, and is  
Easier to bear.  
Life without the beloved  
Becomes the new normal.

Today,  
A new book catches your eye...

## Thought for the Day:

Every issue, belief, attitude or assumption is precisely the issue that stands between you and your relationship to another human being; and between you and yourself.

- Gita Bellin

## Extremes in Our World that You should Know:

Which is the youngest country in the world?



### South Sudan ...

The people of South Sudan were formally recognized as an independent country in **2011** , making it the youngest country in the world to-date.

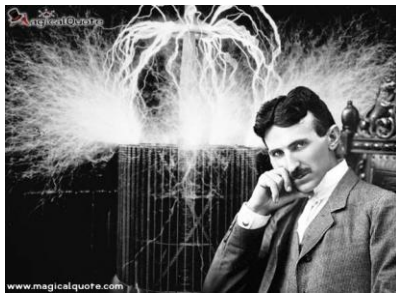
## Paraprosdokians:

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).

9. I didn't say it was your fault, I said I was blaming you.

## Thoughtful Quotes by Nikola Tesla:

From [www.magicalquote.com](http://www.magicalquote.com)



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

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

**Let the future tell the truth, and evaluate each one according to his work and accomplishments. The present is theirs; the future, for which I have really worked, is mine.**

*A Visit to Nikola Tesla, by Dragislav I. Petkoviae in Politika (April 1927)*

## From 365 Zen daily readings by Jean Smith

A person who is influenced by the quality of a thing, or who changes his speech or manner according to the appearance or position of the people he meets, is not a man working in the Way.

*Zen Master Dogen (1200-1253), Instructions for the Zen Cook*

## Things you may NOT have known about Canada:



## Reflections from the Shaman's Hut

### Having Voice

by Trent Deerhorn

When I was a kid it took me a long time to get around to speaking. My mother and I had a bit of a telepathic connection, so I really saw no use for words or the noise that came with them. I was almost three years old when a friend came over to visit my mother. My mom was in the process of putting a kettle on to boil to make tea. I was playing with my hot wheels car, going "bruuuummm" along the floor, then up the kitchen table, and over the top of the table. I



stopped, looked my mom's friend in the eye and said, "Don't worry. He will be leaving her soon." Then, as she burst into tears, I continued on my way with my hot wheels car. My mother scooped me up and took me to another room where she said to me, "Excellent that you finally spoke words. The next lesson will be in something called tact." She then told me to stay in that room to play while she helped her friend with her problem.

After that I learned that there are many ways of communicating, words being just one of them. But as I learned how to use my words vocally, I also found that there were a lot of times that my words were not welcomed. My father had a habit of communicating to me to just sit down and shut up. He would often speak over me mid sentence at the dinner table. And he was instrumental in helping me develop an understanding that other people's voices and opinions mattered much more than did my own. It was not until I was well into my late 20's that my voice began to actually be heard.

Yet, still to this day, I find myself in situations now and then where I absolutely know without a shadow of a doubt that what I have to say is not going to be received well at all. I have to then determine whether or not to even waste my breath. Sometimes I take a deep breath and dive in. Other times I just turn and walk away. It has little to do with my inner workings and mostly to do with the behaviour around me.

When I was in high school I decided to take up membership in the choir. For me, that meant getting to spend time with girls. Yes, there were some boys in the class, but we were outnumbered about 20 to one. I figured my odds of success in the dating scene would thus increase exponentially, which it did. But I found that singing was somewhat uncomfortable for me. Yes, I could hit notes well. I had a four octave range. That was considered excellent. But actually being in front of others and singing was stressful at best. Don't get me wrong, I still enjoyed it. But it was kind of like the model who gets paid to stand or sit nude in front of a bunch of strangers who then draw or paint your body on paper or canvas. You try to just block out the fact that you are the only naked one in the room and get the day done as quickly as possible. That is how I would treat each performance. Just get it done and get out of there.

But when you have a four octave range, you are then encouraged to audition for honour choir, provincial honour choir, and international honour choir. It was not just those with such a range auditioning. It was pretty much everyone. But I had no interest and so my choir director had to basically take a cattle prod to me and force me to audition on tape. I was shocked that I got into provincial honour choir, and then into international honour choir! Once one reaches the provincial level, one is then assigned time to work with voice trainers. That is where everything went sideways for me. Because of scheduling issues, I had three trainers, where most only worked with one. Each of the trainers said to me in their own way that they were quite impressed that I could carry my tune while an entire orchestra was playing something else



entirely just behind a stage curtain, or just on the other side of a very flimsy wall. Yet each also expressed to me that I had a most unusual voice and they were not sure what they were to do with that.

At sixteen years of age, of course where I went with that was that I did not have a very good singing voice at all. So after provincials I dropped out of international honour choir...and did not sing again until I was around 35 years of age and singing lullabies to my first born baby. My wife at that time told me that I should likely sing more often.

This led me to years of exploring my voice. Eventually I also built my first hand made hoop drum. As I was softly drumming one day in meditation, I found that there was this fascinating sound that began to come through. I realised, after listening for some time, that that was my own voice! I had no idea that I sounded like that. So then, after a month or two of that voice coming through, I began singing channelled ancient songs in other languages. Eventually this translated into drumming and singing for my clients, because I could tell that the sound was moving energy and healing me, so why not share that?

Almost 20 years later I still drum and chant, or use singing bowls to do so, or even use a shruti box that creates a drone like sound. People are amazed at how relaxed and rejuvenated they feel with that. And the sound heals them on a cellular, emotional, mental and spiritual level! This is awesome!

During that entire process of rediscovering my "weird voice", I was also finding myself speaking up about things. My voice was going to be heard. Whether or not someone liked it was not so much the issue. But my voice was present and accounted for. It is only when I know that it will definitely not be heard that I walk away. But even with that, I find that I am able to discover ways of getting it heard that I had never before utilized. It is more now about the selection of words and the conscious utilization of vocal tone and inflections. This began to develop quite naturally once I started reclaiming my voice. But it is still a learning curve that many are on.

As an additional note, once I wrote this, a friend of mine also submitted an article on healing sound. She is putting on a workshop in November and I encourage you to consider taking part in it. I have worked with her for a few years now in a variety of ways, and she is absolutely delightful to experience. Check out her article Sound Healing Journey in this issue and also her workshop information in the Upcoming Events section!

***For more articles from the Shaman's Hut, visit Trent's blog at [www.deerhornshamanic.com](http://www.deerhornshamanic.com)***

# Encouragements for Personal Development:

## Taken from Meditations with James Van Praagh

Thoughts are like magnets - they attract situations and people that reflect what you are thinking. If you are centered in peace and think thoughts that are kind and loving, you will attract the same kind of ideas and feelings back to you. Can you imagine if everyone thought of love and not hatred, of abundance instead of greed? Your thoughts have the power to create good in the world.

## According to the Farmer's Almanac 2018:



### Fall Treat

Create a special-interest fall garden with a red, black and orange color scheme. Use the blood-red flowers of chocolate cosmos and the darker "Ace of Spades" pincushion flower for an eerie palette. Blades of "Nigrescens" mondo grass blacken the canvas further and add texture. The three together will provide the perfect backdrop for bright orange chrysanthemums. Add a gooseneck gourd for accent - a real treat!



### October 1st: child Health Day

Carrots can be left in the ground during a few light frosts; the cold will sweeten them. Dig them up before the ground freezes or mulch heavily to extend the harvest.



### October 8th: Thanksgiving Day (Canada)/ New Moon

For every fog in October, a snow in the winter.



**October 17th:** To overwinter chrysanthemums in the ground, leave dead flowers and stems attached to help protect the roots. Add 6 inches of pine needle or straw mulch. In spring, remove old growth before new growth begins.



**October 20th:** Autumn produces masses of nutrient-rich yard waste, perfect for starting a compost pile.



### October 24th: Full Hunter's Moon

No two gardens are the same. To two days are the same in one garden

-Hugh Johnson, English writer (b1939)



### October 31st: Halloween

Roasted Pumpkin Seeds! Spread 2 cups cleaned seeds in a shallow baking pan and drizzle with 2 teaspoons oil, stirring to coat. Bake at 325F. Stir frequently, until seeds are golden and crunchy, about 1 hour. Serve as is or sprinkle with salt.

## Ask the Shaman: With Trent Deerhorn



**Q:** I thought that this questions would be appropriate for the October issue. Is there such a thing as a demon or a dark entity?

**A:** There was a time when I would have thought that all of that was just a concept used to fear monger people into behaving submissively. But over MANY years, I have actually found that, whether or not we want to believe in the existence of such a thing, they DO exist. They also sometimes interact with humans. When that interaction becomes toxic, the human is the one at risk. Human souls are fragile and malicious entities like to use that as food...or even as something to

trade in their realm.

Now, what the malicious entities are called varies according to region and tradition. But the fact that every region and tradition has them in a concept tells us that somewhere along the way there was an encounter that got passed down, verbally or in writing, that we now take into consideration as a possibility.

The term "demon" was originally used, from my understanding, to name a Nature spirit. Nature spirits are benign and so we don't have to worry about those. But the term "demon" began getting used to describe anything that moved in the shadows instead of remaining a descriptor for a Nature spirit. We can thank Christianity for that blurring of the lines.

Nonetheless, yes, they do exist. Some are friendly, and some are not. We have to remember that if we encounter them we need to *not* immediately go into our flight or flight instinct. Stay steady and calm and assess whether or not this thing is malicious. Some can be quite helpful. Some are champions of humans and of Nature itself. Some, however, are much less so. When in doubt, just distance yourself from them. Do not think that someone without specific skill sets can "go to battle" with them should they be malicious. That would be a suicide mission. Call on experts who have been doing this for years to clear this sort of thing from your environment.

I actually see a resemblance between how people think of "demons" and how people think of those of another race. There are preconceived notions in play. There is a lot of "those people" talk, and the feeling that "they are all alike". Well, they are not. There are some very good hearted ones and some who are less than savory. Treat each one as an individual and as a coexisting being in our realm. As I often say to my puppy, who wants to bite everything as he is teething, "Be a gentleman!"

# EXSANGUINATION

By Gail Fulkerson

Definition of Exsanguination: blood loss to the point of death.

The word rolls over the tongue like fine oil, spilling from the lips,  
bright as sun diamonds on water.

Exsanguination.

It conjures crimson darkness, naked terror, rough sex, violence,  
hypnotic eyes, stabbing teeth,  
and crushing embraces that never end well.

Body heat rises and the heart beats faster; blood pounds  
as it races through arteries and veins,  
opening the vessels, making them bulge and pulsate  
beneath supple skin, soft as butter.

All it takes is a little nick to release the blood, then  
see it spew forth, a blooming red geyser, splashing  
upon shoes, staining hems, fascinators, top hats and cobblestones.

Blood runs in a gurgling torrent from ragged gashes,  
soaking collars, epaulets and lingerie.

Do not waste the life-giving elixir; close those cold and starving lips  
over the nourishing fountain and gulp it down.

A young boy, walking through the dark streets of the city,  
glancing over his shoulder again and again, jumping  
into the shadows at the sound of echoing footsteps.

Where are you going, boy? Are you running away?

Here, take my handkerchief and wipe your tears.

I'm neither the Abbot nor one of his minions sent to fetch you back.

I am, however, the one who can ease your pain.

That's right boy, take my hand.

It was so easy.

She rises silently into the night on leathery wings,  
leaving behind the bright young corpse with the ravaged neck in the black alley,  
purposefully scraping her tattered nails along window panes  
and roof tiles as she passes.

Her smile is red and dripping with satisfaction.

## Tidbits and Tickles:

We were celebrating the 100th anniversary of our church, and several former pastors and the bishop were in attendance. At one point, our minister had the children gather at the altar for a talk about the importance of the day. He began by asking, "Does anyone know what the bishop does?"

There was silence.

Finally, one little boy answered gravely, "He's the one you can move diagonally."

## Forum:

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


### Of the previous Issue:

**Dolphyn Wrote:** Another great read. Thanks Deerhorn!

**Abigail Wrote:** Thank you, Ave, for your perspective on crystals. I always felt sad when one would find its way away from me. Now I understand that it has perhaps travelled to someone who needs it more. That is a relief!

**Mike Wrote:** Gail! Thank you for that poem The Religion of Consumerism. Truth!

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## 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 have sessions on Face Time and you can speak to me face to face! If you are interested in this option, simply email me at [deerhorn007@gmail.com](mailto:deerhorn007@gmail.com) or phone me at (306) 978.5300 to make arrangements. Blessed Be!

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