

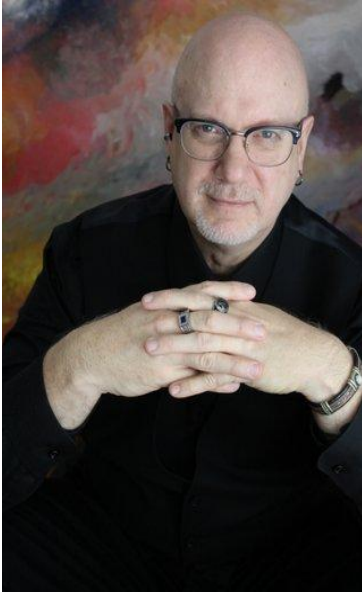
# *Flight: A Living, Breathing Document of Consciousness*

Volume 7 Issue 78, December, 2018



*Articles and excerpts that will inform and inspire!*

### A Letter from the Editor:



Winter is upon us. According to the Farmer's Almanac and the Weather station, we are in for a much colder winter, with less snow than usual. The less snow part I am alright with, because last year I damaged a back a bit shovelling snow. The colder weather I will have to adjust to. Since losing a pile of weight and not having the same inner insulation, I can honestly say that I have never been so cold in my life on a regular basis. But this is why they make sweaters. This is also why I have bought 6 of them over the course of autumn. And socks. I usually hate socks with a passion. But now my feet are cold. So socks it is. I have to say though that at the end of the day when I finally take them off, I know exactly how women feel when they get home and remove their bras!

This is an awesome issue and one that I know you will enjoy. Check out some of the new sections, and know that there are more to come. Thank you so much to all the contributors for your time, and your

willingness to take the time to create fascinating articles and poems and to submit your photographs as well! I truly love you all and am so happy that you are participating in raising the consciousness of our world with your contributions.

Feel free to forward this to anyone you think may enjoy it. And if anyone receives it and would like to be on the monthly mailing list for it (subscriptions are FREE), simply drop me a line at [deerhorn007@gmail.com](mailto:deerhorn007@gmail.com) and I will make that happen.

*Enjoy the read!*

*Trent Deernhorn*

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

## Life Balance™

### Energetic Self Awareness and Relationship Development Program

This 3-part Life Balance Development System workshop series will:

- ~Explain the concept of subtle energy awareness within the body & its involvement in the daily functions of life.
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- ~Utilize practical tools and your own belief systems to improve well-being in your life.

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What is Life Force Energy?  
How do we become aware of our own Subtle Energy Vibrations?  
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Practical tools provided to help overcome challenged areas.  
Intention, Practice, Prayer, Ritual and Ceremony  
Meditation and Yoga

#### Level 2 - Energy And Another

Ethics of sharing energy  
Energy and Connection  
Communication  
Extension and Transmutation  
Giving and Receiving  
Partnered yoga and physical practices.

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Steps to Sexual Connection and Responsibility  
Consent to Create Loving Experiences  
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Foreplay, Types of Orgasms & Positions



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clemieux@sasktel.net or 306-651-7227

## CONGREGATIONALIST WICCAN ASSOCIATION OF SASKATCHEWAN



**SKY RIVER TEMPLE**

**YULE**

Public Ritual

December 16 2018

2:30

Mayfair Library

602 33<sup>rd</sup> Street West

Saskatoon Sk.

Potluck social to follow  
(No nuts/legumes/seeds/soy)  
FREE to attend  
DONATIONS welcome

## Household Hints and Handy Tips



IF YOU'RE IN AN AREA WHERE YOU SHOULD HAVE CELL PHONE SERVICE BUT DON'T, PUT YOUR PHONE ON AIRPLANE MODE AND THEN SWITCH BACK. THIS WILL CAUSE YOUR PHONE TO REGISTER AND FIND ALL THE TOWERS IN THE VICINITY. -DUMPADAY.COM

AMAZING TIPS & LIFE HACKS BY DUMPADAY.COM TO HELP MAKE LIFE EASIER

## Things to Know

Frame every so-called disaster with these words: 'In five years, will this matter?'





## Rock Talk by Ave Riddler

This past year has been a lot of fun, being able to share my own personal experiences and insights as a rock whisperer with you. There is one thing I haven't really gone into yet, something some people are surprised about.

To me crystal work is not limited to crystals and gems; it includes fossils, metals, manmade minerals, enhanced minerals. I see value and power within all minerals. While I do appreciate nature made crystals, there are some manmade minerals that offer an amazing array of healing properties (say bismuth for an example). With enhanced minerals (such as aura quartz) it becomes a marriage of the natural gifts of quartz, as well as the metals or minerals used to create the aura. Sometimes a mineral may be too rare to enter the market in a natural format, so a manmade sample may be the closest we can get to working with them, the energy of that manmade sample will vary from one that is made by nature though. If you are ever able to work with a manmade sample as well as a nature made one, it's worth exploring the differences! I also feel that gold, silver, and all the other metals have healing properties, can help, and often enhance the energy of a gem that is set in the metal. Many people know copper is a healing metal, but how often do you think of what gold or steel, or iron can do? With fossils I have found if you can look up the type of life that once was the now fossilized mineral, you can learn about properties of that fossil, which is part of the energy of the mineral it has become. Trust me folks, look up Ammonite and the creature that it once was. You'll be amazed! Or in the case of amber, the process of its formation itself can help you understand its gifts better. Sometimes we need to think of the history of the mineral, the roots of it to better work with it.

This can lead to a challenge though, because not all metaphysical books about minerals have a section for metals, or perhaps they don't cover fossils. If they do, it can often be just a glaze of information or only cover a few of the more well known types. Often I am forced to first trust my "feeling" and second use the internet to hunt out properties, often not even metaphysical information at this point. The risk when you hunt out metaphysical properties online is that there is often a lot of conflicting information.

When I face conflicting information, I try finding the common ground or finding what fits with what I have felt so far while working with the mineral; which is also why looking at the mineral itself for properties is important. How it was formed can affect the healing gifts it offers; something formed slowly over a long period of time will have a different energy than something formed in a flash of heat and explosion. You don't need to be a scientist to work



with minerals, but knowing some basics about the mineral can really help you understand the mineral better.

With that, I hope you have a magical month, and we will see you in 2019! Rock on!

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# BIRTHRIGHT

By Gail Fulkerson

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

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



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

Eyes shut tightly,  
Lips pressed against teeth



Clamped shut  
To prevent your screams  
From escaping.  
If you're going to wake up,  
Now would be the time.

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

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

Jets of air  
Blow in from all sides,  
Slowing your rapid descent.  
A thought that  
You will survive the free fall  
Flashes into your mind,  
Initiating a cascade of  
Relaxation  
Throughout your body.  
Wings relax a bit from  
Their protective enfoldment.

The light at the end  
Of the tunnel envelops you.

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

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

What is it that scares you,  
Turns you back when you reach this

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

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

It is your birthright.

## Teacher and Kid

Teacher: How old is your father?

Kid: He is 6 years.

Teacher: What? How is this possible?

Kid: He became father only when I was born.

(Logic!! Children are quick and always speak their minds)

# Commitment Without Responsibility

By Celeste Lemieux

**We all want to be part of something greater than self.**

We want to be inspired, acknowledged, even carried sometimes. We want to learn and share while filling up with all that surrounds us. We want to be encouraged and supported in our dreams, desires and goals. We want to have a team of like-minded people who help to expand our vision.

And yet, each one of us yearns for the space of freedom that only comes from within, when we stand on our own two feet. Alone in the world can be a very scary place, or it can be the ultimate in autonomy, sovereignty of self... free will.

**Therein lies the interplay between self and the others.**

We have a challenge of epic proportions to balance the self with the same attention and respect shown to others. When we are incapable or unwilling to find the balance between internal and external needs this becomes commitment without responsibility.

In the corporate world, responsibility to the commitment is legally regulated and monitored with contracts and written agreements. We are held to our commitment by a governing body that enforces our responsibility to that contract with a penalty if not adhered to. Not so in everyday life. Not so in our relationships with our communities, friends and loved ones.

Many of us are ready to make a commitment when we see that we will benefit in some way from that choice. However, many of us forget that with every choice comes responsibility and consequence. We forget or are unaware that the success of our commitment is directly related to how responsible we are towards it.

**If we commit to something or someone and extend no energy or effort towards the success of our commitment, it will fail.** It will fail even if the other person or people are extending effort towards the commitment. They will inevitably extend extra effort to try to fill the void left and eventually they may choose to walk away as the other did, shifting the responsibility elsewhere. A perpetual Pay it Forward "Fuck You".

**Commitment With Responsibility** does not mean we get to bail on our commitments. But we can change the parameters of that commitment with consent and agreements. No one should be forced to do something or be someone that is hurtful to their body or soul. However, our entitlement to pleasure and ease, luxury if you will, has got our values all mixed up. There was a time that your "word" was your honor. We could trust that if a person said they would, they

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did. In these times of deep narcissism, "I was guided to" is an acceptable excuse to renege on a commitment. We have confused Self Care with being Self Absorbed. In a village or community there will always be one or two who will be sitting at the edge, wandering in the trees or making themselves look busy when the time to work is at hand. There will

always be people who would choose to do less and take more.

Commitment with responsibility requires a do more, take less approach. Everyone wins in this approach. In this approach, there is always a little extra for when the times are lean and for those who are truly in need of help.

I've said for a long time "Always give more to the land and the people of that land than you take." and I've seen this attitude of responsibility bring so many gifts and miracles.

**So, what are the benefits of being responsible to our commitments?** Strength of character, sense of completion, expanded communication skills, more cohesive and respectful relationships, reduction of manipulation experienced, greater sense of truth and trust, growth of safe, successful communities and an overall sense of self-worth and respect.

**We are solely responsible for our life and everything that happens in it.** Shifting that responsibility without consent causes harm to the other. That burden you left them with may be too much for them to bear. Instead, ask for help, be willing to receive from a good and willing source in whatever form it comes. Ultimately, your choices are your commitments. Choose where you direct your energy and attention wisely.

**Be true to you and remember to take responsible action towards your choice.**

Sincerely,  
Mama Celeste Lemieux



techniques.

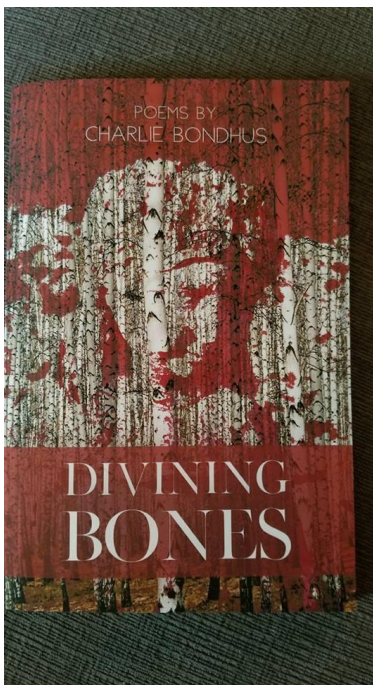
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## Indian Hills Community Center, Colorado signs

**Dogs can't operate MRI scanner, but Cats Can**

## Book Review

**By Trent Deerhorn**



This month's book review is of a book of poems by a friend of mine by the name of Charlie Bondhus. *Divining Bones* is spectacular in its raw imagery and the symbolism that erupts from every page. It truly is an exploration of both the spaces between things in our lives as well as the bridging between those things. It brings home the struggles of exclusion and the joy of discovery. I highly recommend it.

You can order a copy online at <https://squareup.com/store/sundress-publications/item/divining-bones-by-charlie-bondus>

## Local Photographers



**A love note from me and the land that holds me to you  
and the land that holds you.**

*Noelle Chorney*

## Thought for the Day:

**Time is an invention. Now is a reality. So much creativity is happening for the simple reason that we have withdrawn ourselves from past and future. Our whole energy remains blocked either in the past or in the future. When you withdraw all your energy from past and future a tremendous explosion happens. That explosion is creativity. *Bhagwan Shree Rajneesh - The Goose is Out***



## Extremes in Our World that You should Know:

What is the world's least popular country ?



**Iran ...**

On that same rating scale, Iran has come in dead last (at a 79% negativity rating) for many years. Only 15% of people polled viewed Iran in a positive light.

## Paraprosodokians:

First time I heard about paraprosodokians, I liked them. Paraprosodokians 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).

**Women will never be equal to men until they can walk down the street with a bald head and a beer gut, and still think they are sexy.**

## From 365 Zen daily readings by Jean Smith

We are rather like whirlpools in the river of life. In flowing forward, a river or stream may hit rocks, branches, or irregularities in the ground, causing whirlpools to spring up spontaneously here and there. Water entering one whirlpool quickly passes through and rejoins the river, eventually joining another whirlpool and moving on. Though for short periods it seems to be distinguishable as a separate event, the water in the whirlpools is just the river itself. The stability of a whirlpool is only temporary. The energy of the river of life forms living things - a

human being, a cat or dog, trees and plants - then what held the whirlpool in place is itself altered, and the whirlpool is swept away, re-entering the larger flow. The energy that was a particular whirlpool fades out and the water passes on, perhaps to be caught again and turned for a moment into another whirlpool. -Charlotte Joko Beck, *Nothing Special*.

Being an atheist is okay.

Being an atheist and shaming religions and spirituality as silly and not real is not okay.

Being a Christian is okay.

Being homophobic, misogynistic, racist, or otherwise hateful person in the name of Christianity is not okay.

Being a reindeer is okay.

Bullying and excluding another reindeer because he has a shiny red nose is not okay.



HIGHER PERSPECTIVE

CONNECT. REVEAL. TRANSCEND.



# Reflections from the Shaman's Hut

## True Service



I have noticed in the world that there seems to be a decline in the concept of "true service". People have begun equating this with obligations and enslavement, instead of what it is really all about. You see, true service has to do with doing what is right, what is helpful, what is unexpected...and doing it without the expectation of recognition or accolades. Although reciprocity is something that is wonderful, most often when we are in a situation of true service it is not at all about reciprocity in any way, because the person or people we are helping have no way to repay us. But we do the service *anyway* because it is needed.

I would like to provide some concrete examples of this, because this is a completely foreign concept to many. I am not doing this to blow my own horn. It is just that my own experience of this is what I can most authentically draw from. So the first example is one that happened just this morning. We had a light snowfall. Light as it was, it did leave about an inch (perhaps) of snow on the ground. I always have to keep my driveway and walkways clean because I have clients coming and going on a daily basis during my work week. So I am out there cleaning off the snow. Now, often the senior neighbour East of us is out there first thing blowing off his walk and ours as well. I so appreciate this because at least I then do not have to do the sidewalk. He is providing true service. This morning, however, for whatever reason, he was not out before me. So I cleaned off his sidewalk as well. I have always done this for my senior neighbours because, frankly, that is the job of a warrior. You simply take care of the elderly. But then as I got to the end of their sidewalk, someone else two more doors down was blowing out his sidewalk and those of the neighbours to his East. Between him and my immediate neighbours is an immigrant family with three or four kids. He works hard and works long hours. The kids are very young. So of course I continue on and clean off the snow from their sidewalk as well because, let's face it, when you have three or more small children who really has time to shovel snow?! Tahdah! Simple but true service. I do not care if anyone sees me do it or even knows that I have done it. I just do it because I was raised right and it is just who I am.

I have also been on the receiving end of true service. When visiting Montreal a number of years ago I ended up getting separated from my wife who did not get on the shuttle bus that goes from the airport to the hotel downtown. She had been told to go back in and get the tickets, which we did not know we needed. I was told to take the luggage on board. But then the shuttle bus pulled away without my wife. I knew she would be alright because she was a world traveller and could deal with pretty much anything. But everyone on the bus was speaking French and my French was extremely rusty. As we travelled downtown I began to ask

people if they knew where the Hyatt Hotel was? None of them understood me because they did not speak English. But this one woman half way down the bus came back to where I was. She spoke English, somewhat, and said that she would find out for me, because this was where she was also going and had never been there. So, speaking French to the other passengers and then to the driver himself, she arranged for him to announce when we had reached our destination. When he did we both disembarked from the bus and, together, found our way to the hotel to register. She was a delightful personality and I thanked her profusely for helping me out. For her, it was simply the thing to do (true service) and so she helped me. I knew I could never repay her, even with a coffee, as she was needing to rush to her daughter's graduation. Once in the room it was only about another 15 minutes before my wife arrived, elated that I had found my way. And, by the way, it did only take me about 24 hours before all my French somehow came back to me and I was able to converse with the locals.

It really doesn't matter what the situation is. When we see that something needs to be done and simply do it, that is true service. People often complain about how much they do around their house just to keep it tidy, while others don't participate in that. I am guilty of complaining about that as well. But I also have become aware that sometimes this is also an expression of true service. And as such, I can look at it more as a blessing of my home than a chore that has to be done. Then it really doesn't matter to me if anyone else participates. And besides, others participate in ways other than regularly cleaning the house, so it does all balance out.

*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

**The words we heard as children are lodged in our subconscious minds, and these memories are very much alive within us. In order to be in control of your life, you need to re-evaluate the ideas and words you heard as a child. Focus on the ones that are hopeful, make you feel confident, and give you a sense of self-worth, and let go of the ones that don't.**



# According to the Farmer's Almanac 2018:

## Winter Whimsy

Winter is a wonderful time to plot or even dot your landscape with a few well-placed fairy gardens. Using mostly natural and found materials, including bark, twigs, seed heads, nuts, flowers, berries, stones, shells, and leaves, craft little scenes for whimsy's sake. Plants such as baby's tears, Irish moss, and lemon button fern are useful for creating a dwarf effect (check for hardiness in your area). Look to the natural world for inspiration. Without a doubt, you will find yourself smiling. Who knows? You might even tickle the fancy of a pixie or two as your fairyland comes to life!



## December 2: Chanukah begins at sundown



Houseplants need humidity now that heaters are on. Spray plants gently with water or set them on a dray with pebbles and add water to just below the surface of the stones.

### December 21: Winter Solstice



Deep snow in the winter, tall grain in the summer.

*Estonian proverb*

### December 22: Full Cold Moon



The Colorado blue spruce is more drought tolerant than other spruces, but it prefers moist, rich soil and full sunlight.

### December 25: Christmas Day



The Aztecs made a red dye from the bracts of the wild poinsettia bush. They also used the sap to reduce fevers.



## December 26: Boxing Day (Canada) First day of Kwanzaa



Try to be a rainbow in someone's cloud. *Maya Angelou.*  
*American poet (1928-2014)*

## Ask the Shaman: With Trent Deerhorn



**Q:** This is actually a very personal question that I have wanted to ask you for some time. Have you ever experienced hate directed your way because you are a shaman?

**A:** Yes. I will not go into explicit detail on this, but suffice it to say that anyone who has experienced hate language and actions based upon their race, their gender, their sexuality and so on will also understand, because hate is hate. And I do find that hate that is based upon religious dogma to be the most insidious because it is thought to be righteous and therefore justified, no matter how many people are harmed in that "purge". But the thing is that I was born a shaman. To try to not be would be to deny my existence or even why I am here in the first place. So I am not going anywhere and those who hate will have to deal with that.

## Tidbits and Tickles:

While talking with my semi-deaf uncle one evening, I noticed that his "hearing aid" was actually an earphone from a transistor radio. The wire had been cut and was sticking out of his shirt. "How does that help your hearing?" I asked.

"Don't help my hearing none," he replied, "Makes people talk louder."

## 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:** Great article on relationships! I fully agree, the ONLY relationship we ever really have is with ourselves. The external relationships are simply reflections and mirrors to shine light on who we are on the inside.

**Bruce Wrote:** I loved the article about skulls and their spiritual significance! Thank you so much!

## Classified Ads



**Amythyst Therapies**  
Katherine Dempsey R.N.  
Reiki Master  
katherine@amythyst.ca    www.amythyst.ca  
Bay 3 2228 Ave. C. North    Saskatoon, SK S7L 6C4  
306.371.2889

**Deerhorn Shamanic Services**

**Trent Deerhorn**    Phone: 306.978.5300  
    [deerhorn007@gmail.com](mailto:deerhorn007@gmail.com)  
www.deerhornshamanic.com

*Experience the difference a Shaman makes!*

**MEDIUM-HEALER**

**RYAN HAUSER**

**(306) 270-0138**

**[RYAN.HAUSER@SASKTEL.NET](mailto:RYAN.HAUSER@SASKTEL.NET)**





## **CLEANING by BEV**

**Need help with your house?**

**18 years experience**

**References provided**

**Contact Bev at 306.280.0639  
tomlinb@sasktel.net**

**A clean home is a true blessing! Trent Deerhorn**

Vicki Lund  
Reiki Master and Intuitive  
Located in Saskatoon  
vickijlund@yahoo.ca  
Talk or Text: 306-320-1813  
www.vickilund.com  
www.facebook.com/  
Spirit-Haven-Events-and-Workshops

*Where the Mind becomes quiet so the  
Spirit can speak*

Please check out my handcrafted jewelry at  
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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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