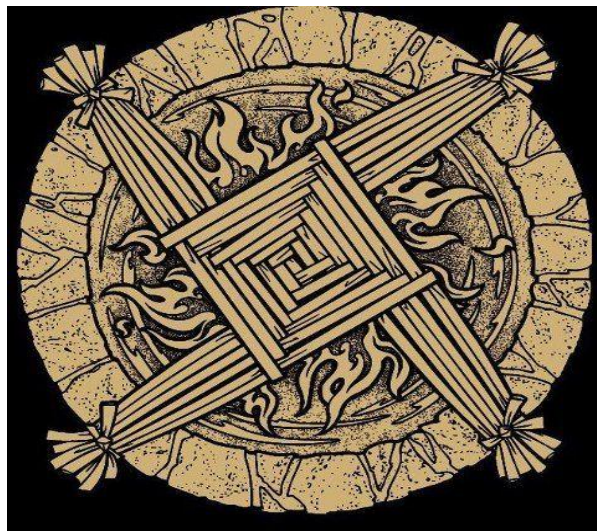


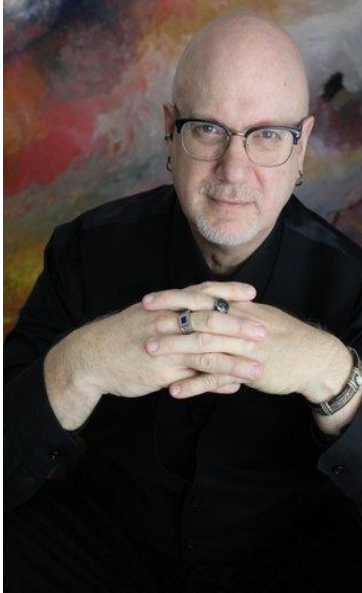
Flight: A Living, Breathing Document of Consciousness

Volume 8 Issue 80, February, 2019



Articles and excerpts that will inform and inspire!

A Letter from the Editor:



I decided that I now have to seriously consider taking a winter holiday to a warmer location. Whether that be in an equatorial country, or sitting with my fireplace will completely depend upon my financial stability. Either way, the holiday will be had. And it will be warm. January has often felt like the longest Monday happening, so I am very pleased that we are now moving on to February, my birthday month! There are always fun things that happen in February for me. I like that.

This month's issue has some really cool stuff in it. There are a couple of new sections that you will definitely want to check out. Thank you to all of my contributors who help me make this online publication happen with such ease.

Please feel free to forward this on to whomever may be interested. And if you are reading this for the first time and would like to receive your monthly subscription free, please do email a request for that to me at

deerhorn007@gmail.com and we will make that happen!

Enjoy the read!

Trent Deerkorn

Editor

Deerhorn Shamanic Services *Floating Drum Circle*



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

CONGREGATIONALIST WICCAN ASSOCIATION OF SASKATCHEWAN SKY RIVER TEMPLE

Imbolc Ritual

Public Event

February 3 2019

2:30pm

Mayfair Library

Saskatoon, SK

Potluck social to follow

(no nuts/legumes/seeds/soy)

FREE to attend

DONATIONS welcome

Check the CWAS Facebook page for details.

<https://www.facebook.com/cwasask/>



New Location!

The Out Of The Ordinary (OOTO) shop has a new location in Saskatoon! The OOTO shop is now located at 1005 Broadway Avenue. The space is warm and inviting, fresh and relaxing! Owner, Pamela Silver, is thrilled to offer a vast array of crystals, healing stones, and metaphysical tools. The OOTO shop also is the home of the Inspired Souls Holistic Studio.

Check out the new location and say hello to Pamela as you cruise through the Broadway district of Saskatoon!



From Llewellyn's Witch's Calendar:



February

Long winter months spent largely indoors are a wonderful time for inventiveness in the face of boredom, and one way some of our Pagan forebears would pass the time was divination. You might be surprised to know that one form of divination, bibliomancy, has been a tradition among Abrahamic faiths as well. The roots of this shared practice go back at least to Roman times: the diviner would read a random line from a poem, particularly those of great poets like Homer or Virgil. Once Christianity had been established as a religion, its holy book, the Bible, was similarly used in divination, with the diviner allowing the pages to fall open at random and noting what passage they saw first.

Some people feel that the Divine is guiding the book to open at a particular point and that a direct conversation then occurs between the diviner and their deity or deities of choice. Others see it as a more psychological pursuit that allows one's subconscious to make use of the first few words that the eyes see.

Ultimately, the diviner is the one who has to determine the importance of the chosen passage. For example, I once asked "How should I deal with a person who has been bothering me lately?" I picked up a copy of my book *Nature Spirituality from the Ground UP* and came upon a passage on page 178: "I am Serpent, I engulf my prey, I swallow it whole." I interpreted this to mean that I needed to confront the person swiftly and effectively and take control of the situation.

Today, divination methods like tarot and runes are much more commonly used in the Pagan community than bibliomancy. I'm a big fan of variety, though, so I wholeheartedly support the return of this more obscure practice. And given how much we Pagans love our books, I think it's a great match!

Bibliomancy

To practice bibliomancy, first select a book. Some people have a specific book they like to use, such as a grimoire, Book of Shadows, or even a favorite novel. It doesn't even have to be a witchy book, either! Others select a book at random from their shelf, letting their intuition guide their choice.

Next, set the book on its spine, hold it in place, and close your eyes. Ask your question either out loud or in your head, and then let the book fall open. If the spine is too stiff, then open it yourself at whatever page feels right. Once the book is open, open your eyes and take notice of the very first passage you see. Usually the first sentence will be enough to give you your answer, but you may wish to read a little further to get more context.

If the answer doesn't seem clear at first, sit with it a while and think of different ways in which it might apply to your situation. You may have to look at it from a more symbolic or metaphorical level, like in my example above, which wasn't telling me to actually eat my enemy whole! It may just take a little while for the answer to be made clear.

- Lupa

Things to Know

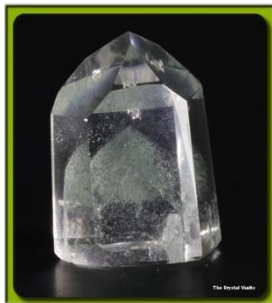
What other people think of you is none of your business.



Rock Talk by Ave Riddler

CHLORITE PHANTOM QUARTZ

The mineral inclusion within chlorite phantom quartz is most often a dark mossy green, but can be found in white, yellowish, or more rarely purple. The mineral inclusions that cause chlorite phantoms vary, but can be Clinocllore, Seraphinite, Cookeite, or Kammererite. Most often the mineral forms in layer as the quartz crystallizes, which often shows the structure of the quartz shape. Unlike the enhydro quartz from last month, this inclusion does not often weaken the crystal structure, so the hardness of most remains a 7.



Chlorite phantoms are a powerful healing mineral, the energy of the included mineral is amplified by the energy of quartz. This type of inclusion makes this an amazing aid and support for any healing work being done by one holding this phantom quartz, or it can help the one receiving healing work helping to speed the results of that work. This crystal can also help one to figure out the root of the illness they are trying to heal.

The energies of chlorite phantom quartz can help stimulate inspiration, and further the realization of the new ideas formed.

This inclusion lends a strong connection to earth energies, plant life, and to nature spirits, taking one along when wishing to meditate in a natural environment would ease any communications had in that space. This earth connection can also mean that Chlorite phantoms can be useful when trying to ground, promoting a calm energy, and helping one discharge excess and distracting energy. The healing energy combined with this earthy energy can make Chlorite phantom quartz a great help while working on any environmental rescue effort.

As a healing energy this phantom quartz can help clear and heal any undesirable energy within a space, while helping to fill the energetic void left behind once the undesirable energy has been cleared away.

Books revered in this article “LOVE IS IN THE EARTH A Kaleidoscope Of Crystals” by Melody and “THE BOOK OF STONES Who They are and What They Teach” by Robert Simmons and Naisha Ashian

CONGREGATIONALIST WICCAN

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Teacher and Kid

Teacher: Glenn, how do you spell "crocodile?"

Glenn: K-R-O-K-O-D-I-A-L

Teacher: No, that's wrong

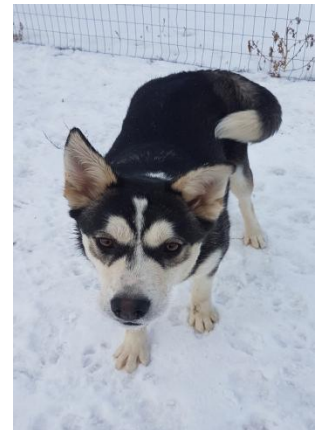
Glenn: Maybe it is wrong, but you asked me how / spell it.

(I love this child)



We All Need A Rescue

Neve is an approximately 10 month old Husky cross. She came to the rescue as a young puppy, and has grown into a sweet and cuddly little lady. One of Neve's favorite things to do is zooming around in the snow and playing with other dogs. Neve is great with people and loves cuddling after having fun. Neve is fully vaccinated and de-wormed. She is also spayed, micro-chipped, and waiting for her furever home.



For more information please contact We All Need A Rescue at (306) 651-3647. You can also view their website at <http://www.k9countrylodge.ca> or join We All Need A Rescue (WANAR) on Facebook. WANAR will also be having their monthly adoption day at Cowtown on January 26 from 11AM to 3PM. The rescues look forward to meeting you!

Indian Hills Community Center, Colorado signs

Turning Vegan would be a big missed steak.

Speaking Your Truth – Everyone Heals Differently

By Vicki J. Lund



Trauma, grief, physical pain, emotional pain, and spiritual pain are different for everyone. Even two people who share in the same event will come out of it with a different mindset and different coping strategies. You can't let someone else dictate how long it is supposed to take you to grieve a loss, or "get over" trauma. We all have different neurons in our brains, different events have shaped our lives, different experiences have defined us. Some people come out stronger from a battle, and some need some time to process the things they have seen and done.

When it comes to the grieving process, you get to grieve for as long as you need to. It's not about whether you loved that person more than someone else did. It's not about how close your relationship was to that person. It's not about where you are placed in the family. Some of us will grieve harder than others and it's not for us to judge how someone else grieves. We can't see what goes on behind closed doors when we aren't looking, and we can't feel how someone else feels. Even those of us who are empathic cannot truly feel what another person feels.

Everyone heals differently as well. Tools that work for one person may not work for another. When it comes to healing from any kind of ailment, illness or trauma, it's important to employ tools that help with body, mind and spirit. A well- rounded approach will help more than will just seeing a doctor,

or just seeing a counselor. It's important to employ doctor's, counselors, and holistic practitioners in order to heal as a whole. If you come across a healer that claims that they are the only one you need to heal your issues – run away. It sometimes takes several different practitioners to help you heal. People have different healing specialties, and one that may be right for you now, may not be right in the future and vice versa.



In the end, we are in charge of our own healing and need to speak our truth when dealing with practitioners and doctors. You are the one who knows what is going on inside you, and you have to be the one to advocate for yourself. We cannot heal if we don't help ourselves.

SEAR ME

by Ave Riddler

Softest of sighing breath
To the mightiest gale winds.
The heat of a phoenix in flight
The brilliant flaring sunlight.
These sear me,
Wake me,
Remind me.
The sound of your voice,
A song that calls out.
A suggestion of heat from your hand
The smile that warms.
These sear me,
Wake me,
Remind me.
Rains that fall finding rivers that flow
To the depths of the ocean.
The tallest of trees, the ragged peaks of mountains,
The grasses that sprout from the soil.
These sear me,
Wake me,
Remind me.
The blood that races and fear that rises,
Hope and yearning flow against uncertainty and doubt.
The rhythm of a poem pulses like a drum...
A pounding echoed within the cage of my chest.
These sear me,
Wake me,
Remind me.
A Goddess to light my darkest night,

Creating life, nurturing and tender.
A God to shine warm and make day bright,
Creating life, protecting and sage.
These sear me,
Wake me,
Remind me.
With words and action, truth and kindness displayed,
Past trauma and sorrow sow caution and wariness.
A loneliness and longing to believe
That maybe one day we both will see
How these sear me,
Wake me,
And remind me.

WORD ART

By Gail Fulkerson

Tick, tick, tick;
A subtle tapping
Of nails or talons
On glass,
Coming from
A great distance.
Unceasing;
Insistent.
Write the words.
Speak them.

They wait,
Patience wearing thin,
Behind the ones
That died before
They could leap
From busy fingers
And agile minds.

Heed their call;
The dammed up words
Press upon
One another
Until there is
No room to breathe;

No room to move.
Still, the pressure mounts.
Lance each throbbing
Fingertip;
Release the pressure
Of everything never said;
Never written;
Let it all stream,
Unhindered,
From fingertips
Long swollen and rank
With rot,
So the dead
And dying words,
Blackened and mouldering,
May fall upon the earth
To be renewed;
Resurrected.

Let them out,
Before the dam breaks
Of its own accord,
And you have lost control,
Unable to make sense
Of the ocean of words,
Tripping over their own feet,
Smashing together;
Crashing over one another
In an endless surge
Of everything that
Waited
For a chance
To be heard,
But died unsaid.

Say it!

Say it all now,
Before the words
Turn upon themselves
And begin devouring
All meaning.

If you wait for courage
To make an entrance,
To part your lips and

Allow your breath
To waft upon itself
The magic and wisdom
Of the words within you,
Those words may lose
Their potency, their brilliant shine,
Before courage arrives,
Becoming instead,
Ashes upon your tongue.

Speak your wisdom.
Write your wisdom.
Draw, paint, film
Or photograph your wisdom;
It is art,
And must be shared
With the world.

Local Photographers



January 20 2019 Asquith Sask.

Ave Riddler

Thought for the Day:

Expand in consciousness - be ready to accept anything now. At any time.

Eileen Caddy - *God Spoke to Me*

Extremes in Our World that You should Know:

Which country consumes the most caffeine in the world?



Sweden ...

The strong coffee in Sweden will put a spring in your step, and hair on your tongue. The Swedes consume an average of 388 mg of caffeine in coffee per person, per day (that's almost 5 Red Bulls in the U.S.).

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).

I used to be indecisive, but now I'm not so sure.

From 365 Zen daily readings by Jean Smith

Buddha was not interested in the elements comprising human beings, nor in metaphysical theories of existence. He was more concerned about how he himself existed in this moment. That was his point. Bread is made from flour. How flour becomes bread when put in the oven was, for Buddha, the most important thing. How we become enlightened was his main interest...Buddha wanted to find out how human beings develop this ideal character (enlightenment) - how various sages in the past became sages. In order to find out how dough became perfect bread, he made it over and over again, until he became quite successful. That was his practice.

- Shunryu Suzuki, *Zen Mind, Beginner's Mind*

Reflections from the Shaman's Hut

Grief Has No Limits

Today I performed a funeral (or Crossing) ceremony for a young man whom I had never met. When he was alive he studied all sorts of things about religion, spirituality and shamanism. He decided that shamanism was the way that called to him. So when he died suddenly, the funeral home and his family reached out to me to ask if I would perform the service. Of course I said yes. It was a beautiful and powerful service, with lots of sharing about the deceased and many



insights into the man I never had the pleasure of knowing. All through this, his mother could hardly speak.

She was (and likely still is) completely consumed by grief. This is common, and I think even more so when it is your child who has predeceased you. Years ago she buried her husband, and today, she was going to bury their only child. I cannot even begin to imagine what pain she must be feeling.

The thing about grief is that so often people think that it has to be brief. It is like there is some kind of a time frame to which everyone is supposed to adhere. When someone takes longer than is expected, longer than is comfortable for those around them, people begin to get agitated and annoyed. They begin to say things like, "C'mon now. It is time to move on." Like that is something that ever has helped a single, solitary person on the planet who is grieving!

Yes, sometimes we do need professional assistance to process our losses in life. Yes, sometimes it takes us into dark spaces within for a while. But there is no time frame. There never was and there never will be. Grief has no limits. Grief has no time. Grief simply is what it is, in whatever manifestation it takes on, for each individual. The processing time differs for everyone. It does not always serve a person to attend counseling or group therapy. These things can help many, but they also serve to make the situation worse for some. Although the resources are always available, the participants may not be ready, may not be there yet. And this **MUST** be okay. The rest of the world simply must wait for the person to get through it, no matter how long it takes. Trying to rush it or hush it only traumatises the grieving person more.

It is not like they are not painfully aware of their own personal hell that is being experienced. It is not like they are not also painfully aware of what a burden others are feeling they are to them. They are desperately aware. Yet, each person needs nothing more than compassion and someone who is willing to listen, just listen, when they are finally ready to talk.

The ritual of a funeral is for the survivors, not for the deceased. Any ritual that is performed has that one purpose and one purpose only...to bring comfort to those who live. I hope that what I did today has done that for those in attendance. Some of the verbal feedback does indicate that it did. I hope that this will continue to ripple forth healing for all involved.

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

Fear can have a paralyzing effect on your life. You feel uncertain, limited, and powerless. Your fear actually pushes away the thing you want. If you need help, ask for it. There are many healers, spiritual teachers, and counselors who are willing to encourage you to face your fears and to guide you to a productive life.

According to the Farmer's Almanac 2019:



Frosted Flowers

With frayed-edge flowers that resemble frost on a windowpane, fringed (or Crispa) tulips put on a dazzling show. These novelty tulip cultivars feature long-lasting blooms that appear in a range of colors, from yellow-fringed, red 'Fabio' to pale lilac-fringed, royal purple 'Blue Heron'. If you've got a passion for pink pizzazz, try planting 'Mascotte' fuchsia, a double form, in the front yard for some serious, eye-popping color. If freezing temperatures are expected, cover the flowers- their delicate edges capture and hold water easily, making them susceptible to even a mild frost.

February 2nd: Candlemas/Groundhog Day

When the wind's in the east

On Candlemas Day,

There it will stick till

The 2nd of May



February 4th: New Moon

The word "tarragon" originates from the Arabic word *tarkhun*, or "dragon," due to the serpentine appearance of the plant's roots.



February 19th: Full Snow Moon

Puppy Smiles



I will love you all my life.

Ask the Shaman: With Trent Deerhorn



Q: Does the Universe balance things out so far that if we have good times those will be met with bad times and vice versa? I keep waiting for the other shoe to drop in my life.

A: There is a large difference between things balancing out and waiting for the other shoe to drop. Things balancing out is a view of understanding that, no matter who we are, both good things and bad things will be experienced. Is this the plan that the Universe has? I don't know one single, solitary person who can speak with such authority on that matter. People will choose to believe whatever they decide to believe. If one *needs* a universal consciousness concept in order to feel comfortable with the duality of life, then so be it. That, for myself, does nothing to comfort me during bad times. And it does nothing for me in good times either. I prefer to be *grateful* for the good times and *seek strength* to endure the bad times.

What concerns me more, actually, is your statement that you keep waiting for the other shoe to drop in your life. This is a very pessimistic way to live. It robs you of the joy of the present moment when that moment is joyful. It forces you to live in a dreaded future instead of allowing you to be present in the current moment. This will, over time, eat away at you and make you lose all joy in life. My suggestion is to actively appreciate each joyful moment and trust that, should something go sideways in the future, you will be able to deal with it at that time, and then put those worries out of your mind, refocusing on the present moment.

Tidbits and Tickles:

I saw an old friend of mine and came up to speak with him. He smiled and went the other way. "I'm sorry, but I've got to go online," he called to me, running next door. I looked into the next room for his computer or cell phone but did not see one.

Instead I was him put in his hearing aids and look at me again, "You were saying?"

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:

Classified Ads



MEDIUM-HEALER

RYAN HAUSER

(306) 270-0138

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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
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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
www.facebook.com/groups/vickisangels

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 or phone me at (306) 978.5300 to make arrangements. Blessed Be!

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

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