

Flight: A Living, Breathing Document of Consciousness

Volume 8 Issue 83, May, 2019



Articles and excerpts that will inform and inspire!

A Letter from the Editor:



I heard a report on the radio the other day that March and April have been months with an all time high of traffic citations for speeding and reckless driving. I have a theory about this. I think that it is called Spring Fever. After so many long, cold, dark months with treacherous road conditions, once the snow and ice melt people simply lose their freaking minds. Being a very careful driver myself, I notice these events going on around me all the time, and yes, they often increase like crazy as soon as Spring is upon us! Take care out there, folks! Your destination is waiting for you, so don't screw up your arrival! And don't put the well-being of others below your arrival time.

This month's issue is fascinating! We have wonderful upcoming events, quite a different article for Rock Talk, some information on Jikiden Reiki, some insights on sleep and much more!

I have such deep gratitude for all those who submit articles to this newsletter. Each and every one of you enrich the experiences of the readers. Thank you so much!

Please forward this to anyone you think may have interest! And submissions are free so if anyone is wanting to receive this on a monthly basis, all they need to do is let me know at deerhorn007@gmail.com

Enjoy the read!

Trent Deerhorn

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

The Information Highway



Join Beata Van Berkom of Tinfoil Therapies and Trent Deerhorn of Deerhorn Shamanic Services, for a Dynamic Workshop in personal growth and development. Through shamanic journeying and discovering the information path through the chakra system, you will learn about your personal sovereignty, sacred responsibility and how to generate your own personal happiness no matter what is going on in the outside world. Become aware of what it is like to live within your Sovereign Temple inhabiting your Sacred Self.

Date: Saturday, May 18th, 2019

Time: 10:00 am - 4:00 pm

Early Bird Tuition: \$80 if registered before April 18th, 2019

Tuition: \$120 after April 18th

Location: Oshun House, 912 Idylwyld Drive N, Saskatoon, Sk

Bring your own box lunch!

Registration Deadline: May 4th, 2019

Contact: Beata at tinfoilhatlady@gmail.com or text to (306) 291-4706

Spirit Haven—Events and Workshops

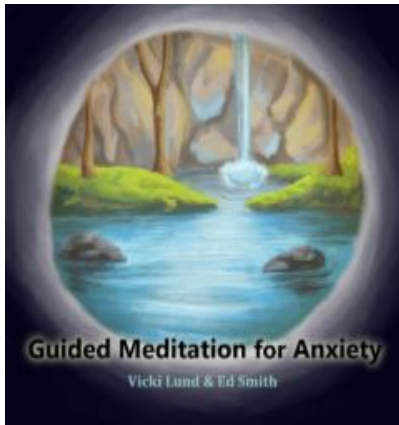


Vicki Lund, Reiki Master/Psychic Medium
Located in Saskatoon, SK
www.vickilund.com
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306-320-1813 vickijlund@yahoo.ca

Meditation Circle: Every Wednesday from 7:00 to 8:00pm. Investment \$15. Contact for address if you are interested in attending.

Psychic Development Circle: Third Thursday of every month from February—June, 2019. 7:00 to 9:00 pm. Investment \$20. Please contact to register.

Please note that events may be cancelled for various reasons. It is always best to follow on Facebook for updates.



This professionally recorded 24 minute guided meditation, accompanied by guitar music tuned to the healing frequency of 432Hz, will lead you on a journey to release anxiety.

Meditation by Vicki Lund Music by Ed Smith
Recording studio: Soundlounge by tBone
Art work by Jasper Lund of Sleepyturtart

Available to purchase by download at <https://wp.me/POvR6-9b> for

\$9.95 + PST

CONGREGATIONALIST WICCAN
ASSOCIATION OF SASKATCHEWAN



SKY RIVER TEMPLE

Beltane

Public Ritual

April 28, 2019

2:30pm

Gabriel Dumont Park
715 Saskatchewan Cres.
Saskatoon, SK

Potluck social to follow
(No nuts/legumes/seeds/soy)

FREE to attend

DONATIONS encouraged

Next ritual will be

June 16, 2019

2:30

Gabriel Dumont Park

rites by the water



This is a monthly celebration to give thanks to the Gods and the Goddesses, to get together once a month in Public Ritual. These are outdoor events and people should dress for the Weather. All we ask is that all that attend to so with an open heart and an open mind. As Pagans we do not discriminate against anyone so we ask the same of those who attend. These Events are free.. free for all who attend, free for all who are interested in a monthly open circle, free of all prejudice. Blessed Be.

This month's Rite will be to celebrate you, to welcome all that is about to transpire. May is a Month of just being the true you, no longer hiding who we truly are and inviting our full potential to arise. The next event is on Sunday May 26th at 1 pm, it will be held at 2703 Spadina Cres. East Saskatoon Sask.

From Llewellyn's Witch's Calendar:



May

The old rhyme says, "April showers bring May flowers," and if we are fortunate, this is true. It is lovely to be surrounded by the flowers of spring - daffodils and tulips and whatever else blooms in the spring wherever you live.

But the saying is as much metaphorical as it is literal. Life's showers - those rainy days of misery, setbacks, and unexpected woes - can sometimes lead to the most glorious outcomes if we can just walk forward through the rain to what lies beyond. In the same way that, in some parts of the country, winter's gloom seems endless and unrelenting yet spring always comes around again, so it goes with our own lives. The flowers that bloom in May can be used as a reminder that beauty and joy are just

around the corner, no matter what is happening in your life right now.

Many spring goddesses are associated with both flowers and rebirth, so this is the perfect month to connect with one of them. Some examples include Blodeuwedd, who was created by magic from nine spring flowers; Flora, a Roman goddess whose festival of the Floralia was celebrated in late April or early May with dancing, drinking, and, of course, flowers; Freya; and Persephone. If none of these goddesses feels right to you, do a little research and find one who does.

May Flower Spell

Create a May altar with something to symbolize whichever goddess speaks to you, whether a statue, a picture, or something sacred to that particular goddess. On the altar, place a small cauldron, a chalice, or a nice bowl and, of course, a vase full of flowers. They don't have to be anything fancy; any kind of flowers will do. Some of my spring favorites are lilacs, crocuses, peonies, and tiger lilies (all of which grow in my yard), but you can use whatever grown in your area or whichever flowers make your heart sing.

Throughout the month of May, place slips of paper with your wishes for rebirth or renewal written on them into the bowl, and make sure the flowers are always fresh, replacing them as needed. you can also burn a white, yellow, or light blue candle if you like.

You can say this spell whenever it feels right, or every day all month long if you are struggling. Add a slip of paper to the cauldron, light the candle, and gaze at the flowers. Inhale their scent if they have one, touch the silky petals, and reach out to the goddess.

Goddess lovely, goddess wise,

Make my heart and my spirit rise.

As your flowers brighten a room,

Send your love to help me bloom.

Help me grow in positive ways

With the lengthening of the days.

Every petal like your kiss

As I move toward joy and bliss.

Help me blossom every day

In the merry month of May.

So mote it be.

Things to Know

Envy is a waste of time. You already have all you need.



Rock Talk by Ave Riddler

Today I'm going to take a break from my focus on included crystals, because not far from where I am typing this article is one of the biggest draws this rock hound feels, MOUNTAINS!

I am currently in British Columbia, and my drive into B.C. took me through the Rockies. This trip from the prairies into the Rockies always calls to me. That part of me that resonates with stone kicks into high



gear; I can feel the pull of those giant ragged peaks deep in my gut well before I am within the mountains. A tugging flip flop feeling happens, deep in my belly with my very first view of those Rocky Mountains. I get more and more giddy as I draw closer to them, filled with excitement and eager anticipation of knowing I'll soon be surrounded by those mountains. I have joked that there must be a lodestone within my belly, and it is pulled towards those massive peaks. As much as I am a Prairie girl, and the vast land of the prairies will always be home to me, part of me comes alive when I am in the mountains, a part which is mostly at rest until I am surrounded by those giant mineral-filled beasts.

Once within the passes and rises of the mountains I often have to pull off the highway to connect, touching any exposed stone I can see, climbing as high as I can with just my feet and hands for tools, dipping my feet in the raging mountain rivers, often bitterly cold from the journey they have taken from the top of the mountain where it once was snow, down into the valley where that raging river was created and filled by the snow melt. My drive is not often quick, because those mountains, the stones exposed, the colors and textures of the land causes me to stop often, maybe not for long, but any time it's safe to stop and explore, I'm off. There are a few places I stop where it is rustic and mostly natural, but many are maintained with hiking paths, and I may venture onto a hike that takes me from the highway for hours.



I rarely feel this intense level of connection to nature. Trees and plants, while beautiful and nurturing, do offer a power I can feel and connect with, and they do move and inspire me, but they just don't have the same draw for me as a mountain.

I have in the past climbed as high as I safely can and respectfully could, found a place where I could recline, or completely lay down, with the sun warmed rocks supporting my back, while above me clouds and blue sky dance. Touching the rushing water as it tumbles down the ragged rock bed of a creek, the cold, vibrant water still filled with the energy of the mountain.

The flip side to this is how while visiting the mountains, over time I long for home, the fields, and lakes, rivers and plains of the prairies. As I leave the jagged peaks of the Rockies behind once I start my drive home, I feel a much different energetic draw, and know I have returned to the lands that are home.

For now I'll take in the magic of the mountains, and end with my usual rock on!

Teacher and Kid

Teacher: Harold, what do you call a person who keeps on talking when people are no longer interested?

Harold: A teacher.



Jikiden Reiki to Share!

By Beata VanBerkom

March 2018 I went to a Jikiden Reiki certification weekend. During the weekend I was reintroduced to a Hands-On healing technique I had been initiated into 20 years earlier. Those twenty years earlier I had been deeply into the Kryon book series. Kryon is the master of the magnetic frequencies of Earth.

I was young mother at the time and still maintained my voracious reading habits. At the Kryon book club is where I met the woman who introduced me to Western Reiki.

Before the other attendees arrived she sat staring at me across the room in a peculiar way. Finally she asked me a question. "What do you do?" Now I didn't know this woman from Adam, but I was trying to be polite. So, I said, "Well I'm a little art and a little science". I thought that should suffice.

At the end of the evening she gave me her business card. Her first name was Topaz which is my birthstone, so it's stuck in my mind. Also her business card a beautiful multi-colored one with a unicorn on it. I saw she was a Reiki Master. I also thought she was a little bit 'cuckoo'.

However her words, her presence and her message to me, kept returning to my mind. I finally called her and arranged a Reiki treatment, whatever that was I thought. I found it very pleasant. I was still a bit skeptical but she insisted I come to her to get my level one in Western Reiki.

After getting my level one I tried to practice a bit but being a wife and young mother always got in the way.

Now, two decades later, March 2018, I obtained Shoden in Jikiden Reiki and reawakened my love for Reiki. I obtained Okuden the following year.

On learning how much Western Reiki had changed in its journey around the world, Chiyoko Yamaguchi and her son, Tadeo, decided to pass on what they had learned, coining the name Jikiden Reiki. The term “jikiden” is a Japanese word that denotes a traditional art form that is passed on carefully from teacher to student without alteration.

Put quite simply, Jikiden Reiki does not have any non-Japanese concepts and is very respectful of the original teachings.

Jikiden Reiki is directly passed down from Usui to Hayashi to Yamaguchi. It is the traditional Japanese form and is much simpler than Western Reiki.



I resonate fully with its teachings. The feeling of caring and nurturing I feel when giving treatments brings me happiness. Anyone can give Reiki. It is available to be learned and used by everyone. Jikiden Reiki is a secret human ability hiding in plain sight. We naturally put a hand on a sore spot. It's like we know innately the power of human touch. Even newborns will not thrive if deprived of human contact.

I have been looked at skeptically by some, telling me Reiki is evil. That I am opening up myself to demonic possession by practicing Reiki. I must respectfully disagree with this notion.

To me Jesus himself used hands on healing. Also the care and love one feels when holding a child, to me, is similar to the care I feel for a client. How can that be wrong? A special love we can generate. A simple action taken, yet the power is immense.

Much gratitude to the Creator for Inspiring Usui to create a formal structure for this human art. It is for us all to enjoy if we wish. I heard it described as The Mysterious Art of Inviting Happiness and I would have to agree. It becomes a part of your life that is very peaceful and healthy.

I encourage anyone drawn to the notion of Jikiden Reiki to take Shoden and share it.

To read more about my Road to Jikiden Reiki see my article posted at <https://wp.me/p5xTO-2fx>
Tinfoilhatlady.com youtube.com/tinfoilhatlady tinfoilhatlady@gmail.com

Beata Van Berkom MLT

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306 291-4706

Turn Yourself Around

Jikiden REIKI Okuden
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Free Consultation

TinfoilHatLady.com
tinfoilhatlady@gmail.com
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Beata Van Berkom (aka Tinfoil Hat Lady) is a Medical Laboratory Technologist, Jikiden Reiki practitioner, performer and writer. Her home business Tinfoil Therapies offers inversion, sound healing and electrical therapies from SOTA.com

Find out more
at tinfoilhatlady.com/tinfoil-therapies

SONG'S GIFT

Ave Riddler

The music calls to me,
The notes weave into my body
My breath matching the cadence
Of the song.
I am drawn towards the sound,
Body drifting forward,
Beckoned.
Almost without knowing I am moving,
As the music calls to me,
And I answer.
Mind quiet,
Hand to heart,
Eyes closed so each gentle melody
Can resonate...
Breathless with wonder
Watching the hands that form the music,
Fingers to instrument,
Seeing how the music calls to you,
Your face transformed by the melody,
Your breath matching the cadence
Of the song.
I feel it,
Sway with it,
Am inspired by it,
The music calls to me.



DOODLE

DOODLE IS A 7 MONTH OLD HUSKY MIX. SHE IS VERY SWEET AND GETS ALONG WITH EVERYONE, DOGS AND HUMAN. DOODLE LOVES TO HAVE HER BELLY RUBBED AND PLAYING WITH KIDS OUTSIDE. COME VISIT DOODLE AND SHE WILL DEFINITELY DRAW YOUR ATTENTION!



DOODLE IS FULLY VACCINATED AND DEWORMED. SHE IS ALSO SPAYED, MICRO-CHIPPED, AND WAITING FOR A 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](http://www.k9countrylodge.ca) OR JOIN WE ALL NEED A RESCUE (WANAR) ON FACEBOOK. WANAR WILL ALSO BE HAVING THEIR MONTHLY ADOPTION DAY AT CABELA'S APRIL 27 FROM 11AM TO 3PM. THE RESCUES LOOK FORWARD TO MEETING YOU!



DAFFODIL

DAFFODIL IS A SWEET AND PRETTY LITTLE LADY. SHE WAS AN ORPHAN WHO HAD AN ILLNESS THAT REQUIRED SURGERY AND BOTTLE FEEDING BUT SHE IS NOW RECOVERED 100%! SHE DOES VERY WELL WITH OTHER CATS BUT IT IS UNKNOWN HOW SHE IS WITH DOGS. DAFFODIL IS NERVOUS OF CHILDREN SO WOULD PREFER A HOME WITH NO CHILDREN, OR OLDER QUIET ONES. SHE CAN BE A BIT SHY WHEN SHE FIRST MEETS NEW PEOPLE BUT THAT ONLY LASTS FOR A MINUTE AND THEN SHE IS FRIENDLY. SHE IS VERY AFFECTIONATE AND SWEET.

DAFFODIL'S ESTIMATED DATE OF BIRTH IS SEPTEMBER 20, 2014.



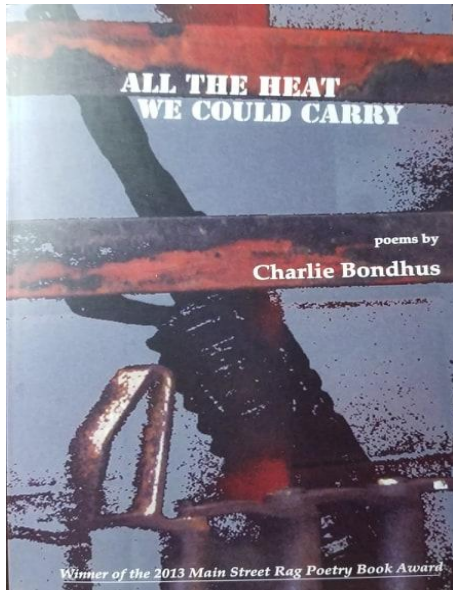
IF YOU ARE INTERESTED IN ADOPTING DAFFODIL PLEASE VISIT OUR WEBSITE AT [HTTP://WWW.STREETCAT.CA](http://www.streetcat.ca) OR EMAIL US AT CONTACT@STREETCAT.CA FOR MORE INFORMATION.



Indian Hills Community Center, Colorado signs

Life is short. If you can't laugh at yourself, call me, I will.

Book Review



All The Heat We Could Carry

By Charlie Bondhus

This is a spell-binding book of poems about the harsh realities of war and the effects that it has on the people who are charged with carrying it out. It is the place where stars, stripes and Spirit converge. I highly recommend this provocative read.

"All the Heat" can be purchased direct from the publisher though. Here's a direct link.

<http://mainstreetragbookstore.com/product/all-the-heat-we-could-carry/>

Trent Deerhorn

Thought for the Day:

If you attack apparent negativity with negativity, you merely feed and inflame the source. It's always best to take the positive in any conflict. If you genuinely love, or at least send kind thoughts to a thing, it will change before your eyes.

John and Lyn St. Clair Thomas - Eyes of the Beholder

Extremes in Our World that You should Know:

Which country has the longest life expectancy in the world?



Monaco ...

According to the World Health Organization's study from 2013, Monaco tops the charts for longest living citizens with an average life expectancy of 87.2 years.

Men in Monaco live an average 85.3 years, and women live longer to an average of 89 years.

Paraprosookians:

First time I heard about paraprosookians, I liked them. Paraprosookians 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).

You're never too old to learn something stupid.

From 365 Zen daily readings by Jean Smith

I read a story about a monk who applied for acceptance to a monastery. While sitting in front of the monastery gate, he saw somebody coming up the road with a big package. he jumped up from his place by the gate and rushed down to take the package from that person, and the abbot of the monastery expelled him on the spot. Does this seem uncompassionate?

This is a story to tell us that we must each carry our own stuff, and grow and learn from it, and ripen. When we are sitting at the gate, if we are ripe, we will know when to offer help and when to allow the person to carry his or her own burden, do his or her own work. We are here to help one another, to support one another, but not to interfere, and not to take on someone else's pain or burden. We feel one another's pain, since we are of one body, one mind, but we must allow each other our own experience, and contribute in our own way.

-Maurine Stuart, *Subtle Sound*

THERE ARE NO SHADOWS HERE

By Gail Fulkerson

I followed a trail of empties
To find you
This time,
And, when I did,
You were face down
In some stranger's bed.

How can you heal,
If you keep lying
To everyone?
To yourself?

Perhaps your heart
Needs to shiver and quake,
Signal a quickening
Beneath the seemingly
Impenetrable ice
That grips it.

Perhaps new blood
Needs to flow
Within your atrophied



Veins and arteries,
Too long choked with a gelatinous slush
Of toxic levels of alcohol,
And the remnants of
Jagged prescriptions.

Rise from that strange,
Stinking bed, and
Open your eyes.
See where you are;
Who you have become.
Shake out the cobwebs,
Really see the one to whom you so
Glibly offered up your life,
To do with what they will.

You were bamboozled
By this one;
They had no idea what
You needed to flourish.

A long time ago,
You believed that
The shadows and darkness
That permeated your life
Were being kind,
Keeping you from facing
What you needed to see.

You realized too late,
That a bleary-eyed existence
At the bottom of a bottle
Wasn't living,
No matter what you heard
To the contrary.

Also, life is not
Doled out by the syringe full,
Or in capsule form.

The light is harsh
And blinding here.
It has to be,
In order for you to see,
In high relief,
What you were unwilling



To see,
When you lived
In bottle-shaped shadows.

Welcome to your renewed life.
Lessons are compulsory,
And shall be repeated
As many times as necessary.

Don't bother trying to hide;
There are no shadows here.

Reflections from the Shaman's Hut

The Importance of Sleep

In Shamanism there is a very strong recognition of the importance of Dream Time. This is a state in which a person is able to achieve REM (Rapid Eye Movement) sleep. When one achieves REM sleep one is in a very deep state of consciousness and is dreaming. The reason that this is important is because dreams are a key factor to processing our waking state. There are, of course, many kinds of dreams. Entertainment dreams are there simply to allow us to play a bit (like watching a sitcom on television). Sex dreams often allow us opportunity to balance our inner masculine and feminine energies. Adventure dreams allow us the ability to access our own inner resourcefulness. Prophetic dreams allow us a glimpse into the past, present or future and come to know something about which we otherwise would not have any awareness. These also provide insights and inspirations. That then leads to things such as problem solving and inventions.



There has, however, been a growing concern over the last 200 or so years. Ever since the Industrial Revolution people's rest time has become less and less of a priority. Long hours of hard physical labor led to a growing inability to achieve REM sleep because the physical body was just too exhausted to be able to reach the deep Theta waves necessary within the brain in order to achieve REM.

Gradually the technological revolution has replaced the Industrial Revolution. Now we have corporations that are expecting employees to deal with other countries in other time zones AND continue to function in their own time zone. I know of a young man who was pushed to

the brink of a nervous breakdown because his corporation expected him to receive phone calls, emails, and faxes in the middle of the night AND be at the job bright eyed and bushy tailed by 6 a.m. They insisted that he install a computer and fax in HIS BEDROOM and have his cell phone on at ALL TIMES.

This sort of scenario makes people ill. Humans need to regenerate through sleep. When we are sleep deprived our minds break down and our consciousness fragments and shatters. But the thing about the technological revolution is that it can be even more insidious than just the expectation of a work ethic that depletes the soul. The introduction of gaming has made this revolution go much deeper into the subconscious of the human psyche.

Now, please do not get me wrong. Although I do not game myself, I do not mind gaming in general. Yes, a lot of it is war games. This is bothersome. But the violence within that is not stronger than what one would see in an Avengers movie anyway. But where it gets problematic is the amount of *time spent* at gaming and the fact that most folks do their gaming at night, thus depriving themselves of much needed sleep. And the thing is that some will say things like, "I don't care if I am up till 5 a.m. gaming because I can sleep all day!" But here is the thing. And there is a thing here. That thing is that people do not access REM sleep as well during the day, no matter how much your bedroom is blacked out. There will always be disruptions and disturbances. The doorbell will ring with a delivery of a package. The street will be under construction. Loud vehicles will drive past the house. The dog will bark at the neighbour mowing their lawn. Others, who do not stay up all night, will be moving through the house, cooking, cleaning, watching television, listening to music, visiting with friends that come over and so on. You are NOT getting the same QUALITY of sleep. And this, over time, will wear you down and make you very ill, physically, emotionally AND mentally.

Gradually the hypothalamus will shrivel and create delusions and hallucinations. But before that even happens a person will become more accident prone, more edgy, more aggressive. They will end up having mishaps that injure themselves or others, especially if operating a moving vehicle.

People most often do not see the connections between events such as this and their lack of proper sleep. I am here to tell you that it is TIME TO SIT UP AND TAKE NOTICE. And when you do take notice, make responsible changes. You are NOT INVINCIBLE. You WILL feel the deterioration of your life, both inwardly and externally.

Start by asking those with whom you live. Are they noticing anything odd about your behaviour? Are they noticing more of a zombie-like effect on you when you first wake up? Are they noticing things that you do that do not make sense? For example, are you going back to bed without flushing the toilet after a bowel movement? Are you forgetting things such as

appointments or responsibilities? Are you becoming less social and more isolated? These are all warning signs.

The good news is that this can all be balanced once again by making the changes necessary to get better sleep. Gaming on weekends only and during the day helps. Turning off your cell phone so texts and messages and phone calls in the middle of the night don't wake you up is a great idea. No, you DO NOT need your cell phone as an alarm. That is what an ALARM CLOCK is for.

Once sleep is re-established as a priority and one gets the proper amount of sleep, life becomes so much easier. One is able to enjoy social connections, function more optimally at work, and relax during down time without any need for technological stimulation in order to do that. And one of the best parts of this is that dreams will not only begin to happen again, but some of your desires, aspirations, dreams etc. will begin to come true!

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

Often in our desire to be loved, we try so hard to be everything to everyone. We compromise our true selves in an expectation to please someone else. If we continue to live for the approval of others, we will find ourselves unhappy about life and unfulfilled in our own dreams. We can never be truly happy until we live our own lives.

According to the Farmer's Almanac 2019:

A Garden to Dye For



The flowers, fruit, leaves, bark and roots of many plants are great sources of natural dyes. Most plants need only to be chopped and simmered to make a dye, although a color fixative, or mordant, is often required to bind it to fabric. When creating a dye garden, plan for a variety of dye colors. For reddish orange to yellow dye, try the flowers of dyer's coreopsis, or calliopsis. This plant grows easily in full sun and well-drained soil and tolerates drought.



For a light-to-dark blue transient dye, use the petals of cornflower. This cool-weather annual grown in full sun and well-drained soil kept moderately moist.

May 4th: New Moon

If ash trees leaf out before oaks, expect a wet summer.



May 5th: Cinco de Mayo



May 12th: Mother's Day

In search of my mother's garden, I found my own.

-Alice Walker, American writer (b. 1944)



Puppy Smiles



Ask the Shaman: With Trent Deerhorn



Q: Do trees really talk?

A: Yes they do. Science has FINALLY developed instruments to measure the communication waves between trees. An entire grove of trees will communicate with each other. If one is ill, often the rest of the grove will nourish it. If one dies, this affects the canopy and can negatively affect not just the other trees but also the plant life on the forest floor. The entire ecosystem communicates, so it is not just trees. For over 40,000 years shamans have communicated with Nature in telepathic and empathic ways, for we are all the caretakers of this Sacred Earth.

But this cannot happen if one is continuously distracted. Quieting the mind is essential to achieving communication with trees, plants, birds, animals, rocks, water and so on. This can be accomplished via meditation on a regular basis. By this I am not referring to creative visualization. That is another distraction. I am referring to meditation wherein the mind is able to achieve peace and become more of a blank slate. Then, and only then, will one be able to actually perceive that which the mind has been, until now, unable to perceive due to mental distractions.

Tidbits and Tickles:

The pastor of a local church was called to the nursing home to perform a wedding. An anxious old man met him at the door. The pastor sat down to counsel the man.

The pastor asked, "Do you love her?"

The old man replied, "I guess."

"Is she a good woman?"

"I don't know for sure."

"Does she have lots of money?"

"I doubt it."

"Then why are you marrying her?"

"She's allowed to drive at night."

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:

Bev Wrote: Really enjoyed the info about gnomes. I think need one for my yard.

Phyn Wrote: I like the pet rescue section and the picture of the puppy sucking the other's nose...too cute! I haven't read all the articles yet but enjoying the ones I have.

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
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CLEANING by BEV

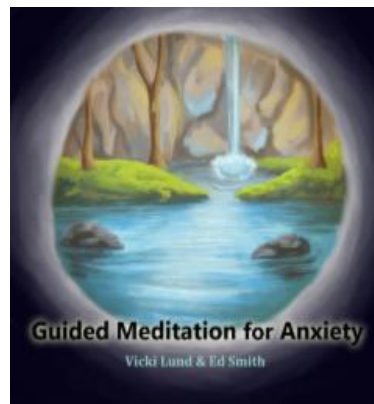
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References provided

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

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All ads must be in by 6pm on 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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