

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

Volume 9 Issue 96, June, 2020



*Articles and excerpts that will inform and inspire!*

### **A Letter from the Editor:**



The cover photo I chose for this month's issue is one that I felt rather perfectly depicts the isolation that many feel, while, at the same time, the hope that is on the horizon. Sunsets and Sunrises are events that have always played a large role in my life. When I first saw this photo I was struck by the absolute beauty. Then the rest of the image set in and I just knew it had to be the cover photo.

This month's issue has some really cool stuff in it, so I know that you will enjoy it. I would like to thank all those who submitted their work, be it articles, poems, information on available pets for adoption, or whatever. You all make this newsletter so much more than it would be without you. So thank you.

Forward this on to whomever you think may be interested. If someone wants their own free monthly subscription, all they need do is let me know by emailing that request to [deerhorn007@gmail.com](mailto:deerhorn007@gmail.com). I will make it so.

*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](mailto:deerhorn007@gmail.com) or at (306) 978-5300.



## Upcoming Events



### **ATLAS**

ATLAS IS APPROXIMATELY 5 YEARS OLD AND A COLLIE MIX. HE IS A WONDERFUL BOY WHO GETS ALONG WELL WITH OTHER DOGS AND PEOPLE. HE IS LOOKING FOR AN ACTIVE AND EXPERIENCED OWNER WHO WILL MAINTAIN HIS HANDSOME LOOKS AND KEEP HIM BUSY. HE CAN SPEND FOREVER PLAYING FETCH OR RUNNING AROUND THE YARD LIKE A GOOF. HE IS NEUTERED, MICROCHIPPED, FULLY VACCINATED AND READY FOR A FUREVER HOME.



WE ALL NEED A RESCUE (WANAR) IS DEDICATED TO SAVING LIVES. WHETHER IT IS PHYSICAL OR EMOTIONAL DAMAGE THESE DOGS MAY HAVE, WE PLAN TO DO EVERYTHING WE CAN TO GIVE THEM A SECOND CHANCE AT LIFE. WE ONLY RESCUE DOGS FROM OUR OWN PROVINCE BECAUSE THERE IS NEVER A SHORTAGE OF DOGS IN NEED OF RESCUING IN SASKATCHEWAN AND WE ARE A NO-KILL DOG RESCUE. OUR RESCUES STAY WITH US UNTIL THEY FIND THEIR FOREVER HOME, NO MATTER HOW LONG IT TAKES. FOR MORE INFORMATION PLEASE CONTACT WE ALL NEED A RESCUE AT (306) 651-3647. YOU CAN ALSO VIEW OUR WEBSITE [HTTP://WWW.K9COUNTRYLODGE.CA](http://www.k9countrylodge.ca) OR JOIN WE ALL NEED A RESCUE (WANAR) ON FACEBOOK. THE RESCUES LOOK FORWARD TO MEETING YOU!



### **PINK**

PINK IS A LOVELY GIRL AND A DOPPELGANGER OF SCAT'S FARRAH, BUT ABOUT HALF THE SASS/ATTITUDE. SHE CAME FROM AN NORTHERN SPCA THROUGH A SECOND CHANCE FUNDRAISER AND IS HOPING TO FIND HER FOREVER HOME HERE IN THE SOUTH! THOUGH SHE WAS HOUSED WITH OTHER CATS IN THE PAST SHE DID HAVE AN INCIDENT WITH ANOTHER CAT IN AN ADOPTIVE HOME SO THE CURRENT RECOMMENDATION IS SHE BE THE ONLY CAT IN THE HOME, IDEALLY WITH OLDER CHILDREN AND NO DOGS.

ESTIMATED DATE OF BIRTH IS  
NOVEMBER 15, 2018.



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

# **CONGREGATIONALIST WICCAN** **ASSOCIATION OF SASKATCHEWAN**



## **SKY RIVER TEMPLE**

Due to the Covid-19 concerns all public gatherings have been put on hold until further notice, we will resume our public gatherings once it is clearly safe to do so. The health and safety of our community is our priority at this time, a time when we must take care of ourselves and each other.

Updates about Sky River Temple can be found on our Facebook group

<https://www.facebook.com/groups/1449256155332915/>

Or on our new work in progress website

<https://www.skyrivercwas.ca/>

Blessed be and stay safe

## rites by the water



During the COVID-19 Pandemic we will not be hosting any Public Outdoor events. Instead I will be trying to do online events on **Facebook Live** on **June 21st at 3 pm**.

Spirituality is a very important thing in one's life so I will Publicly be sharing mine with the world.

This is a monthly celebration to give thanks to the Gods and the Goddesses, to get together once a month in Public Ritual. 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 both Father's Day and Summer Solstice!

## Improve Your English

*Tokyo hotel's rules and regulations:* **GUESTS ARE REQUESTED NOT TO SMOKE, OR DO OTHER DISGUSTING BEHAVIOURS, IN BED.**





## Rock Talk

by Ave Riddler

### Snakeskin Agate

Not a very well known form of agate, the color most common is a pale creamy yellow/beige, it is semi-translucent, with opaque external markings and patterns that resemble a snake's skin. Rarely this agate will be found in more red shades, still with that scale like banding.

This agate can provide strength of endurance during physical activities. The serpent energy of the stone can help one initiate the rise of the Khundalini. This agate works best with the root and solar plexus chakras, but can be used with the crown in a focused way as well.

A good stone for helping one to intentionally blend into the crowd, this stone can help one observe activities around them to better understand and interact with events as they happen.

By observing events and environment this agate can be useful in seeking what has been misplaced or lost in an active environment.



Helpful in discovering inner peace, calming the self, and recognizing the joy of life, this agate can help promote a pleasant personality. It can also lend energy to help reduce worries about mundane concerns, while boosting self-esteem, as well as self-awareness. Combined, these energies can help bring cheerfulness and open one to love of life and self. This can also help quiet the inner chatter that may be causing conflict in life.

If you are feeling overwhelmed by stress, worry, or self doubt snakeskin agate is the mineral to reach for.

Physically snakeskin agate can be used to support treatments of hearing problems, and disorders in the stomach. An elixir of this agate can be used in treatments to smooth the skin, and reduce wrinkles.

Paraphrased from "LOVE IS IN THE EARTH – A Kaleidoscope Of Crystals" by Melody. With personal add- ins and details by myself (Ave)

## Indian Hills Community Center, Colorado signs

**He who laughs last didn't get it.**

## Attorney At Law

These are from a book called "Disorder in the Court" and are things people actually said in court, word for word, taken down and published by court reporters that had the torment of staying calm while the exchanges were taking place.

**ATTORNEY:** Can you describe the individual?

**WITNESS:** He was about medium height and had a beard.

**ATTORNEY:** Was this a male or a female?

**WITNESS:** Unless the Circus was in town I'm going with male.

## Thought for the Day:

There is little sense in attempting to change external conditions. You must first change inner beliefs, then outer conditions will change accordingly.

Brian Adams - *How to Succeed*

## They Walk Among Us

One day I was walking down the beach with some friends, when one of them shouted, "Look at that dead bird!" Someone looked up at the sky and asked, "Where?"



## *Spellbound*

From the Brush Dance Calendar



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

*- Alice Walker*

## Enough

By Ave Riddler

The warmth of the sun  
Kisses my lips,  
Brings a flush to my cheeks...  
As we lay,  
Backs to the earth,  
Grasses tickling the back of my neck,  
The curve of my calves.  
Bodies near enough to touch  
We gaze at the drifting clouds  
Talking  
Your voice like a song in my ear.  
I think it must be enough...  
The breath of wind,  
The melody of bird,  
The warmth of the sun  
Mirrored by the warmth of our affection.  
I think it must be enough...  
This closeness,  
This ease of connection,  
Aware of how very near your hand is to mine,  
As we watch the shapes of the clouds drift by.  
Faintly the scent of the soil beneath the grass,  
That rich damp cool smell a contrast  
To the greenness.  
I think it must be enough...  
Faintly you sigh  
And I feel the touch of your hand,  
Fingers seeking fingers...  
Until palm to palm your hand gently embraces mine.  
The shadow of your face  
The curve of your shoulder as you shift.  
No longer looking at the sky  
Your eyes on mine as you whisper  
It is no longer enough  
And touch your sun kissed lips to mine.

## Paraprodsokians

The following are paraprodsokians. A paraprodsokian is a figure of speech in which the latter part of a sentence is unexpected and sometimes even humorous:

I'm great at multitasking, I can waste time, be unproductive, and procrastinate all at once.

## From 365 Zen daily readings by Jean Smith

The name "Zen" is derived from the Sanskrit word "dhyana" meaning "meditation." Through meditation Zen students still their thoughts and become aware of the empty mind that contains them. Just as the particles in a glass of muddy water settle to the bottom when the glass is no longer shaken and the water becomes transparent, so thoughts settle down when the mind is not agitated and consciousness becomes clear. But Zen is not meditation. Becoming a macho meditator who can sit in an upright posture for days on end is not Zen. It is just a new spiritual self. Zen is no-self.

-Timothy Freke, *The Wisdom of the Zen Masters*

## Reflections from the Shaman's Hut

By Trent Deerhorn

### Energy Has No Bounds

During these pandemic months, I have been very busy doing healing work for people. No, I have not seen anyone in person, as that would be way too risky.



But I have been doing a lot of video counselling and a LOT of long distance energy healing. "Say Waaaah??!!" you may be thinking. Yes, the energy work that I do to assist folks on their healing journey can be done long distance.

How this works is that the person relaxes in the comfort of their own home while, in the comfort of my own home, I "tune in" to them and send healing energies to them, releasing blockages in the energy system and feeding it with Universal Healing Energy. But I don't just stop at that. Because I am a Shamanic Journeyer, I also do journeys into the "other realms" for them to clear out karmic conditions, toxic energy ties, find spirit helpers etc. It is a very effective modality of healing.

What we do have to understand though is that energy really has no bounds. Someone on the other side of the planet can have an energy emission that can affect someone else on this side of the planet, and vice versa. When we really embrace this, we come to realize that there really is no need to build a star ship in order to visit our brothers and sisters on other worlds. We simply need to hone our skills in energy awareness and journey practices.

The thing is that we are all connected on a deep soul level. No, that does not mean that we are all identical. It means we are connected. So through that connection we can achieve great things. And that is why long distance energy healing works.

What people on the receiving end can experience can vary quite a bit, because everyone is individual, albeit connected, and so the release of blockages will feel specific, as will the integration of fresh energy. At the end of the treatments, I always connect via phone or email and give a report or discuss what each experienced and how to perhaps interpret that. This way someone had the opportunity to process and ask questions and get answers. It is something that is very worth one's effort in trying 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

**We always have spirit guides around us, and they impress our thoughts with the higher qualities of life such as patience, humility, acceptance, confidence, joy, and humor. Usually we have one master guide that stays with us throughout our life and sometimes through many lifetimes. Some people refer to this guide as a guardian angel. To me, spirit guides and angels are the same.**



# According to the Farmer's Almanac 2020:

## Make Your Own Tea



Herbs are loaded with antioxidants, minerals, vitamins, and many compounds that improve overall health. By growing your own herbs, whether on your windowsill or in your garden, you have the opportunity to create your own herbal concoctions. Start with classics like chamomile,

Echinacea, lavender, lemon balm, or mint. To make tea, use about 1 ounce of fresh herbs for every 2 to 3 cups of water. Steep the herbs in hot water for several minutes. Strain (or don't) and enjoy.

## June 5th: World Environment Day/Full Strawberry Moon

Strawberries need 1 inch of water per week throughout the growing season. Mulch plants with straw to conserve moisture.

## June 20th: Summer Solstice:

The butterfly counts not months but moments, and has time enough.

-Rabindranath Tagore, Indian Bengali poet (1861-1941)



## June 21st: National Indigenous Peoples Day (Canada)/ New Moon

Between regular waterings during the hottest days of summer, some gardeners give fuchsias a little extra moisture by placing ice cubes on top of the soil.

## June 24th: Midsummer Day

Many farmers and gardeners regard this day as the midpoint of the growing season.

## Inspirational Quotes by Alan Chazen

**Don't be afraid to take risks. The worst that can happen is that you might make a fool of yourself. If you don't take risks, you've already achieved the dreaded result.**

## Ask the Shaman: With Trent Deerhorn



**Q:** When is the best time of day to meditate?

**A:** The most important thing is that you DO meditate. What time of day makes little difference. You may be the type that has best success rates first thing in the morning, or at lunch break, or after work, or before bed. The time of day is not the issue. The issue is whether or not you are incorporating the practice into your daily routine. Styles of meditation also vary significantly. Try them all. Find the style that suites your needs the best. Do that. Daily. Did I mention DAILY?

## Tidbits and Tickles:

**One evening my teenage daughter and I were out shopping when she decided to make a purchase. She greeted the cashier with only a "Hi," then proceeded to dig nervously in her wallet. She was having obvious trouble counting out the correct bills and change.**

**But rather than help, the cashier simply stood and watched while she fumbled and mumbled her way to the correct amount. Finally, the transaction was completed.**

**As we were walking to the car, my daughter turned to me and said, "That was my math tutor."**

## 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:

**Kristie Wrote:** I have never heard of Botswana Agate. I have seen it, but not known what it was called or what it is for. Thank you for that information!!

**Alex Wrote:** Maizie looks like a total sweetheart!

**Rachel Wrote:** I had never thought of the multiple ways and the many layers involved in "serving the world." Thank you!

**Bill Wrote:** I really dig the fact that you have excellent poems in this newsletter!

**Mindy Wrote:** I never thought of toxic behaviors as being indicators of an energy Vampire! This sheds an entirely new light on some of my relations!

## Classified Ads



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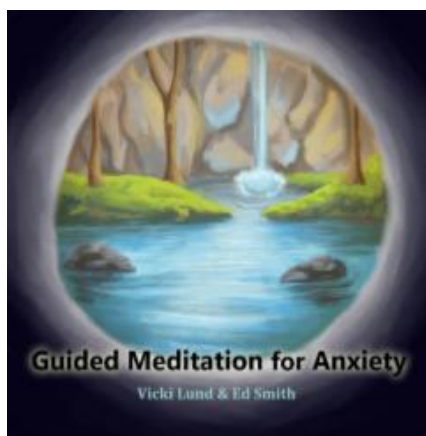
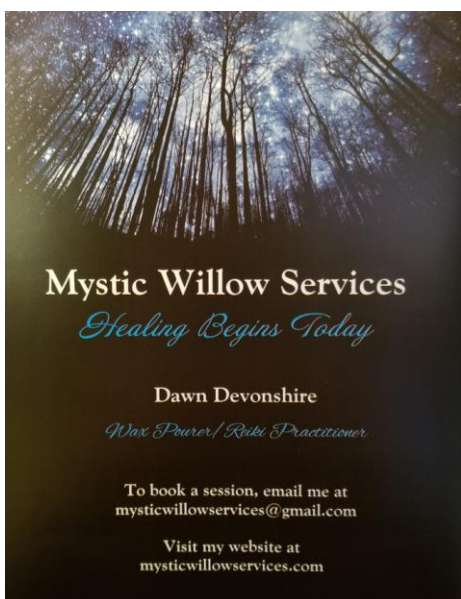
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## Face Time with the SHAMAN!



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!

# Flight Newsletter Advertising

All ads must be in by 6pm on the 20<sup>th</sup> of the month PRIOR to the issue that the ad is to be placed in. No exceptions. Send to [deerhorn007@gmail.com](mailto:deerhorn007@gmail.com).

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