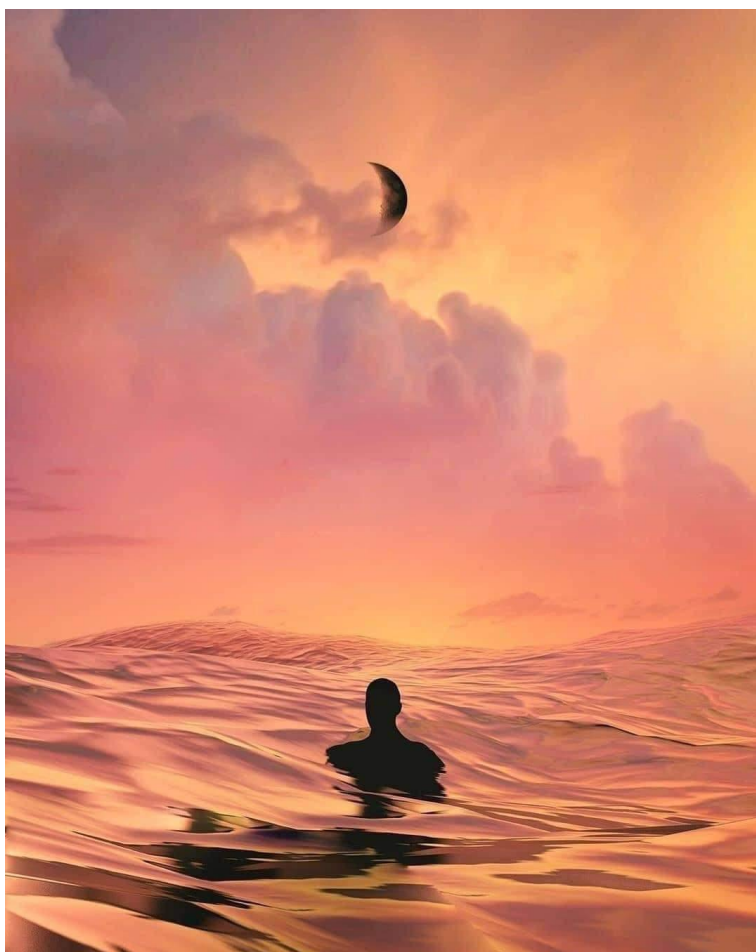


# *Flight: A Living, Breathing Document of Consciousness*

Volume 9 Issue 97, July, 2020



*Articles and excerpts that will inform and inspire!*

## A Letter from the Editor:



This month seems to have blasted past me with the fury of a fire demon. Time became irrelevant and one thing just led right into the next, until it was the day AFTER the deadline and suddenly I was finding myself preparing this issue at the same pace I would use in university, as I wrote my essays the night before they were due. I have always worked best under pressure. So now...here we are.

This issue has a lot of excellent stuff in it. There is advice for empaths, sizzling sensations, an article on Ethics vs. Morals, a short story that is spine tingling, some beautiful poetry, and, of course, our constantly enlightening Rock Talk.

Thank you to all the wonderful contributors who take time out of their busy schedules to help me piece together an interesting newsletter.

Do forward this on to whomever you think may enjoy it, as the purpose is to allow these vibes to go viral. And if you are a first time reader and would like to receive your own monthly issue and have your own free subscription, just pop me an email indicating this to [deerhorn007@gmail.com](mailto:deerhorn007@gmail.com) and I shall 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

### 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 **July 26st 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.





## NEWTON

NEWTON IS AN APPROXIMATELY 1.5 YEAR OLD TERRIER MIX. HE CAME TO THE FACILITY AFTER BEING MISTREATED FOR SOME TIME.

HE WAS VERY AFRAID OF US AND EVERYTHING FOR MONTHS. WITH A LOT OF LOVE AND PATIENCE WE HAVE GAINED HIS TRUST. HE LOVES TO CUDDLE WITH US AND ROMP WITH HIS FRIENDS AND HE DOESN'T REALLY HAVE ANY CONCERNS FOR CATS. HE IS FULLY VACCINATED, NEUTERED, MICROCHIPPED AND WEIGHS ABOUT 25 POUNDS.



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!



## MILAN

MILAN IS A RETIRED MOM THAT KEPT HER BABIES ALIVE ON THE MEAN STREETS OF SASKATOON. IT WAS QUICKLY DISCOVERED THAT WHILE HER BABIES WERE WILD SHE WAS QUITE TAME AND LIKED THE COMPANY OF PEOPLE. MILAN IS NOT KEEN ON THE CATS IN HER FOSTER HOME AND WOULD PREFER TO HAVE HER PEOPLE ALL TO HERSELF AT THIS TIME. THAT MAY CHANGE BUT FOR RIGHT NOW SHE WOULD LOVE TO JOIN YOUR HOME AS THE SOLO QUEEN AND SOAK UP ALL YOUR ATTENTION. WE THINK SHE WOULD BE TOLERANT OF CHILDREN WITH GOOD CAT MANNERS.

ESTIMATED DATE OF BIRTH IS MAY 22, 2019.



IF YOU ARE INTERESTED IN ADOPTING MILAN 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

## Improve Your English

*On the menu of a Swiss Restaurant: **OUR WINES LEAVE YOU NOTHING TO HOPE FOR.***



## Rock Talk

by Ave Riddler

### Turritella Agate

This agate is easily recognized by the pattern of coils of a fossil of a snail, the spiral pattern distinctive through the mineral. It is often a dark brown or black with the white a cross section view of the snail.

This mineral can help quell ego, and dispel pomposity, helping to reduce feelings of superiority.



A protective stone, this agate can help one to recognize sometimes fear of attack reduces personal safety, helping one to release the fear of attack to them feel safer. It can also help one move through transitional phases and safely apply lessons learned during trials and difficult times, by protecting the mind from harm while in times of struggle. There is a reminder that one can make it through difficult situations, to survive and even thrive

after the challenge has been faced.

Turritella Agate blends the mineral world with the energy of living things, creating a bridge between plant and mineral. This harmony can make this gem a good partner in any Earth healing works being undertaken.

Physically this agate may help reduce fatigue. A powerhouse for the stomach and digestive system working with Turritella Agate may be helpful in absorption of minerals, and nutrients, including zinc, calcium, magnesium, and vitamin A. As a stone for the digestive system this agate may reduce swelling or bloating of the abdomen related to the digestive process, and is a good support with proper food consumption.

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

**Big shout out to my fingers.**

**I can always count on them.**

## 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:** Is your appearance here this morning pursuant to a deposition notice which I sent to your attorney?

**WITNESS:** No, this is how I dress when I go to work.

## The Power of Name

By: Ave Riddler

We are given a name  
Before we are born...  
A name before we draw our first breath.  
Sometimes the name belonged to our mother  
Our father,  
Their mother,  
Their father.  
The fourth or the sixth of the name...  
A name that follows the flow of a family line.  
It may be a tribute to a lost love,  
A memorialized mention of an artist or hero.  
The name a word that holds meaning to the one who selects it,  
A name that signals if we must wear blue or pink.  
We carry that name with us as we grow into it.  
Bear witness to how that name will resonate with others,  
What or who it reminds them of...  
That name can be a banner of pride,  
Or a burden of history.  
Over time and experience we may find  
We need a new name,  
To wear a different color.  
We seek a name that reflects who we have grown to become.  
Perhaps the name that once was  
Holds memories of trauma  
Or was not true to you...  
An improper fit,  
Or a bearing of protective teeth.  
As you drew each breath,  
As you walked the earth,



You found a new name,  
And claimed it for your own.

## Thought for the Day:

**The only way to deal with the future is to function efficiently in the Now.**

***-Gita Bellin***

## They Walk Among Us

**While looking at a house, my brother asked the real estate agent which direction was north; because, he explained, he didn't want the sun waking him up every morning. She asked, "Does the sun rise in the north?" When my brother explained that the sun rises in the East, and has for sometime; she shook her head and said, "Oh I don't keep up with all that stuff."**

## THE SHADOW MAN

**By Gail Fulkerson**

Zelda sat silently in front of the computer screen, fingers poised over the keyboard, ready to strike the first letter of what she hoped would be her fictional masterpiece. As she sat contemplating how she would begin her story, she was unaware of the blackness gathering behind her.

A shadow figure rose up from the floor, casting a Hades-deep black shadow up the wall and onto the ceiling, all while the woman stared blankly at the screen, wracking her brain; 'what shall I write,' she mused out loud.

"How 'bout the story of the woman at her computer who gets horribly murdered by a shadowy entity? I think that would be an awesome story to write." The shadow's voice was a deep baritone, as dark and sinister as an abandoned coal mine, and gravelly. The woman heard it as plain as day.

Zelda froze. Who the frack was that? Fear raced through her body. She didn't dare turn her head to see who had spoken. Her eyes were squeezed shut from the second she'd heard the voice. She slowed her breathing so she could hear any additional sounds the disembodied voice might make. Her pounding heart thumped wildly. When she finally opened her eyes and slowly swiveled her chair around to scan the room behind her, there, not a foot from her face, was the visage of a gigantic black shadow man staring into her face.

The terror was exquisite; as much as Zelda wanted to scream, she knew instinctually that to do so would make matters much worse than they already were, so she screwed up her courage and stared directly into the eyes of the shadow man.

The red-rimmed, yellow, black-slitted eyes beheld her as a sinister grin cracked open the bottom half of its face, revealing countless dagger-sharp teeth and a serpent-like tongue that darted in and out of its terrible mouth, dripping venom. He hissed at Zelda and then chuckled nastily.

"You, my dear, will do nicely." With that, the shadow man stretched to its full height up the wall and across the ceiling. In a flash Zelda was enveloped in its gaping maw, and was swallowed whole.

He turned from the computer and the empty chair, but failed to notice that Zelda had turned on the webcam, preparing to have a video chat with her sister before his presence interrupted her. Instead, the webcam recorded her last moments at the hands of the shadowy man.

A trail of bloody footprints impressed themselves upon the floor, the wall, and the ceiling. A puddle of blood marked the spot where the shadow man had risen from and descended to its beastly realm. It was sated for now, and wouldn't have to go hunting on

the Earthly realms for awhile. The bloody footprints at all of its kills was an extra, added wallop of terror the shadow man had devised. He really enjoyed scaring the crap out of humans and then swallowing them whole. It was his favorite sport.

As he sat picking meat and cloth remnants out of his scores of teeth, savoring the final taste of Zelda, the shadow man mused at how easy it was to terrify humans, and how much fun it was.

And, scared-to-death people are tastier than those who are not.

## Did You Know...?



### DID YOU KNOW?

**HUGS THAT LAST OVER 20 SECONDS  
RELEASES CHEMICALS IN YOUR BODY  
CALLED "OXYTOCIN" THAT MAKES YOU  
TRUST SOMEONE MORE.**

## *Spellbound*

From the Brush Dance Calendar



*But there's  
nothing half  
so sweet in life  
as love's  
young dream.*

*- Thomas Moore*

## Paraprosdokians

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

**If you can smile when things go wrong, you have someone in mind to blame.**

## Local Photographers



**Ammonite Fossil** ~ photo by Ave Riddler



# From 365 Zen daily readings by Jean Smith

Teacher and student are like the bell and its resonance. Student and teacher are like intersecting cords in a fishing net - nodes, not separate strands. When the teacher is ready, the student will appear.

-Lex Hixon, *Living Buddha Zen*

## Reflections from the Shaman's Hut

By Trent Deerhorn

### " Ethics vs. Morals"

A very wise teacher once told me that ethics are the rules to the game. Morals are what guide you to either obey those rules or not.



This stuck with me for years, and still does. There are a lot of people with no ethics whatsoever in terms of how they operate in this world, professionally or personally. And there are many morally corrupt individuals as well. But we cannot concern ourselves with them. Why? Because it is not about them at all. It is about us.

If I do something that feels incongruent with who I am as a human being, or who I want to be, then I feel absolutely sick inside. That is my moral compass speaking to me, saying, "Dude...you SCREWED UP." And so I will do everything in my power to make it right. And if I cannot, then I will do everything in my power to make sure I never screw up like that again. I can feel morally compromised even if I am ethically clean. How does that work? The ethics are not about morals. They are about what is "acceptable or unacceptable" in our culture, or in our society or in our profession etc. That has nothing to do with who we are.

As an example, I will not do energy healing work on someone without their knowledge. At least I will not knowingly do that. There are many who would, saying things like, "Oh, I asked their Higher Self if it was okay to do that and their Higher Self gave me permission." I call BULL. You cannot ask their Higher Self if you have not been granted entry into that part of their psyche. Once granted access, then yes you can ask. But until then, you are just fooling yourself to think that you know what is best for that person. For all you know, what they are going through is

essential to their growth and development, and you trying to meddle in that and "heal" them is only making matters worse....much worse. So that is why when someone asks me to do a healing on someone, I always have to get that person's consent. The only exception to that rule is if it is in an emergency situation. But an emergency has to be life-threatening, not just an emotional emergency because someone that person knows is having anxiety about personal life choices that the person is making. So although ethically I could get away with doing that work incognito, so to speak, my moral compass knows (and I mean KNOWS) that it is wrong, so I will not do it.

It is important that we are able to discern what is ethically alright and what is morally alright. Otherwise we will be living a life of deep regrets down the road. And the other thing about this is that we cannot use our ethics or morals to force anyone else to act any way that they do not want to. If we were to try that nonsense we would be no better than a right wing religious freak trying to control everyone else instead of focussing on themselves.

*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

**Always question your guide. Let your guide give you a sign or a symbol, such as a butterfly or a yellow rose, with which to validate his or her presence. If this symbol shows up in your life in the next week or so, you will have confirmation. If not, then try again, perhaps several times. You have to practice elevating your energy so that you can communicate clearly with your guide.**

## According to the Farmer's Almanac 2020:



### Sizzling Sensation

A favorite of hummingbirds, drought-tolerant red hot poker, also known as torch lily, flourishes in Zones 5 to 9 and prefers a site in full sun with well-draining soil. Striking, sword-like leaves surround the base of stems, which are crowned with tubular flowers of red, yellow, orange, coral, cream or lime green that explode with color during summer months. Dwarf varieties, such as "Papaya Popsicle" grow to 2 feet tall, less than half of the plant's natural height of about 5 feet. In the fall, remove any spent flowers, but let the foliage die back until it turns brown.

### July 1st: Canada Day



### July 5th: Full Buck Moon



# Inspirational Quotes by Alan Chazen

The stronger the desire to be externally secure, the greater the need to be internally secure.

## Ask the Shaman: With Trent Deerhorn



**Q:** I am a care-giver and an empath. I find that a lot of my time is spent trying to clear other people's energies from my own. I know that the feelings of utter exhaustion are because I keep getting other people's energies bombarding me. Do you have any suggestions that might help a poor empath such as myself?

**A:** Yes I do, as a matter of fact:

1. Recognize that for every gift there are always two sides to the coin. So the positive side is that you can sense other people's energies. The negative side is that you can sense other people's energies.
2. Empaths often feel that they could function much better in this world if others would just start feeling their feelings less loudly or thinking their thoughts less loudly. As if the world owes the empath something that will lead them to a more peaceful state of being. The world owes you nothing. It is actually YOUR job to figure out your personal and energetic boundaries, not others' jobs to feel or think less loudly.
3. Educate yourself on energetic boundaries. Go beyond the pre-school concept of "surrounding myself in white light." That is just a small first step. It is not the all-encompassing technology of energy awareness or boundaries. There are YouTube videos that instruct on this, there are many people such as myself who can instruct on this, and there are also books available on the subject. Begin your education process immediately.
4. It is always important to recognize what it is that you are getting out of the situation. Care-givers and empaths often think that others would be lost without them. This is so far from the truth it is astonishing. What that mentality is saying is that "I am all-important and no one can go on without me or my influence." This is both controlling and manipulative. So that sort of mentality has to stop...immediately.

5. Let others have their life lessons instead of depriving them of those events that might affect them. Everyone has stuff to learn. That is what life is about. And if someone is becoming a "meddling mommy" in how they treat those around them, even if it is in the guise of "protecting" them, then that meddling mommy is going to end up alone much faster than they ever expected, because no one likes to have a busy body in their lives.

6. Ground yourself. Spend time meditating, being out in nature, being by yourself, and getting a massage. Self-care is all-important for any care-giver and especially if that care-giver is an empath who has never been taught how to take care of their own energy field.

I know that this is likely not what you were expecting. But to coddle someone who might be feeling like they are a "poor empath who is at the whim of everyone else's energy" would not serve you or any other empath. Empower yourself. Begin now. I have total faith that you can do this.

## **Tidbits and Tickles:**

**A software manager, a hardware manager, and a marketing manager are driving to a meeting when a tire blows out. They get out of the car and look at the problem.**

**The software manager says, "I can't do anything about this. It's a hardware problem."**

**The hardware manager says, "Maybe if we turned the car off and on again, it would fix itself."**

**The marketing manager says, "Hey, 75% of it is working. Let's ship it!"**

## **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:**


**Betty wrote: I am now on the hunt for some snakeskin agate.**



**Michael Wrote:** Love the Attorney at Law segment. Hilarious!

**James Wrote:** I enjoyed the article on Energy has no Bounds. You are very wise and inspiring, Trent

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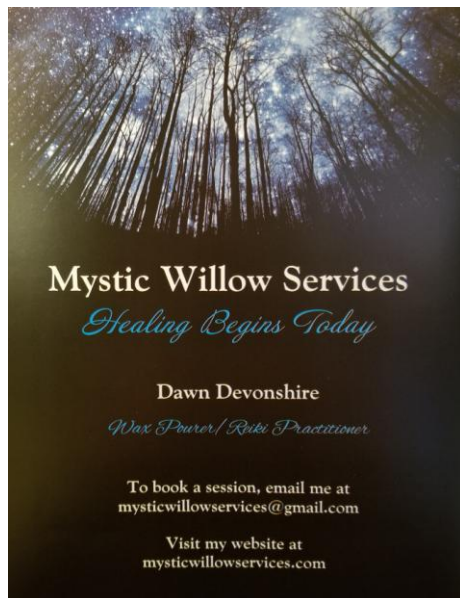
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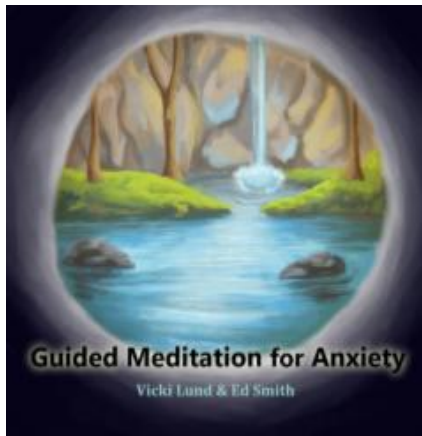
**References provided**

**Contact Bev at 306.280.0639  
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**A clean home is a true blessing! Trent Deerhorn**

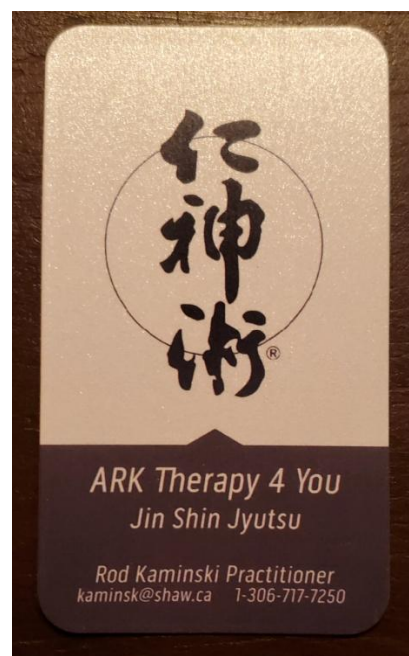


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## Face Time with the SHAMAN!



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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