

Flight: A Living, Breathing Document of Consciousness

Volume 9 Issue 98, August, 2020



Articles and excerpts that will inform and inspire!

A Letter from the Editor:



I am likely not the first person to say this, but I cannot believe that we are already at the end of July and going into August! Summer seems to slip by so fast. This is likely because we live in a country that has mostly winter, but one would expect the "lazy, hazy, crazy days of summer" to lollygag or at least dilly dally. But no, they tend to scream past with hardly a care in the world.

So here is something that you can read at your leisure on your patio or deck, while sipping a nice cool drink on a hot summer's day. We have some excellent articles in this issue, You will find information on "damaged" people, as well as on the Indigo Evangelical, and you will learn about Cyber Magic and a very

strange Meeting on the Road. And we have, of course, our wonderful Rock Talk as well.

Feel free to help this newsletter go viral by forwarding it on to those who may have some interest. And if you have received this as a forwarded document and would like your own free subscription, just email me at deerhorn007@gmail.com to request that and I shall make it so!

Have a blessed rest of your summer!

Enjoy the read!

Trent Deerhorn

Editor

Upcoming Events



GLADYS

GLADYS IS APPROXIMATELY 3.5 YEAR OLD AND A LAB MIX. SHE IS A VERY SWEET GIRL WHO LIKES TO BE BUSY. SHE IS LOOKING FOR A HOME WHERE SHE WILL BE KEPT BUSY, PREFERABLY WITH A LOT OF SPACE FOR PLAY AND ANOTHER DOG. ONE OF HER FAVORITE THINGS TO DO IS ROMP WITH HER BEST FRIEND IN THE YARD BUT SHE ALSO LOVES TO GIVE KISSES. GLADYS IS FULLY VACCINATED, SPAYED, MICROCHIPPED AND READY FOR A 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!



NIKA

NIKA WAS BORN OUTDOORS AND DOES WELL WITH OTHER CATS, BUT SHE IS INITIALLY FEARFUL OF PEOPLE. SHE IS HAPPY TO PLAY WHEN THE MOOD STRIKES, FAVORING HER WAND TOYS. NIKA WILL REQUIRE A FAMILY THAT HAS THE TIME AND PATIENCE TO WORK ON HER TRUST. IF CHILDREN ARE IN THE HOME THEY SHOULD BE OLDER AND ABLE TO RESPECT HER BOUNDARIES WHILE SHE SETTLES INTO HER NEW HOME. ONCE SHE IS COMFORTABLE SHE LOVES BEING SCRATCHED ON HER SHOULDERS, CUDDLED AND ENJOYING WATCHING BIRDS OUT THE WINDOW OR ON TV.

ESTIMATED DATE OF BIRTH IS
NOVEMBER 21, 2018.



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

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 **August 23rd 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.

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

*In a Tokyo Bar: **SPECIAL COCKTAILS FOR THE LADIES WITH NUTS.***



Rock Talk

by Ave Riddler

Ellensburg Blue Agate

This is a blue agate found only in the vicinity of Ellensburg Washington, in the USA. It's a much different form of blue agate than blue lace agate, and is considered a more rare type of agate, it is even considered rare in the general mineral kingdom. The colors range from pale sky blue, bright cornflower, and even deep violet blue. Early north-western Native American cultures saw this as a very rare and prized mineral, and only the chiefs were permitted to have them.

This agate can help enhance stature, eliminate suppression, and bring happiness through understanding. It can help one to appreciate their abilities, characteristics, and situations. These energies can make this agate a stone for peaceful connections. Bringing Ellensburg agate into a place where tempers may be hot can help diffuse a tense situation, helping to reduce excessive passions and bring understanding and forgiveness into places where indignation was flaring, without losing the message of the truth of the situation. There can be a reduction in fear based misunderstandings, lending confidence and honesty into communication. The calm energy of this agate can make it a good support during meditative efforts, helping to quiet the inner dialog, easing any anxiety and chatter to help reach that calm meditative state more readily.



There is a strong throat chakra connection with this agate, which makes it a good aid in speech and communication. It enhances speak the truth, while providing a link from throat to heart permitting clear communication from the heart. The ties to expression and heart makes this agate a valuable aid for artistic sorts helping the art find its voice and to be communicated through the artist. The more vivid darker colorations of this agate can have a strong connection to the third eye chakra, bringing those energies into workings of a more psychic nature.

This agate has a connection to both water and wind elemental energies. This can be helpful in helping one to release fears and feel more buoyant.

Physically it can be used to help support treatments for disorders in the throat and treatments that improve the eyes. It is also believed to be used as a support in treatments for eczema,

dermatitis, psoriasis, and other skin irritations and infections, calming itchiness and tightness of skin or scalp.

Paraphrased from "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 Ahsian. With personal add- ins and details by myself (Ave)

Indian Hills Community Center, Colorado signs

Irony: the opposite of wrinkly.

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: Doctor, how many of your autopsies have you performed on dead people?

WITNESS: All of them. The live ones put up too much of a fight.

Thought for the Day:

All the world's a stage,

And all the men and women, merely players;

They have their exits and their entrances,

And one man in his time plays many parts.

-Shakespeare: As You Like It

A MEETING ON THE ROAD

By Gail Fulkerson

He never did anything without a beer in his hand. His fridge was always stocked with cans of Bud Light, chilled to the perfect drinking temperature. While many people start their mornings with coffee, Richard would crack open a cold one to get the sleep out of his eyes and the cobwebs out of his head.

The beer had run out last night. He'd been hitting it hard since he got home from work, and was shit-faced by 8 pm. He stood up from the couch, where he'd been sat watching TV, and wobbled to the kitchen to grab another cold one out of the fridge. Finding none, he checked the second fridge in the garage: No beer. He staggered over to his quad to check the cooler he kept strapped to the back rack. That was empty as well.

He was about to jump on his quad and tear down to the corner store for more, but scrapped that idea when he realized the place would probably be closed by the time he got there. The last thing he needed was another ticket for drunk driving. The last one had cost him big bucks and his beloved quad was impounded until he could come up with the cash to get it back.

The town bar was still open, but Richard disliked going. The place was too noisy, most of the patrons were younger than he, and since he'd quit smoking, the strong smell of cigarette smoke, coupled with the stink of carpeting soaked with years of spilled beer, made him nauseous. However, in these here dire straits he now found himself, Richard would set aside his dislike and go to the bar for a dozen Bud Light and call it a night.

He was on his way home, beer stowed securely in the cooler behind his seat, when, rounding the curve in the road, he was blinded by the headlights of an oncoming vehicle, a pickup truck with its brights on.

Richard swerved to avoid being hit. The other driver had swerved, too, and landed in the trees on Richard's side of the road. Miraculously, Richard was able to steer the quad and come to a safe stop. As he braked, the quad's front bumper just barely grazed a tree. He was shaken up but not injured. The other guy had gotten out of his truck and was heading towards the quad.

Richard had been looking for his insurance papers and driver's license and only noticed the man when he was almost upon him. He did a double-take when he saw the man's face. It was ashen, a sickly grey, sunken hollow cheeks, black-rimmed eye sockets and a gash over one of his brows. The blood ran freely from the fresh wound, staining his face and shirt a dark red.

A small movement on the man's right side distracted Richard from wondering why he couldn't see the man's eyes. As horrifying as the thought was, that this man had no eyes, it wasn't nearly as horrifying as the scores of maggots crawling from the wound in the man's side. The truck's shifter had pierced the man's side between his hipbone and bottom-most rib. Revolting, deathly white grubs writhed out of the man's body and onto the ground. The man did not seem to notice, so intent was he to get closer to Richard.

A guttural sound rose up from deep within the man's throat. He lurched towards Richard, hands outstretched, groping, hoping to grab onto an arm, a sleeve, anything, to pull his prey to him. Richard had been back-stepping to keep out of this thing's reach, so when he felt the quad at his back, he jumped on it and hightailed it home. (At least he would have, if he hadn't turned off the engine.) Now, it was a race to see whether Richard could start the quad, back it out of the trees, and gun it, before the thing took him. He'd quit thinking that this monster was actually a man, when he looked into the black abyss of its long-empty eye sockets.

The night had passed. Sunshine was streaming through the trees, illuminating a terrible scene that had played out before sunrise. Steam was rising from the blood-spattered tree trunks and leaves. A large, dark stain marked the spot where a profuse

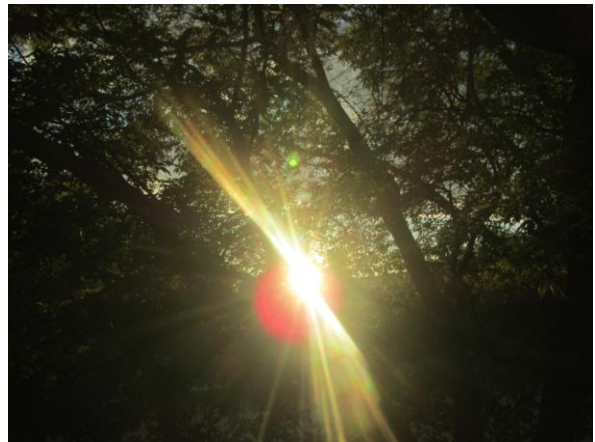
amount of blood had seeped into the ground. Torn and bloody clothing was strewn all over the place. A piece of scalp, some teeth, and shattered bones, were all that remained of the night's events.

The monster grinned and took a final swig of the last can of beer, belching as he beheld his surroundings with his new eyes.

CYBER MAGIC

By Ave Riddler

We all know things have been unusual these last few months. A lot of changes and stresses have been the heart beat of lives around the WORLD! We have been united yet divided by a common foe. There have been people facing serious illness, or fighting to save folks from that illness. There have been losses, and triumphs. Phrases that were not common have become part of everyday conversation; social distancing, self isolating, family bubble, and physical distance. It's no longer taboo to go into a bank with a mask covering your features; hand sanitizer has become a standard item in many a purse or bag.



One thing that I have seen and loved during these trying times has been the thread of hope woven through it all. Pockets of inspiring joy, shared via the internet.

A video of an opera singer on a balcony sharing the uplifting notes of song. A band performing a live stream concert, filmed in an otherwise empty room, sharing that vibrancy of live music into our homes. A video call with a friend who lives far away, or even a group of friends gathering via video to share a moment perhaps even drink a beverage. A parade of cars cruising past a person's home for a special occasion, shared from the lawn of that person's home. Perhaps it's as simple as a shared meme, or beautiful sunset. In so many ways we reach out of our isolation and share wonder.

I personally have over the last few months shared rituals, drumming, or just a chant as I am on a walk. The biggest challenge faced with this cyber sharing of magic was created when we canceled 2020s Toon Town's Pagan Summer Fest. We didn't want to just say "sorry not this year, see you in 2021" so we opted to create a cyber fest. With pockets of fest magic being filmed live in my back yard with a small group of the fest committee, we shared those moments online with those who would have normally been gathering for fest that weekend. I was unsure how that would translate, if the magic and community vibe that is the heart of fest would come through despite how far we all were from each other. We started the day with a ritual, and I was AMAZED to discover after it was done, that I could feel the connection. It continued throughout the whole day as we shared from my home to theirs the magic of that cyber fest, at times we could hear or feel the presence of different people. It was magical. And while I have to have faith that by summer of 2021 we will be able to once again gather in person, I was grateful we could gather for that bit of cyber magic.

They Walk Among Us

**I used to work in technical support for a 24/7 call center.
One day I got a call from an individual who asked
what hours the call center was open.
I told him, "The number you dialed is open
24 hours a day, 7 days a week."
He responded, "Is that Eastern or Pacific time?"
Wanting to end the call quickly, I said, "Uh, Pacific."**

Did You Know...?



DID YOU KNOW?

**THE WORLD'S QUIETEST ROOM IS
-9 DECIBELS, QUIET ENOUGH TO
HEAR YOUR BLOOD FLOWING.**

Spellbound

From the Brush Dance Calendar



Come Fairies, take me out
of this dull world,
for I would ride with you
upon the wind and dance
upon the mountains
like a flame!

- William Butler Yeats

Paraproisdokians

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

Take my advice — I'm not using it.

From 365 Zen daily readings by Jean Smith

Blue made out of indigo is bluer than indigo;

Ice from water, colder than water.

-*Soiku Shigematsu, Trans., A Zen Forest*

Reflections from the Shaman's Hut

Damaged People

By Trent Deerhorn

"Damaged people are dangerous. They know they can survive."

Josephine Hart

People have often asked me how it is that I have survived the things that I have survived. They see me as incredibly strong, but then they get to know me and find that there have been multiple traumas throughout my life and they look at me like they are surprised that I am still standing.



Understand that back when I was going through those things, I was a much different person. I am even a much different person than the one I was last week. So what makes me able to say that? I do my self-work. I acknowledge when something has negatively impacted me. I *feel* through that. I allow myself to HAVE MY FEELINGS about it. I then work on healing the wounds. I seek assistance with that through a variety of helpful practitioners. There is NOTHING wrong with asking for an assist when it comes to your own healing. So many people think that they have to go it alone for that, which is a lie. So don't lie to yourself and do not lie to others. It will not serve you well. Once whatever the wound is has healed, I move on. I enjoy my life. I enjoy my family and friends.

As this happens, one becomes more resilient to harm. I have found that I am much more able to see what is "coming down the pike" now than I was when I was in my 20's. And I can spot an A-hole at 100 paces instead of having to cozy up to them just to find that out. We develop life skills as we survive one thing after another after another. And that is what makes us dangerous. Because some of those life skills mean that we cannot be snowed by some smarmy idiot. It also means that we bounce faster and better and hit the ground running. It also means that when we see you are about to do something hurtful we are already prepared with the swat to the back of your head. And we don't put up with crap from anyone. Everyone has had damage done to them in one way or another. The question is, have we grown from that? Or are we trapped in it? Because if we are trapped in it, then we are again fooling ourselves and holding ourselves back from our own healing.

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

The normal state of the body is health. When we are experiencing illness, energy is blocked, depleted, or scattered. The electromagnetic field of energy that surrounds you is composed of many layers of light, color, and sound. This energy field accumulates every thought, word, feeling and action of your life.

According to the Farmer's Almanac 2020:

Harvest Some History



Tomatoes are North America's most popular garden vegetable. But if you're bored with regular old red tomatoes, try a unique, colorful heirloom variety. Heirloom tomatoes are praised for being tastier and more nutritious than their store-bought red cousins. They are available in a rainbow of options, such as tie-dyed-looking "Mr. Stripey," (*shown*) purplish-pink "Cherokee Purple," or fine-lined, yellow-streaked "Copia." In the market for something green? Try "Green Zebra" with differing bands of green and gold.



August 1st: Lammas Day

After Lammas, the corn ripens as much by night as by day.



August 3rd: Full Sturgeon Moon

When making pickles, use pickling salt. Iodized salt makes the brine cloudy and may change the color and texture of the produce.



August 18th: New Moon

The Sun, with all those planets revolving around it and dependent on it, can still ripen a bunch of grapes as if it had nothing else in the universe to do.

-Galileo, Italian mathematician (1564-1642)



August 19th: National Aviation Day

The name Echinacea comes from the Greek word echino, meaning hedgehog, referring to the coneflower's spiny, brown central cone.

Inspirational Quotes by Alan Chazen

Faith is the ingredient that transforms intellectual understanding into awesome achievement.

Ask the Shaman: With Trent Deerhorn



Q: I have a friend who keeps going on and on about how they are an Indigo and that because of that they are more gifted than others so they are "in" when it comes to spiritual information. If find that this gets really annoying, especially when it comes to the fact that they never follow their own advice about the same stuff they dole advice to others about. I know what it means to be Indigo, but does authenticity and integrity not factor into the equation? And how do I handle this person?

A: What you have described in what I lovingly (and sometimes not so lovingly) refer to as the Indigo Evangelical. The Indigo Evangelical is all about not seeing their own ego in the equation of things that they are going on about. They also are blithely ignorant of the effect that they have on those around them as they bombard everyone with whatever information they think is so ultimately important the everyone NEEDS TO BECOME AWARE OF IT. What I have found to be useful is to:

1. Ignore the plethora of information as it is bombarding you, perhaps even changing the subject.
2. Simply say, "I have to think about that because right now I am not sure how I feel about it."
3. Challenge them on their self-contradictions, simply pointing them out, not accusing them of ill intent. Most often they actually appreciate that because it makes them step up and practice what they are preaching.
4. Spend less time with them. You don't have to completely cut them out of your life. Just spend less time so that you have longer stretches of peace and quiet without their spiritual diarrhea.

When we take small steps such as these, we actually are practicing healthy boundaries with people on a deeply spiritual level. We find ways in which we can get along, but not have to be bombarded with their need to be "enlightened ones" whenever we get together. And, most importantly, when you know you will be with them, take steps to ground yourself before that meeting and to clear your energy field after the meeting. That way you are more stable to begin with and can clear out the energetic debris afterwards. Then go on with the rest of your day.

Tidbits and Tickles:

Little Johnny was going to a public school and he was doing very badly in math. So his mother decided to put him into a Catholic school. When she got his report card at the end of the term, his marks in math had improved tremendously.

So she asked him why. He replied, "When I saw that guy nailed to the plus sign, I knew they meant business!"

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:

Mandy Wrote: I actually HAVE some Turritella Agate! Now I know what to do with it! Thank you, Ave.

Brian Wrote: The Attorney at Law cracked me up. Love it.

Rose Wrote: Gail Fulkerson, some of your stories just creep me out. And I love that. Keep up the good work!

Jimmy Wrote: I had not thought about the difference between ethics and morals. Thank you, Trent. You have given me some insight.

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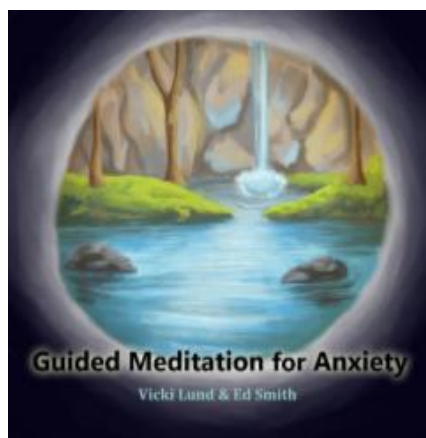
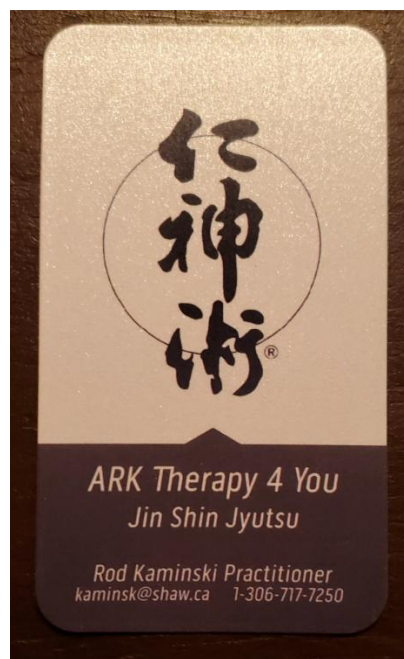
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Face Time with the SHAMAN!



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

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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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