

Flight: A Living, Breathing Document of Consciousness

Volume 9 Issue 100, October, 2020

ONE HUNDRED ISSUES!



Articles and excerpts that will inform and inspire!

A Letter from the Editor:



Eight and one-third years ago, I decided that I was going to do something to serve my community in a way that would be easy on my part, tie into my love of writing, and provide some spiritual guidance and education for the readers. Thus, FLIGHT: A Living, Breathing, Document on Consciousness, was born. Since that day, the newsletter has evolved into something that is not just a one-man show in that I now have other highly valued contributors who faithfully submit articles each month. For this I will be forever grateful. So today, we celebrate 100 issues! I am proud of what has been accomplished thus far, and I am looking forward to the years to come.

Feel free to forward this newsletter to anyone you think may be interested. I like the fact that it is viral and goes all over the planet. And if you are a first time reader, and if you would like to receive it directly from me, subscriptions are free, so just drop me a note to deerhorn007@gmail.com and I shall make it so.

Enjoy the read!

Trent Deerhorn

Editor



Upcoming Events



BERRY

BERRY IS APPROXIMATELY 2 YEARS OLD AND A HUSKY MIX. HE LOVES OTHER DOGS AND PEOPLE BUT IS QUITE SHY WHEN HE IS FIRST INTRODUCED. BERRY NEEDS A HOME THAT HAS ANOTHER DOG TO KEEP HIM HAPPY. HE IS GOOD WITH PUPPIES AND ADULT DOGS AND WOULD LOVE TO HAVE A BROTHER OR SISTER OF HIS OWN. HE WILL ALSO NEED AN ENCLOSED YARD TO PLAY IN AND LOTS OF PATIENCE AND LOVE. BERRY IS NEUTERED, FULLY VACCINATED, MICROCHIPPED AND READY FOR A FAMILY OF HIS OWN.



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!



DANISH

DANISH HAS BIG GOLDEN EYES AND FLUFFY TORBIE FUR. SHE WOULD THRIVE IN A HOME WITH A LOT OF TOYS, AN ENERGETIC FELINE FRIEND OR TWO AND WOULD LIKELY BE OKAY WITH CHILDREN.

WITH THE HELP OF HER FOOD-MOTIVATION, HER FOSTER HOME HAS TAUGHT HER THAT HEAD SCRATCHES AND BELLY RUBS ARE THE BEST THING ON EARTH. SHE STILL TURNS ON THE KITTY KUNG-FU WHEN HER FOSTER MOM TRIES TO PICK HER UP THOUGH. DANISH USES HER HUSKY-LIKE VOICE TO LET HER HUMANS KNOW HOW EXCITED SHE IS TO BE FED, BUT OTHERWISE HER NOISE CONSISTS OF CHASING TOYS AROUND AND ZOOMING AROUND THE HOUSE DURING THE EVENING.

ESTIMATED DATE OF BIRTH IS MAY 16, 2019.



IF YOU ARE INTERESTED IN ADOPTING DANISH 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.



This poem will be one of the 18 tracks on a new album from "Brian Paul D.G. and Friends" likely to be released in October/November-ish!

clear light and clouds

by Brian Paul Di Giuseppe

in the mirrors of limited and limiting views

I am liberated in remembering

that all that exists like this

is a free play of relatively real mirages

all infinitely beautiful and ultimately impermanent

as clear light and clouds

however, that being said,

it is the totally committed that manifest

such revelation

everyone plays an essential part

of the art of the heart beyond parts

and so

reverence and thanks is in order for all

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Look/listen for "Brian Paul D.G. and Friends!"

playlist on YouTube for more presentations

from 'The Band with Many Names Project'

(aka 'The Divine Comedians')

https://www.youtube.com/watch?v=yXLwV4irTY8&list=PLPie_aIMm3txoRe1sraVXzK6JFNgc4NAi

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(aka 'The Divine Comedians' 'The Essentials')

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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

Hotel, Japan: ***YOU ARE INVITED TO TAKE ADVANTAGE OF THE CHAMBERMAID .***



Rock Talk

by Ave Riddler

Dendritic Agate

Like others classed as agate, this mineral does not commonly have the banding that is in many agates. Most often the makeup of this agate is a transparent to translucent clear, milky, or light grey body included with darker branching forms of manganese, or iron.

These inclusions can look much like tree branches, though sometimes it can look like patches of dirt.



This mineral helps encourage lightness of step, promoting a slow down vibe that can help one to better enjoy their journey...to truly see the forest, as well as the trees. With a strong link to tree and bush, it provides an excellent connection between the personal self, and the plant kingdom, so that one can better connect with these wise earth beings. It can also be helpful in any energy working to help the earth heal, or promote health in natural areas of growth. This energy can mean the agate can help promote abundance in development, both in growing things, as well as personal. The

combination of the branching minerals with the clearer mineral can help one stay in touch with the grounding energy of earth, while also being within the mental space, much like the roots into the earth but the branches into the sky.

Dendritic agate can help bring focus and centeredness during discordant or disorienting times. It can also help bring peace and calm into turbulent environments. This agate can also help generate a positive but balanced way through chaotic situations. It can help one to see the positive and potential of those trying situations, giving strength to get through the struggle. This is a good mineral to work with while doing any inner work, helping to provide strength and alignment to the self. Dendritic agate can help one recognize self-imposed limitations that have generated their current difficult experiences. It can be helpful in any deeper inner working including things like the 12 step program, facing feelings of guilt, or therapeutic meditations; keeping one near at hand while undertaking those major challenges may help stabilize the inner turmoil caused by the work. By bringing clarity during times of personal awakening, this agate can help one better accept and recognize their core or root strength. This mixture of healing energies can result in this agate being a good support in changing the patterns that were restricting personal growth, and removing self-inflicted doubts that were causing feelings of not being “good enough”.



While it does have a powerful link to the root chakra, it can via those branches of energy assist with bringing calm and focus into any point of the chakra system.

Physically Dendritic agate may be used to support treatments of the skeletal system, the nervous system, the veins, and promote alignment. It may also be useful at reduction of pain associated with those things being out of alignment, perhaps working with one while seeing a chiropractor would be a good option.

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

If you suck at playing the trumpet

That's probably why.

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: Do you recall the time that you examined the body?

WITNESS: The autopsy started around 8:30 PM.

ATTORNEY: And Mr. Denton was dead at the time?

WITNESS: If not, he was by the time I finished.

Thought for the Day:

Thought is a pain too lonely to know that faith is his twin brother.

Kahlil Gibran - The Prophet

BLOOD, WELTS, AND FEARS

By Gail Fulkerson

Someone once asked me: What would you be doing right now if you had followed your childhood dream? I would be sitting on the lanai of my spacious home on a mountainside, on one of the Hawaiian islands, banging out my latest short story on a typewriter that bounces whenever I strike a key.

I suppose I could mention that I am a monster; the long-fanged, drooling type, who lives in your Dream Time, and who visits you nightly while you slumber. I use my long, ragged nails to scratch you, and leave welts on your body that you have no idea how you got. Steam rises from my body, blurring your vision of me. My eyes burn with such intensity, that they seem as lasers cutting thick metal slabs as easily as a hot knife through frozen butter.

And don't get me started on how easy it is to terrify you when you're high, regardless what your drug of choice is at the moment. Do you recall, back in the late 1990s, how you used to dream of me and then awaken the next morning drenched in sweat and your throat felt tight and sore because you'd been screaming all night? Good times.

I used to howl in your ear to wake you up, so I could watch you jerk awake and stiffen with fear out of a dead sleep. Then I would howl with glee at the sight of you, looking all the world like a 'zombie' jerking to life under your blankets. It's a trick of mine that never gets old, and produces excellent results. Not to brag, but I created that little gem when I was a young pup, millennia ago.

I know you're still trying to figure out how your thumb got broken; I'll give you a hint - it was me. On that night, after I'd howled and screamed in your ears for hours and you did not awaken from your deep sleep, the approaching dawn signaled that I was running out of time to horrify and amaze you. I was down to the wire before I had to return to my dimension, so I pulled out all the stops, and resorted to physically harming you, hence the broken thumb. May I say how satisfying it was to hear the sound of your breaking bone, and the speed with which you reacted to the acute pain? That early morning, you were the one who howled.

Allow me to congratulate you on your stellar screaming voice. It truly rivals my own; it's as close to perfection as any monster's, who is skilled in the art of terrifying and horrifying humans, could hope to attain. And, want to know what else puts you in rare company? Your ability to lose control of your bladder, especially during my prolonged and nightly onslaughts upon your sanity. Nope, even if you believe you have already gone crazy, or as we monsters are fond of saying, your proverbial cheese is about to slide off your cracker, but you're so freaking close. The cracks are quite visible and widening into chasms. I give it another six months and you'll be there, a cracker without its cheese.

There's a mental institution somewhere in the State of Pennsylvania, in the United States, known as Pennhurst, that used to be an insane asylum. All manner of patient abuses and deaths took place at the hands of a small number of staff members during the years it operated. It's been shuttered now for decades, yet the ghosts, demons, and poltergeists who still roam the shadowy, eerie rooms and corridors, are very willing to interact with the living, so long as the living's reactions provide a modicum of amusement. I can so see you there, wearing a flowing white nightgown tinged with blood, and smelling of stale urine, as you float silently down the halls

towards the light - of flashlights, and cameras, held by paranormal investigators. Your face is contorted into a creepy grin, and your eye sockets are pits of blackness in a pallid visage.

But, I digress. As a monster at the top of my frightening game, my mission is to horrify, terrify, and attempt to make a living person doubt their own sanity, and make their lives a living hell. I am so adept at it, that after centuries of being assigned a human, to be told to go and do my worst, I have finally graduated. I can now pick and choose my victims, and you were my first choice.

Now, where did I leave my bullhorn and hobnailed boots?

They Walk Among Us

**My friends and I went out to buy beer and noticed
that the cases were discounted 10%.
Since it was a big party, we bought two cases.
The cashier multiplied two times 10%
and gave us a 20% discount.**



I believe that dragons are real, because of dragonflies...we have butter and butterflies, houses and houseflies, fire and fireflies...proof enough for me. Ave Riddler

Did You Know...?



DID YOU KNOW?

**CROCODILES HAVE NO LIPS AND
CAN HOLD THEIR BREATH FOR AN
HOUR.**

Spellbound

From the Brush Dance Calendar



My strength is as the
strength of ten, because
my heart is pure.

- Alfred Lord Tennyson

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:

Hospitality is the art of making guests feel like they're at home when you wish they were.

From 365 Zen daily readings by Jean Smith

Once upon a time a baby fish asked an older, larger fish about the sea.

"What is the sea?" he asked, "I keep hearing about it, but I don't know what it is."

"Why, the sea is all around you, little one," said the grown-up fish.

"If that is so, why can't I see it?" asked the young fish.

"Because it is *everywhere*. It surround you. It's inside and outside of you. You were born in the sea and you will die in the sea. What's more, you yourself are the life of the sea. When you swim you reveal its presence. It's just because it's so close to you that it's very hard to see. But don't worry, it's here."

Rafe Martin and Manuela Soares, *One Hand Clapping*

Inspirational Insults

These glorious insults are from an era "before" the English language got boiled down to 4-letter words .

"He had delusions of adequacy ."

Walter Kerr

Reflections from the Shaman's Hut

Peter, Peter, Pumpkin Eater

By Trent Deerhorn



When I was a kid, my grandmother would grow pumpkins and would make a lot of things out of them. Pumpkin pie (my favorite), Pumpkin muffins, Pumpkin Spice Casserole...to name just a few, were her specialties. My mother, following her mother before her, took on many of these wonderful recipes and made them her own through the years. I, myself, was frankly more interested in carving the pumpkins for Halloween. My mother and grandmother, being the women that they were, were quick to point out some very basic shamanic teachings around that tradition:

1. Jack-o-lanterns were not there to invite evil spirits, but to repel them.
2. In placing them and a plate of squash and treats out on the porch before Halloween, we were honoring the Ancestral Spirits by feeding them.
3. Carving a pumpkin is an exercise in enlightenment. Here is how that works:
 - A. In order to do anything in life, we must first open our minds to it. Thus, we open up the top of the pumpkin.

B. In order for our minds to become open, we must first remove all the "junk" from within it, thus the clearing out of all of the pulp that is inside a pumpkin.

C. While doing that clearing out of the pulp, we are sure to find some gems that we forgot we had, which will, once preserved, plant future plans. Thus, the saving and drying of the pumpkin seeds.

D. We have to open our eyes to what is going on around us all the time. Thus carving out the eyes of the jack-o-lantern.

E. We have to use our senses in order to perceive what the eyes cannot see. Thus, the carving out of the nose of the jack-o-lantern.

F. We need to approach life with a friendly attitude. Thus, carving the smile on the jack-o-lantern's face.

G. We need to allow the Light of Spirit to shine forth from within us. Thus, the candle that is placed inside the jack-o-lantern.

Years ago, at a home-schooling event, I overheard 2 mothers talking about how their pastor had brilliantly made a case for the Christian use of jack-o-lanterns. They were amazed at all the Christian teachings that went into this. As they listed them, they were talking about exactly what my mother and grandmother had taught me decades before. So I turned to them and said, "Excuse me, but your pastor has hijacked that from the shamanic traditions that existed thousands of years before Christianity was ever born, so do what you will with the teachings, but do NOT ASSUME that, because your pastor preached about it, it is automatically a Christian teaching, because it is NOT." They were then horrified.

I like to stir stuff up now and then, while putting people in their place. As a shaman, that is part of my job. You are welcome.

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

We are here to accept ourselves and others with love and compassion. If we could learn this one thing, we would feel more content and enjoy our time on earth. We could throw away our bottles of Prozac, or alcohol, or whatever numbs us, because we would feel able to handle whatever came our way.

According to the Farmer's Almanac 2020:



Awesome Alliums

Allium is a large plant genus that includes garlic, onions, shallots, and chives, as well as stunning ornamental species whose unique globes of clustered, starry flowers add interest to any yard. These easy-to-grow bulbs come in an assortment of colors, heights, and bloom times.



October 1st: Full Harvest Moon

October 16th: New Moon

To chill tulip bulbs for holiday blooms, place them in the refrigerator for 6-8 weeks in mesh or paper bags. Plant the bulbs in a container as soon as you remove them from the refrigerator.



**October 31st: Halloween/Full
Hunter's Moon**

Inspirational Quotes by Alan Chazen

Let the world know who you are by your works rather than by your tongue.

Ask the Shaman: With Trent Deerhorn



Q: I have heard that, at the time of year around Halloween, spirits are actually more active. Is there any truth to this?

A: Yes, and no. It is true that the Veils between this world and the Otherworld are thinner, yes. And it is true that, because of this, people will become more conscious of the activity of the spirit world. However, it also depends upon a person's own perceptive openness to the spirit realms. For myself, I am aware of that aspect year round, every year. For some, only at this time of year. And then for others, barely ever. But if one is unaware,

this is certainly the time of year to turn that dial to the frequency of the spirit realm because the broadcast is much stronger!

Tidbits and Tickles:

A husband and wife were involved in a petty argument, both of them unwilling to admit they might be in error.

"I'll admit I'm wrong," the wife told her husband in a conciliatory attempt, "if you'll admit I'm right."

He agreed and, like a gentleman, insisted she go first.

"I'm wrong," she said.

With a twinkle in his eye, he responded, "You're right!"

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:

Jason Wrote: The Old Woman, by Gail Fulkerson, was captivating and creepy and I love it.

Gloria Wrote: Those Inspirational Insults are going to come in handy. Please keep them coming!

Anita Wrote: That article on Negative Space was very helpful, thank you!

Rebecca Wrote: That Purple Sage Agate is the most stunning thing I have seen. I am now hunting some down for myself. Thank you, Ave, for bringing that one to the forefront.

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A clean home is a true blessing! *Trent Deerhorn*

Beata Van Berkomp MLT

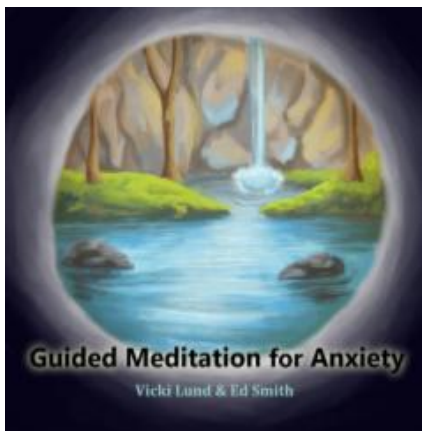
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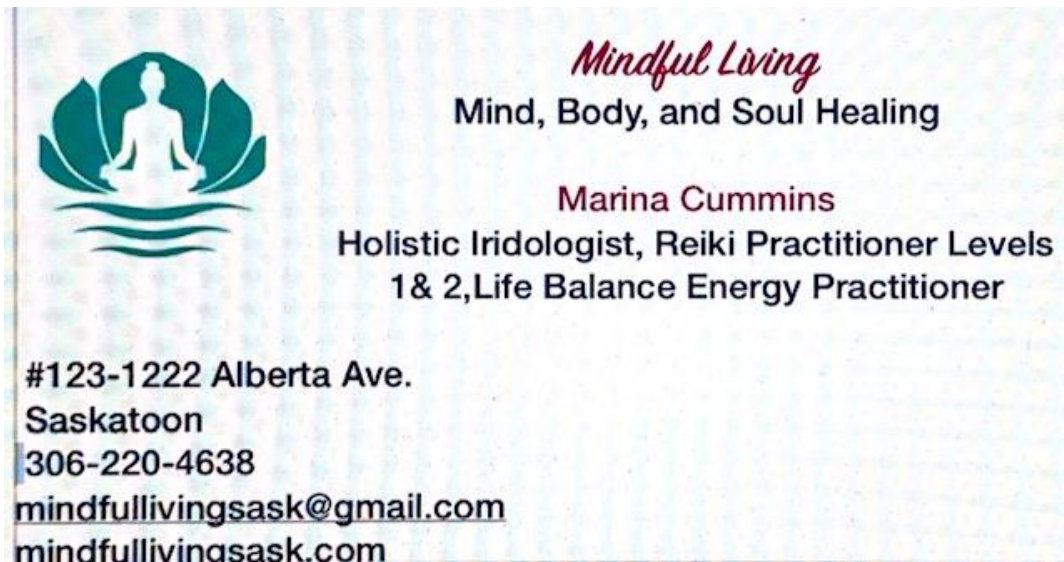
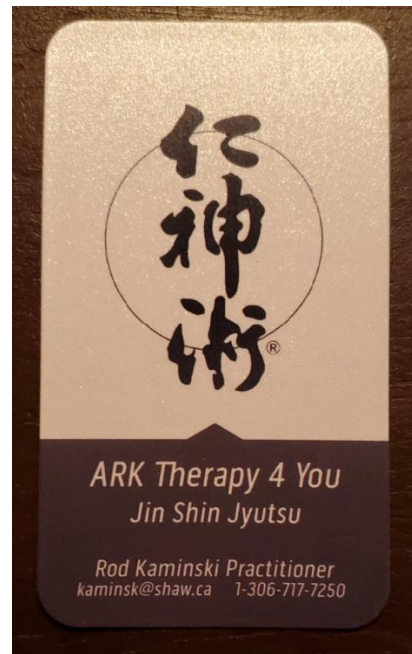
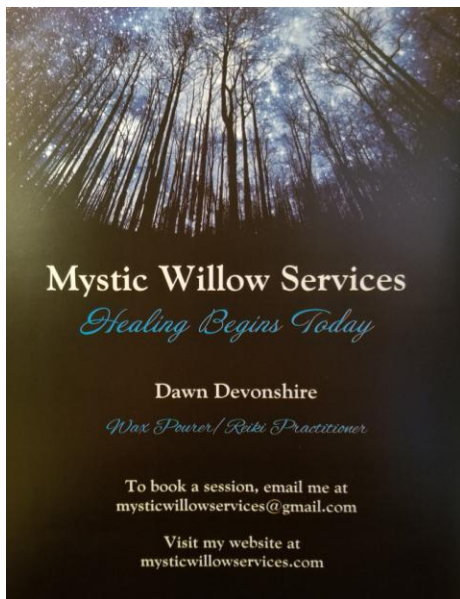
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Face Time with the SHAMAN!



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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