

Flight: A Living, Breathing Document of Consciousness

Volume 9 Issue 101, November, 2020



Articles and excerpts that will inform and inspire!

A Letter from the Editor:



As October passes and turns into November, I find myself getting more and more ready to just snuggle down in my house, curl up with a tea, a blanket and the fireplace, with dog on lap or at least pasted to my side, while I read a book or watch a good movie. This time of year is always a bridge for me. It is, for me, the time that spans from Samhain (or Halloween) to Yule (or Christmas). It is a time for slowing down and for preparing my plans for the following year. Although this particular year has indeed made planning somewhat challenging, it is still something that I like to do. I don't write things down. I pull out my day planner for the following year and have a look at what I might like to do for the next year in terms of personal and professional development. I don't pressure myself to do everything that I think of because no one could. But at least I have

a vague idea in the back of my mind of what I would like to gear towards. That, most often, is enough to get the ball rolling. I hope that you, my readers, have the opportunity to both slow down and to make possible plans for the upcoming year. And hopefully things like planetary pandemics won't get in the way!

We have a really good issue this month. If you hold Remembrance Day as something dear to your heart, you might want to check out the article Remembrance Day 2020. There is also our Rock Talk expert who has written a very nice piece on Mexican Lace Agate. And we even have some stuff about Voodoo Dolls in the Ask the Shaman section! And, if that is not quite creepy enough for you, check out the short story titled, Malcolm.

Please feel free to forward this newsletter to whomever you think may be interested. And if you are new to this newsletter, please know that you can obtain your free subscription by emailing me a request to receive it at deerhorn007@gmail.com.

Wishing you all a very happy November!

Enjoy the read!

Trent Deerhorn

Editor

Upcoming Events

rites by the water



During the COVID-19 Pandemic we will not be hosting any Public Outdoor events. Instead I will be hosting an online event instead on Facebook Live on November 1st 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 Sauin (Samhain). The veil will be open at this time allowing us to be as close to the dead as the alive. It is the End of the Spiritual year and the dawning of the new one to come. It is a time to celebrate usually with others, but this year has been different for us as most of us turn inward due to the Rising Pandemic.



MELA

MELA IS A 1.5 YEAR OLD MIXED BREED. SHE CAME TO THE RESCUE WITH A LITTER OF PUPPIES THAT ALL FOUND HOMES SO NOW IT IS HER TURN. THIS BEAUTIFUL GIRL CAN BE VERY SHY AND UNSURE WHEN YOU FIRST MEET HER BUT ONCE SHE GETS MORE COMFORTABLE HER PERSONALITY COMES OUT. SHE LOVES TO PLAY AND ROMP, BUT A SNUGGLE HERE AND THERE IS NICE TOO. MELA IS SPAYED, FULLY VACCINATED, MICROCHIPPED AND READY FOR A FAMILY OF HER OWN.



WE ALL NEED A RESCUE (WANAR) IS DEDICATED TO SAVING THE LIVES OF SASKATCHEWAN DOGS. COVID-19 HAS ENDED ADOPTION DAYS AND SEVERELY LIMITED FUNDRAISING ABILITIES. SO NOW WE ARE HOSTING OUR FIRST FACEBOOK AUCTION! WE HAVE MANY FANTASTIC ITEMS UP FOR BID, WITH SOMETHING FOR EVERYONE. THE AUCTION WILL RUN FROM NOVEMBER 1-14 AS A FACEBOOK EVENT SO BE SURE TO LIKE US ON FACEBOOK AT WE ALL NEED A RESCUE K9 RESCUE AND JOIN THE PAGE FOR IMPORTANT UPDATES! 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 K9 RESCUE ON FACEBOOK. THE RESCUES LOOK FORWARD TO MEETING YOU!



HERCULES

HERCULES IS A GENTLE, FRIENDLY LITTLE GUY, WHO LOVES TO EAT, PLAY, NAP AND REPEAT. HE KEEPS HIMSELF ENTERTAINED WITH CHASING HIS SISTERS AND BROTHER, PLAYING WITH STRINGS, STICKS, AND HIDING IN BOXES.

HERCULES IS THE MOST SOCIAL OF HIS LITTER, AND WOULD LOVE TO BE ADOPTED WITH ONE OF HIS SIBLINGS. HE IS LITTER TRAINED, AND WILL LIKELY SETTLE INTO HIS NEW HOME QUICKLY, IF HIS FAMILY LET'S HIM GO AT HIS OWN PACE. HE IS A REALLY SWEET KITTEN, AND WILL UNDOUBTEDLY GROW UP TO BE A LOVELY CAT.

ESTIMATED DATE OF BIRTH IS
AUGUST 7, 2020



IF YOU ARE INTERESTED IN ADOPTING HERCULES 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.

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 the lobby of a Moscow Hotel, across from a Russian Orthodox Monastery:

YOU ARE WELCOME TO VISIT THE CEMETERY, WHERE FAMOUS RUSSIAN AND SOVIET COMPOSERS, ARTISTS, AND WRITERS ARE BURIED DAILY, EXCEPT THURSDAY.



Rock Talk

by Ave Riddler

Mexican Lace Agate

This can also be called Crazy Lace Agate. It is often found with red and white lace like patterns, while also sometimes having shades of grey, brown, and yellow.

This is a great mineral to have on hand during the darker times of year after the Autumn Equinox until the Spring Equinox. It can help restore physical energy levels, bringing that vital physical energy into a balanced and steady state. Because of this vital energy boost it can help one to experience delight, and find joy and even merriment that may have been lacking due to physical depletion.

This agate can help one to have insight into the many paths to enlightenment, helping one to realize there is more than one way to reach higher awareness. Working with this agate may help promote inner focus, bringing self-confidence and composure to the one wearing it. This Agate can help one to stay on task by bringing stability and surety, while also generating flexibility in ones thoughts and views.



Physically it may be used as a support for treatments for heart and organ disorders. An elixir used topically may help soothe and smooth the skin.

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

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: Are you qualified to give a urine sample?

WITNESS: Are you qualified to ask that question?



Remembrance Day 2020

By Vicki J. Lund

Remembrance Day has always been a big deal in my family. We all gather together and attend what is called, "The largest indoor service in Canada", which is held in Saskatoon. Someone always arrives early and saves seats for our whole extended family. We listen with reverence to the several pipes and drums bands, to the religious services of various different faiths, and to the introductions of each and every military, police, fire, and cadet corps, and we stand and cheer for the veterans.

During Revelry, I always cry. I cry for those in my family who have served, I cry for my friends who have served, and I cry for everyone who is touched by war both now and in the past. When the song, "Let there be Peace on Earth" is sung, I think about how different my family would be if my Grandfather hadn't been overseas in WWII, or even if he had come back unravaged by the things that he saw and did. The trauma of war trickled down into the family. I can't even imagine how my Great-Grandmother felt when she received a telegram that her son was injured.

As they lay the wreaths at the end of the service, we take this time to talk to the children about the meaning of Remembrance Day. That this is a day that we honor not only the veterans of

both war and service, but this is also a day that we honor those that were affected by war in all ways. We gather to remember the great wars that our family lived through, and to pray that we never see war again. It doesn't matter what our views and beliefs are around war, we can be opposed, but still honor those who sacrifice their lives in so many different ways in the service of our great country.

When we leave the service, we go to the cemetery to lay poppies on the graves of all of our loved ones, but especially for my Grandfather who is buried in the military section of the cemetery, and now for my father as well who served in the militia. We head over to our preferred veterans club and honor the veterans that are there. We celebrate their lives and the fact that our family lives in a free country because of them. Most importantly, we celebrate each other and the fact that we can come together as a family.

This year will be hard. This year there will not be a service due to the pandemic. We cannot gather as a family because of the pandemic. What we can do, though, is to gather together online and celebrate and honor our veterans, however that looks, and we can show our gratitude at 11am by pausing for a moment of silence. This year more than ever we need to gather our courage and find our faith. To those of you who are reading this that have served on the front lines of war, and those who have served on the home front, including all of our front line workers that have been giving their all during our time of crisis, on behalf of my family, we thank you. Bless you all.



Thought for the Day:

There is no separation between us and God. We are divine expressions of the creative principle...there can be no real lack or scarcity; there is nothing we have to try to achieve or attract; we contain the potential for everything within us.

-Shakti Gawain, Creative Visualisation

They Walk Among Us

I couldn't find my luggage at the airport baggage area, so I went to the lost luggage office and told the woman there that my bags never showed up. She smiled and told me not to worry because she was a trained professional, and I was in good hands. "Now," she asked me, "has your plane arrived yet?"

Did You Know...?



Spellbound

From the Brush Dance Calendar



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:

Behind every great man is a woman rolling her eyes.

MALCOLM

By Gail Fulkerson

The storm grew stronger the longer it went on. Lightning flashed, thunder roared, and a driving rain lashed the windows. The storm drains were about to overflow. Rivers of water churned down the gutters. A lone figure walked down the street, oblivious to the maelstrom that raged around him.

Malcolm, a firefighter, had been out all day, putting out fires caused by lightning strikes. He was pretty tired, and couldn't wait to get home, drop his clothes on the bedroom floor and step into a relaxing Epsom salts bath. His body ached from the exertions of the day and the bath would soothe his soreness.

He must have dozed off in the tub, because he thought he heard his mother calling him, like she did when he was a kid out playing with his friends, and it was time for supper. He was about to answer her, but realized, with a jolt, that she had been dead for the last six years and that

he was no longer a boy. Now that he was fully awake, Malcolm rose from the tub, toweled off, walked into his bedroom, put on a pair of track pants and a t-shirt, then headed for the kitchen to make a sandwich.

After he'd eaten, Malcolm sat on the couch, turned on the TV, and flipped through the channels with the remote, looking for a program he could watch that wouldn't require him to think; he wanted to be amused. He settled on a rerun of a sitcom he particularly enjoyed and leaned back into the couch to watch. Less than a minute later, the storm knocked out the power. Malcolm sat in the darkness, trying to decide whether to stay on the couch and wait for the power to return or get up and go to bed. He went to bed.

He had been asleep for hours. Something was making an aggravating sound that was loud enough to rouse him from his deep sleep, and he wasn't happy about it. He sat up in bed and listened. The noise was coming from the bathroom across the hall. It sounded like a child was having a bath in his tub, splashing water all over the place and laughing. It reverberated off the bathroom walls and echoed down the hall. Malcolm got out of bed and went into the bathroom to see who this kid thought he was, taking a bath in his house.

There was nothing amiss. The tub was empty, no water on the walls or floor, and the only towel on the bar was the one he had used. He was about to turn off the bathroom light and go back to bed, when he noticed something moving out of the corner of his eye, on the floor between the wall and the toilet.

Malcolm bent over to get a better look. The lighting in here sucks, he thought to himself, peering into the shadowy space. He was about to go get a flashlight when something scampered across the floor and headed for the hall. What the actual frack was that? He looked down the

hallway and saw nothing. I must be dreaming, he chided himself, then turned off the bathroom light and crawled back into bed.

The next morning, Malcolm awoke and padded to the kitchen to make coffee. His mother's favorite mug was sitting on the counter beside the coffee maker. Where the heck did that come from, he wondered aloud. A low, gravelly voice answered, "I made sure I retrieved it from your storage locker in the basement, Malcolm. You're welcome." Then, the disembodied voice snickered. Malcolm's knees buckled, but he was able to catch himself before he fell to the floor in a dead faint.

The storm had played itself out before dawn. The power had returned sometime during the night while Malcolm slept. Brewed coffee filled the carafe. He poured his first cup of the day, sipping it from his Mom's treasured mug as he made his way down the hall to the bathroom.

Malcolm turned the shower on and waited for the water to heat up to a comfortable temperature before he stepped in. He lathered, shampooed, and rinsed. Still toweling the water from his hair, he headed to his bedroom to finish getting ready for work. He didn't notice the figure standing in the shadows of the bedroom closet, watching him.

He flung the damp towel onto the bed, turned to grab a shirt from the closet, and came face to face with the apparition of a dark figure. If Malcolm had been a screamer, this is where he would have let loose a blood-curdling one. Instead, he gasped and took a whole lot of steps backwards until he felt the side of his bed on the back of his legs and sat down.

Staring back at him were a pair of unblinking, glowing yellow eyes in a pallid visage. A slow grin spread across the creature's face as it sized up Malcolm. "You and I have finally come face to face after all these years, young man. I was there when you were born and I haven't left your side since. You and everyone else believe that I am your guardian angel, but that could not

be further from the truth. I am formed from the deepest, darkest shadows, and my job is to tend souls and bring them to the Dark Side when they are ripe. And your soul, Malcolm, is ready for harvest.” With that, the creature became a black mist and entered Malcolm’s body through his nose and mouth.

The phone on Malcolm’s bedside table kept ringing, but Malcolm was in no shape to answer it. He was laying face up on the bedroom floor, eyes wide and staring, his body cooling.

The phone stopped ringing. Silence descended. The buzz of tiny wings got louder as more and more flies, attracted by the stench of death, hovered around and then landed upon Malcolm’s corpse. One of the flies laid eggs inside the corner of one of his open eyes, and another crawled up his nose and began feeding. It, too, laid eggs.

Malcolm’s body lay undisturbed for at least a week, maybe longer, until someone reported a bad smell emanating from his apartment.

One might be forgiven for thinking that the writhing corpse was alive, but it was the innumerable maggots, feeding on dead flesh under the skin that gave the appearance of lively movement.

It was after Malcolm’s body had been discovered, that the lone figure that was seen walking the street during the storm, was observed leaving the front door of Malcolm’s now vacant apartment. The figure walked out of the apartment building’s main entrance and turned to walk down the street, turning up the collar of Malcolm’s heavy winter coat and snugging down one of his hats on its head.

The doorman tilted his hat in greeting, the male figure did the same, then disappeared into thin air.

From 365 Zen daily readings by Jean Smith

We say, "Pulling out the weeds we give nourishment to the plant." We pull the weeds and bury them near the plant to give it nourishment. So even though you have some difficulty in your practice, even though you have some waves while you are sitting, those waves themselves will help you. So you should not be bothered by your mind. You should rather be grateful for the weeds, because eventually they will enrich your practice. If you have some experience of how the weeds in your mind change into mental nourishment, your practice will make remarkable progress. You will feel the progress. You will feel how they change into self-nourishment.

-Shunryu Suzuki, Zen Mind, Beginner's Mind



Falling

By Ave Riddler

Vibrant green reaching
Stretching every higher,
On limbs rough and brown.
Sighing with every breath of wind,
Tender green
Basking in sunlight.
Catching reflective drops of rain
The green holding tiny blue skies in each lingering
drip.
The vibrant green
Stiffening and fading
Still reaching ever higher.
Their voices a rattle
In the breath of wind.
No longer vibrant green
But golden.
Then brittle and brown as the limbs
They formed on.
The breath of wind sending them
Swirling and dancing down to earth.

Inspirational Insults

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

"He has all the virtues I dislike and none of the vices I admire."

Winston Churchill

Reflections from the Shaman's Hut

Positive Pandemic Points

By Trent Deerhorn



I know that, for some of you, this will not be that well-received.

My apologies in advance for anything that I may say in this article that would, in any way, offend your sensibilities. And if you find that they are being offended, please do not contact me about that. This is offered as a simple perspective that, hopefully, can help folks who are struggling. It is not meant as a political statement or a public health announcement. So please do not take it as such. And as to whether or not we are actually IN a pandemic, well, just keep that opinion to yourself, because that part starts to fall into conspiracy theories, of which I have no use whatsoever.

As Covid19 was sprung upon us, many found that it was a huge adjustment to physically distance and wear a face mask and (God forbid!) wash their hands! I have been after people to wash their hands for decades and I am an avid hand washer...so please do not get me started on how pig like humans can be. But this adjustment phase did seem to throw a wrench into a lot of people's lives and attitudes about socialization. They began to only focus on the negative things:

"I can't BREATHE with this mask on!"

"I miss hugging everyone I encounter."

"I miss going out to restaurants!"

"How do I NOT shake hands with someone I am meeting"

"How do I home school????"

"Where did all the toilet paper go???"

The list goes on and on. Although I do have compassion for others' struggles, there have been a number of times, admittedly, that my eyes have rolled. After all, there are a lot of people who have lost their jobs over this pandemic, so toilet paper supplies are really at the bottom (pun intended) of the list of concerns.

But what about the positive side. As we are entering the second wave of the pandemic, this may be important to consider. I mean, everything that we are presented with is just one side of the coin. What about the other side of the coin? There is always another side of the coin, after all. So I got to thinking about what all I have actually enjoyed about the pandemic structure of things. Here are just a few things that I have come up with:

1. Slowing down. People have lived their lives with so much hustle and bustle that they are actually missing an excellent opportunity here to kick back and relax.
2. Sitting with yourself. This seems to terrify people because they don't want to have to actually take a good look within and find what is in there, because then they are obliged to step up and fix that.
3. Connecting more deeply with family. You do NOT have to be in the same room as a person to connect. I have found that my already good relationship with my sister, for example, has become even better because we now have the time and make the effort to talk on the phone. Had the pandemic not happened, I am not sure we would have made that time for each other. And I am hoping that after the pandemic is done we will continue to make that effort because it has enriched our lives.
4. Starting the day at a later time. For everyone who has complained about not being able to sleep in, well, here is your opportunity! It is not exactly like you have to show up to work at the crack of dawn anymore.

5. Having the time to enjoy your cup of coffee in the morning. My partner and I, now that colder weather has arrived, have a tendency to pour our coffee and sit by the fireplace in the morning and just relax and connect. It is one of my favorite times of the day.

6. In the Spring I found it wonderful to begin my work day later and have time in the morning to do my gardening, which I find quite fulfilling. As winter approaches, I am going to be far less stressed with having to snow blow in the morning. I am not seeing clients in my home office anymore, and opting to actually do strictly long distance work with people. So I do not need to have the pathways blown out by the crack of 9AM anymore. I find that to be much more relaxing.

7. In general, I am sleeping better because I had to limit my number of session per day. So I am not so over-worked (which, until I did the slowing down, I had not realized that I was...but it sure made itself clear to me once I did slow down). My sleep tends to be deeper, longer and more relaxing. Now I just have to deal with my snoring because it does keep my partner up at night.

8. Eating better because we actually have the time to cook a meal. I am slowly beginning to enjoy cooking again (although my partner does most of the cooking) and I am enjoying the fact that when we do we tend to have time to enjoy the process and to digest afterwards before I have to check in at work again.

9. Technology is proving more helpful now. With Zoom and Skype and Video chats through Face Book Messenger, I am able to stay connected to clients, friends and family and, believe it or not, I am getting a wee bit more savvy with technology that I previously found to be overwhelming.

10. Before the economy was "opened up again," I found the silence in the city to be delicious. We are now back to engines roaring and horns honking and sirens wailing. But if we end up closing down again, that will be something I appreciate...silence.

11. Watching Netflix and Amazon Prime and Sundance less, but listening to music more, having more time to practice my guitar, and reading books more.

So there are just a few positive pandemic points to consider. I hope this helps some readers to find the silver lining.

Many Warm Blessings!

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

Most relationships fall apart because of our lack of awareness. Instead of harboring ill will toward the other person, we can choose to look at it from an honest perspective. If we cannot get beyond our own anger and resentment, we will repeat the situation in other relationships until we learn its lesson.

According to the Farmer's Almanac 2020:



Acorns Aplenty

There are about 600 species of oak worldwide. Some trees, such as white and bur oaks, produce acorns in 1 year, while others, such as red and black oaks, take two seasons.

Occasionally, a mast year occurs, when an oak produces a larger crop than usual; no one knows for sure why this occurs, although past weather may play a role. Not only do acorns form new oaks, but also they serve as food. People use them to make flour or meal or even a coffee substitute, while

wildlife, including turkeys, ducks, opossums, raccoons, foxes, white-tailed deer and (of course!) squirrels, all depend on a good acorn crop for part of their diet.



November 1st: Daylight Saving Time ends at 2:00 A.M.

On the 1st of November,

If the weather hold clear,

An end of wheat sowing do

Make for the year.



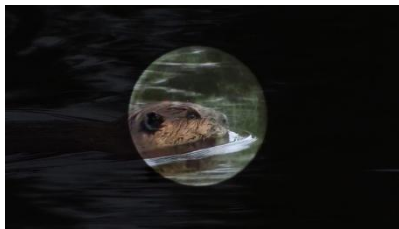
November 11th: Remembrance Day

In the language of flowers, gladiolus means "remembrance."



November 15th: New Moon

To dry hot peppers, snip off their tips, run a strong thread through their stem ends, and hang them in a warm, dry, airy spot.



November 30th: Full Beaver Moon

In all things of nature, there is something of the marvelous.

-Aristotle, Greek philosopher (384-322 B.C.)

Inspirational Quotes by Alan Chazen

Courage cannot be exercised in the absence of fear.

Ask the Shaman: With Trent Deerhorn



Q: Do Voodoo Dolls actually work?

A: Actually, yes and no. It is not the voodoo doll itself that works, it is the practitioner using the voodoo doll that works. Voodoo (a word that is derived from a French work that means "Two of you," i.e. the physical you and the spiritual you) is actually from a much

older tradition called Vodun. In this tradition, the practitioner recognizes that there is a physical aspect and a spiritual aspect to every being (human or otherwise). Other traditions also use dolls and they



may be called "talismans" or "poppets" and such. The theory is the same. The

Voodoo doll is used as a point of focus. It is usually stuffed with something that belongs to the person it represents (a lock of hair, a fingernail clipping, a personal treasure, such as a bracelet or something like that) as well as with herbs, spices, etc. The idea is

to make it represent the person that the energy is being sent to.



Now, before everyone goes all creepy about this subject matter, I must point out that this is an ancient tradition and it has first and foremost been used as a means of creating an energetic bridge between the practitioner and the person that the practitioner is sending energy to, and it has first and foremost been used to HEAL people, not harm them. I am not saying here that they have not been used to harm. I know of several practitioners who use them to protect themselves or others from an aggressive individual whom the doll represents. It is very effective in that regard. But the primary purpose has always been to heal.

I find that "Light workers" are often offended by this concept because they think absolutely everything has to be of the "light" or it is evil. That is hogwash. The universe has always been and will always be a balance between light and dark. That is life and no one can change that. So if someone is too fragile to accept this fact, then they are not a very good healer in the first place and totally too fragile in their ego base to be effective. A Voodoo doll is exactly the same as a teddy bear that people are often told to use for long distance healing in Western Reiki practices. The difference is that the Voodoo doll is more effective because it has an energetic

connection immediately due to the treasured object or the DNA of the hair or fingernail clippings that it is stuffed with.

Nonetheless, it is still the practitioner who makes the biggest difference in the effectiveness of the Voodoo doll. Someone who is very experienced and has done their personal homework in their spiritual practice will, of course, be much more effective than will some novice who just picked one up for the first time in their life.

I should also note that Voodoo dolls have also been used to house the spirits of helpful entities so that they can physically "ride along" with the person to whom the doll belongs. This would be much the same as wearing a St. Christopher medallion.

Voodoo dolls, in and of themselves, are nothing to fear. After all, it is simply a tool. A wrench can be used to fix a car or to bludgeon someone to death. It is all in how it is put to use that counts.



Tidbits and Tickles:

I was in the kitchen one day, trying to reach the baking powder on the top shelf of a cabinet. Being only five feet tall, I had to stretch, but still couldn't grab the box.

Fortunately, I have two six-foot-tall sons whom I often call to come to my rescue.

"Hey, Brian!" I yelled to my second son, who was in the living room, "Will you get your tallness in here and get this for me?"

"Sure, Mom," he remarked as he bounded into the kitchen, "But next time, I'd prefer the title 'Your Highness'."

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:

Sharon Wrote: I have never even heard of Dendritic Agate. Thank you for that information!

Brian Wrote: Blood, Welts and Fears was extremely creepy. I loved it!

Susan Wrote: I had no idea that crocodiles have no lips!

Alex Wrote: Thank you for the Jack O Lantern teachings! They totally made sense to me.

Betty Wrote: I just knew that Halloween was the time of year when spirits were more active and accessible. I just KNEW it!

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
www.deerhornshamanic.com

Experience the difference a Shaman makes!



CLEANING by BEV

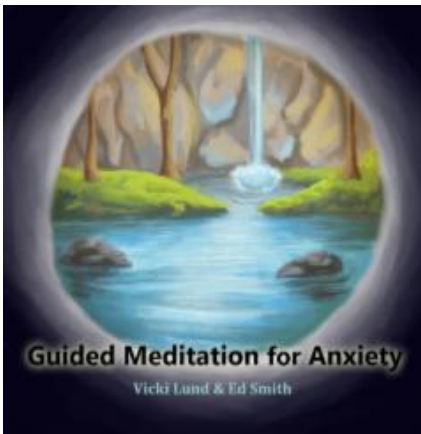
Need help with your house?

18 years experience

References provided

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

A clean home is a true blessing! Trent Deerhorn



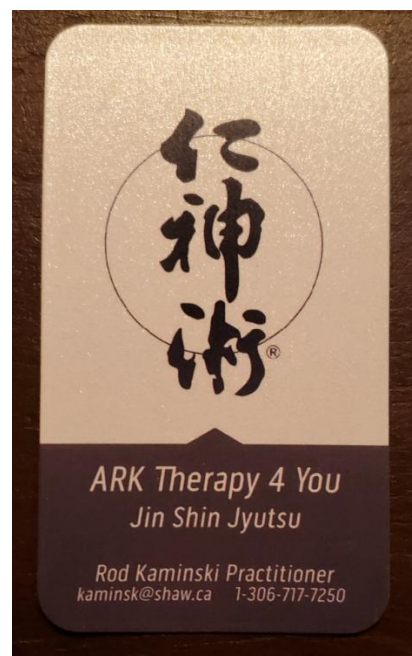
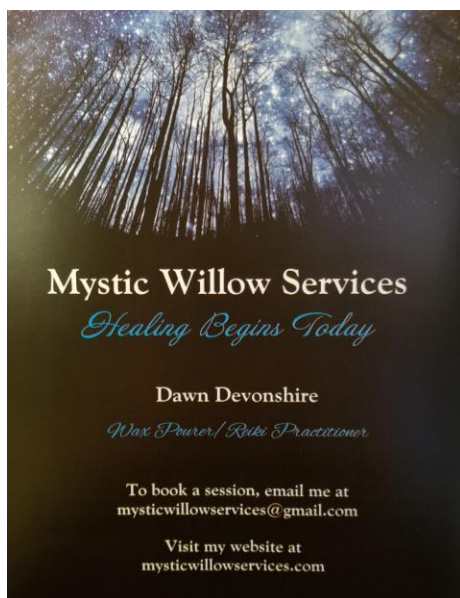
This professionally recorded 24 minute guided meditation, accompanied by guitar music tuned to the healing frequency of 432Hz, will lead you on a journey to release anxiety.

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



HEALING, MINDFUL JEWELRY WITH CRYSTALS

Crystals take millions of years to form underground. The way crystals are formed (by repeating chemical structures) is believed by some to imbue them with the ability to hold energies. There are different types of crystals, depending on the type of mineral it's made from, and conditions it grows in. They are very interactive and rely on you being actively involved in your own spiritual journey. I have always been interested in crystals and rocks. And the time when I've become a Holistic healer, I've learned crystals and connected with them more deeply. I love their looks, texture, and energies. As I'm a creative person, I've decided to introduce crystals to others in a loving look by putting them in wire wrap jewelry. Combinations of different types of metal wire are accenting the stone, and giving them an aesthetic look. In my jewelry I've used real copper wire, which is a metal with health benefits; non-tarnish silver, rose gold, brass and gold plated copper wire, which are permanently coloured and enamelled. Each pendant is very unique. I don't use any patterns to make designs. I just connect with crystal and start creating! If you like a certain piece and it was sold out, I can make a replica with your choice of wire, crystal, size, and design. Wrapping takes some time, I'll say I'm meditating when I'm working with a certain piece. I have a very big variety of colours, shapes, and sizes of crystals. Some of my pendants have found their owners already (as you see **Out of stock** sign). You will like your new little "friend"! Each pendant will be charged with Reiki energy, cleansed and blessed for protection and wellness. It can be charged for a certain name, who will wear it. If you have questions and requests feel free to contact me through text, email or phone. I am taking custom orders on wrapping your own crystals too. Also I can create bracelets, earrings and rings.

Regards, *Marina Cummins*





Mindful Living
Mind, Body, and Soul Healing

Marina Cummins
Holistic Iridologist, Reiki Practitioner Levels
1 & 2, Life Balance Energy Practitioner

#123-1222 Alberta Ave.
Saskatoon
306-220-4638
mindfullivingsask@gmail.com
mindfullivinasask.com

Vicki Lund

HYPNOSIS & HOLISTIC
PRACTITIONER

- *Hypnosis*
- *Reiki Master*
- *Meditation Facilitator*
- *Qigong Healer & Leader*
- *Psychic Guidance*



Vicki Lund

Hypnosis & Holistic Practitioner

VickiLund.com • 431.276.3417

contact@vickilund.com

 VickiSpiritHaven  vickilundholistichypnosis

Beata Van Berkom MLT

Tinfoil Hat Lady Tinfoil Therapies
306 291-4706

Turn Yourself Around
Jikiden REIKI Okuden
Healing Sound SOTA
Inversion

Free Consultation
TinfoilHatLady.com
tinfoilhatlady@gmail.com
Natural Wellness Solutions



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!

Flight Newsletter Advertising

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.

Classified Ads:

FREE for article contributors

\$25 for business card size

\$35 for half page

\$45 for full page

Events: FREE for **Non-profit organizations** and **Article Contributors**

\$20 Profit organizations

Workshops/Classes

\$35 half page

\$45 full page



