

Flight: A Living, Breathing Document of Consciousness

Volume 9 Issue 99, September, 2020



Articles and excerpts that will inform and inspire!

A Letter from the Editor:



Happy Mabon, everyone! This month's issue is the 99th. I am planning something special for the 100th issue, so if anyone wants to submit an article for that issue, just send it to me for consideration.

This month we have some cool info on Purple Sage Agate, some delightful poetry, a very creepy, spine-tingling story, some wonderful looking fur babies coming up for adoption, some valuable information on Negative Space and some really good advice for the young witchling coming up in the world.

Thank you to all of my contributors for your valuable insights and wonderful sharing in each of the issues of this newsletter. I could not possibly do this without each and every one of you contributing every month, getting the articles in by the deadline, and sharing from your hearts.

Want to receive your own free subscription? Just contact me at deerhorn007@gmail.com and let me know and I shall make it so!

Enjoy the read!

Trent Deerhorn

Editor

Upcoming Events

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



JADE



JADE IS APPROXIMATELY A 5 YEAR OLD SHEPARD MIX. SHE IS A 3 LEGGED YOUNG LADY WHO LOVES PEOPLE BUT JADE IS NOT FOND OF CATS. AFTER MANY YEARS SHE WAS RETURNED TO THE RESCUE SO SHE IS LOOKING FOR A HOME WHERE SHE CAN GET A LOT OF SNUGGLES. JADE IS AN AMPUTEE AND HAS BEEN SINCE SHE WAS A PUPPY, THIS DOES NOT HOLD HER BACK. SHE LOVES PEOPLE, BELLY RUBS AND OTHER DOGS HER SIZE. JADE IS SPAYED, FULLY VACCINATED, MICROCHIPPED AND READY FOR A FAMILY OF HER 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!



CAMERO



CHEVY AND CAMARO ARE A BONDED PAIR AND WOULD DO BEST KEPT TOGETHER. THEY ARE AFFECTIONATE AND SWEET AND LOVE BEING PETTED. CHEVY PURRS AND ROLLS AROUND ON HIS BACK AND THINKS THAT THIS IS THE BEST THING IN THE WORLD. CAMARO JUST LOVES TO BE PETTED AND FALLS ASLEEP ON YOUR LAP. THEY CAME AROUND VERY QUICKLY IN THEIR FOSTER HOME AND SETTLED IN WITH NO ISSUES. A HOME WITH OLDER CHILDREN WOULD BE BEST FOR THIS DUO, CHEVY LIKES TO GET A BIT MOUTHY AND PAWZY WHEN PLAYING AND WHILE GETTING BRUSHED. CAMARO IS PRETTY LAID-BACK, SHE JUST LIKES TO FIND A SUNRAY AND SLEEP. ESTIMATED DATE OF BIRTH IS MAY 13, 2015.



IF YOU ARE INTERESTED IN ADOPTING CAMERO 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 **September 20th at 3 pm**. The Theme will be ***Celebrating the Autumn Equinox***.

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.

Improve Your English

Hotel, Yugoslavia: THE FLATTENING OF UNDERWEAR WITH PLEASURE IS THE JOB OF THE CHAMBERMAID.



Rock Talk

by Ave Riddler

Purple Sage Agate

Very similar to Ellensburg and Holly Blue Agate, the main differences is that Purple Sage Agate has a tinge of purple and traces of dendrite formations, the purple tinge is also what makes it different than Dendritic Agate.

A gentle calm mineral this is a good crystal to work with if you find other more energetic crystals overwhelming, it can bring the healing energy of this mineral into your life even if you are often unable to work with crystals.

This is a good stone to work with while trying to improve love and acceptance of self; helping one to release the perceived importance of other people's opinions, and improving self awareness and value.

This agate can help reduce feelings of vulnerability and promote insight. This stone is a good way to boost inner conviction, providing strength for one to be their true self. It can help one to emerge from their personal trials gently, so that after a time in darkness, the newly discovered light of healing is not too overwhelming, and the feeling of opening too fast is diminished. As a stone of inner guidance, protection, purification, and healing it offers a gentle but steady energy. This Agate can help strengthen and seal the auric fields, gradually increasing the aura, while repairing any energetic holes.



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Purple Sage Agate works well with throat and crown chakras, helping one to speak of the insights and enlightenments discovered while working with it. The Dendritic formations can add a grounding element to the energy of the crystal. Because of these energies, this agate can help calm over stimulated chakras promoting balance and peace to the systems. The throat and crown energy does lend itself to work with spirit guides and angels, clearing communication between them and the person working with this agate.

Because it is a gentle energy this communication with the guides is not in the higher realms, thus helping that connection remain within the conscious self. Magically this agate would be good at helping one to bring wonder into their day to day life, because they would be grounded, yet connected to their spirit guides

A good aid during projects, as this is a stone of completion, helping one to complete tasks that have been initiated, helping one to clearly understand and achieve their desired outcome. This stone is not a hard task master, bringing a calm relaxed energy into that drive to complete a task. It can also help one to better go with the flow of a project, providing a release of the need to manipulate an outcome.

This agate is a stone of empathy not sympathy, helping one to understand and feel the trials of a challenging situation. The key word at all times with Purple Sage Agate is gentle.

Physically Purple Sage Agate may be used as a support in treatments of emphysema, tension headaches, disorders in the reproductive system and treatments for depression. It may also be helpful in supporting treatments of the throat and brain.

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

Tried to grab the fog...I mist.

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: ALL of your responses MUST be oral, OK? What school did you attend?

WITNESS: Oral.

Thought for the Day:

Stop sitting there with your hands folded looking on, doing nothing; Get into action and live this full and glorious life. NOW.

-Eileen Caddy: *The Dawn of Change*

THE OLD WOMAN

By Gail Fulkerson



The gate creaked whenever the wind blew. The rusted metal fence had sagged inward and fallen to ruin. The sidewalk that led from the street to the front steps had cracked and flaked after years of neglect. The overgrown lawn was a tangle of tall grasses and weeds that small animals and rodents could hide in and build their homes in relative safety.

The house was about to fall in upon itself. The windows were broken out and the curtains were rotted and tattered. The once beautiful home had been long abandoned and the years of neglect made the place look creepy, like something out of a horror movie. An old woman peered out of a second-floor window, watching Nora survey the property, then disappeared behind a scrap of wind-torn curtain.



Nora blinked, not certain whether she saw a figure in the upstairs window. She looked again, but saw no one. Nora walked away, saddened by the sight of her childhood home in ruins.

A few days later, Nora was in her apartment getting ready for work, when she saw the closet door in her bedroom close as she was applying her makeup. There was a soft click as the door latch found its place. She stood in front of the makeup mirror, frozen in fear, as she watched the closet door move. A breath of bath-powder-scented air brushed past Nora's cheek and ruffled her hair. She grabbed her coat and purse and left her apartment, shaken by the experience.

The old woman snickered, pleased with Nora's reaction to the closet door. She left after that, but made sure she was back in the apartment when Nora got home from work. This time, the old woman made the lights in the apartment flicker. Nora thought it was a brownout and ignored it. She could not, however, ignore the shower turning on, the taps in the sink opening full bore, and the toilet flushing over and over again. Nora would go and turn everything off, only to hear the water running as soon as she sat down on the couch to finish watching her program. And, there was the powdery scent again.

The old woman kept scaring Nora, night after night, until Nora shouted at the ceiling for it all to stop. It worked, but peace lasted only a day or two. That was when the old lady doubled the strength of her attacks.

Nora got up from her bed and walked into the kitchen to make coffee. She had work on her mind, and was concerned that the workload had increased recently, and she wasn't sure she could keep up the pace before her health started to suffer. There were knives stabbed into the counters and walls, the refrigerator door was open, and food had been

pulled out and dropped on the floor. She thought she could hear an old woman giggling, but it was faint, and Nora wasn't sure where it was coming from.

Not long after the kitchen incident, Nora had retired early and was sound asleep in her bed. Someone or something was trying to wake her up, but she kept resisting. The old woman hovered over Nora's sleeping body, and stared at her until she awoke.

Nora came awake to see the old woman floating mere inches above her. She screamed and pulled the covers over her eyes, but the old woman grabbed the blankets and yanked them back down. She wanted to make sure that Nora saw her, before she delivered the final coup de grace.

Nora looked into the old woman's glowing red eyes, and cried out for help, but no one heard her. The bath powder scent had turned rancid. The old lady's white hair stood straight out from her head. Her mouth was opened in a silent scream.



Nora started praying every prayer she could remember, but rather than helping get rid of the apparition, it seemed to empower the old woman. She cackled right in Nora's face, then traced Nora's jaw line with a gnarled forefinger, tipped with a black and ragged nail. Nora fainted.

The old woman lifted Nora out of her bed and took her to the balcony, ten floors up. She had a time getting the body up and over the railing, but she persevered, and watched, grinning, as the unconscious Nora fell silently through the chilly night air, landing



with a satisfying splat on the pavement below.

The old woman didn't bother sticking around after that. She'd had her fun with Nora and now it was time to move on. She wondered how many other people lived in the building and whether or not one of them would become her next toy. She wafted through Nora's front door and down the corridor, passing numerous apartments filled with couples and families. They would not do. She needed a single woman that no one would miss, at least not long enough for the police to become involved.

The old woman heard sobbing coming from an apartment on the floor below. "Methinks I hear the sounds of my next victim," the old woman said silently to herself.

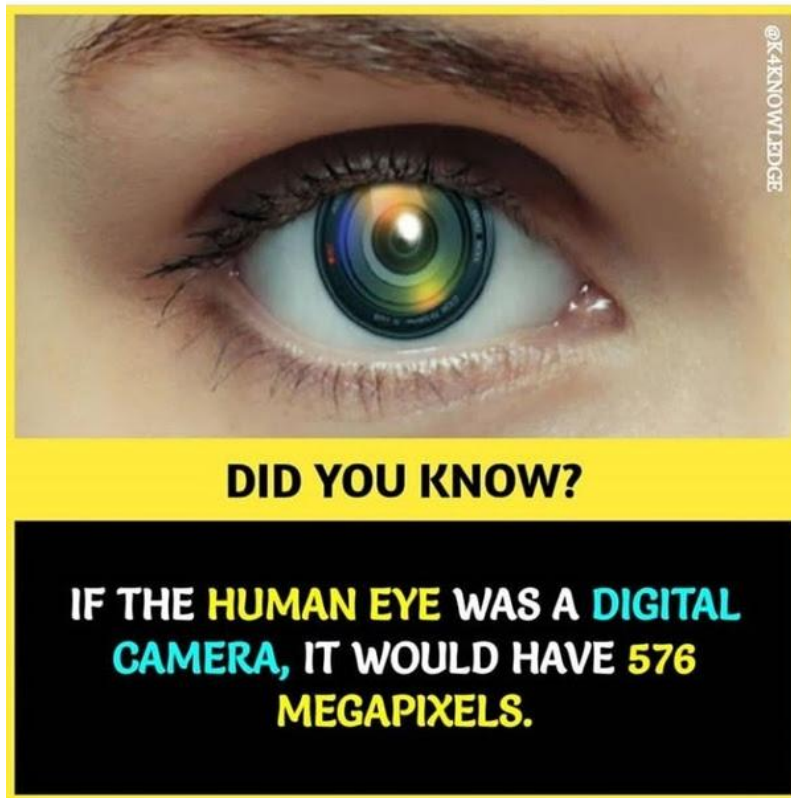
She sank through the floor in the corridor and went searching for the crying woman, who had no idea that her life would soon be over.

The scent of after-bath powder, the kind old ladies wear, filled the corridor outside the woman's door.

They Walk Among Us

**My sister has a lifesaving tool in her car
designed to cut through a seat belt if she gets trapped.
She keeps it in the trunk.**

Did You Know...?



Moment

By: Ave Riddler

Do you remember the last time
A moment was so right,
That you held your breath?
Certain that even
The slightest movement
Would cause the moment to end...
Shattering it
Changing it
Diminishing it somehow?
That breathless
Still
Moment when
You hoped time would pause,
Even if only for a minute
Or a second more?

That is how I feel,

Every time
You hug me.

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:

My wife and I were happy for twenty years; then we met.

From 365 Zen daily readings by Jean Smith

Suiwo, the disciple of Hakuin [1689 - 1769], was a good teacher. During one summer seclusion period, a pupil came to him from a southern island of Japan.

Suiwo gave him the problem: "Hear the sound of one hand."

The pupil remained three years but could not pass the test. One night he came in tears to Suiwo. "I must return south in shame and embarrassment," he said, "for I cannot solve my problem."

"Wait one week more and meditate constantly," advised Suiwo. Still no enlightenment came to the pupil. "Tire for another week," said Suiwo. The pupil obeyed, but in vain.

Still another week." Yet this was of no avail. In despair the student begged to be released, but Suiwo requested another meditation of five days. They were without result. Then he said, "Meditate for three days longer, then if you fail to attain enlightenment, you had better kill yourself." On the second day the pupil was enlightened.

-Paul Reps, *Zen Flesh, Zen Bones*

Inspirational Insults

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

A member of Parliament to Disraeli: *"Sir, you will either die on the gallows or of some unspeakable disease."*

"That depends, Sir, " said Disraeli, "whether I embrace your policies or your mistress."

Reflections from the Shaman's Hut

Negative Space

By Trent Deerhorn

My mother was a collector of things. I believe that my eldest sister and myself inherited that from her. For my mother, however, I could definitely see that her collecting was a result of growing up in the Great Depression, when absolutely everything was scarce and nobody threw out anything, for fear of never having again. It did create a wonderful awareness of recycling and repurposing things. But for some, like my mother, it also turned into collecting. For others, it turned into hoarding. Thank all that is good that my mother did not go there.

Like me mother, I enjoy collecting beautiful things. The difference is that I am not so attached to things as she was. I am also not as extreme a collector as some. Yes, I like beautiful art, but if there is nowhere to put that art, then why have it?



The mind does need some negative space. That means some emptiness somewhere. So instead of a wall being completely filled with framed photographs or paintings, having just a few with space in between allows the mind to breathe and relax.

No matter how magical or beautiful one's collection is, if it does not serve a particular purpose, then it becomes just too much on the walls, the shelves, in the cabinets and on the countertops. Creativity is one thing, but hoarding and stock piling is an entirely different story. So it is important to ask oneself things like:

Why am I attracted to this?

What purpose does this serve in my life?

How does this feed my soul?

What if, instead, there was just nothing there?

Can I switch things out so that there is not so much clutter in my living space?

It is not that people need to become minimalists. I feel that minimalism is an extreme on the opposite end of hoarding. But allowing for emptiness in your living space also does allow for the soul to relax, for the mind to breathe. Too often people get caught up in sentiment when it comes to things in their environment. They believe that if Great Aunt Martha gave it to them, then they need to hold onto it until their dying day. This only burdens them with expectations and demands from family and friends. There is nothing quite like the wonderful feeling of releasing things to others, should they like that. And if we get really fed up with all our STUFF that we are constantly working around, then there are garage sales and thrift stores to put to use. We may not know anyone who would want it, but someone would be bound to buy it from a garage sale or thrift store and absolutely LOVE it. So let it go.

As we let stuff go, we allow for that emptiness to move into our living space and this leads to inner peace. But remember...don't get rid of it just to replace it with yet another thing! Take time to figure out what things you really do want in your living space. The rest can wait or sit in a bin to be cycled through seasonally, or just be given away.

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

When you create a radiant energy field through thoughts of love, respect and kindness, people will naturally be attracted to you. Your mere presence can be a healing force for everyone with whom you come into contact.

According to the Farmer's Almanac 2020:



Hello, Yellow!

Yellow raspberries, such as "Fall Gold" and "Kiwi Gold," are actually the same species as the red raspberry and great choices for the home garden. Plant in early fall or late spring in an area that gets morning sun and afternoon shade. Dig a shallow trench. Space plants 2 to 3 feet apart and spread the roots of each plant in the row. Fill the trench with compost and soil and gently tamp down. During summer, give raspberries plenty of water; aim for the base of the plants so as to not get the fruit wet.

September 2nd: Full Corn Moon

Two sparrows on the same ear of corn are not long friends.

September 7th: Labor Day

Test garden soil now and apply limestone or sulfur, as indicated, in preparation for next spring.



September 22nd: Autumnal Equinox

By all these lovely tokens

September days are here,

With the summer's best of weather

And autumn's best of cheer.

-Helen Hunt Jackson, American poet (1830-85)



Inspirational Quotes by Alan Chazen

If you want to test the belief of an individual, then listen to what he says. If you want to test the faith of an individual, then watch what he does.

Ask the Shaman: With Trent Deerhorn



Q: What would you tell your younger witchling self about magic, life, or both?

A: 1. The magic comes from within YOU, not from outside of you.

2. What you do with that magic will determine who and what you become.

3. There is no one-and-only path, there is just the path to which you are drawn.

4. Everyone in the world is actually a witch, but very few of us discover that about ourselves.

5. There are others like you. Don't go seeking them out. You will naturally be drawn to one another.

6. Those who have not discovered their power will fear and hate you. That is an indication of their weakness, not their strength.

7. You do not need to broadcast that you are a witch. That only serves ego. Just be who you are. Others will eventually figure it out.

8. Strength may come in numbers, but numbers can also compromise your personal integrity and authenticity. Never let that happen.

9. Nature will hold all the mystical answers you need, more so than books. Learn to read Nature. Listen to Nature. Live in Nature.

10. Meditate, dammit! It will serve you better than any spell. Meditation helps access the magic within. Spell casting expresses the magic within. Do not be flippant with either one.

Tidbits and Tickles:

I was visiting my mother in Princeton, New Jersey. My sisters, their husbands and many nieces and nephews had gathered to welcome our newborn son. Suddenly, Sara and Jessica, both five, began to squabble over who'd get to hold the baby on their lap first. My mother, with her years of wisdom, suggested they sit side by side and both hold the baby. Not to be outdone, Sara piped up and said, "Okay! But I want the end with the head on it!"


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:

Brian Wrote: That short story: **A MEETING ON THE ROAD** By Gail Fulkerson made shivers go down my spine - well done Gail!

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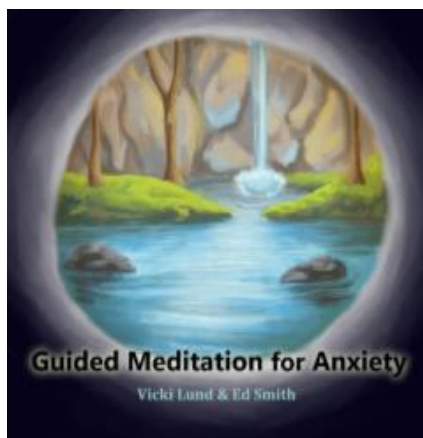
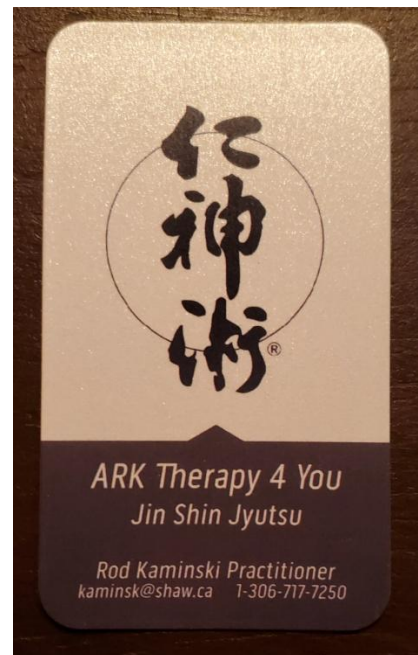
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References provided

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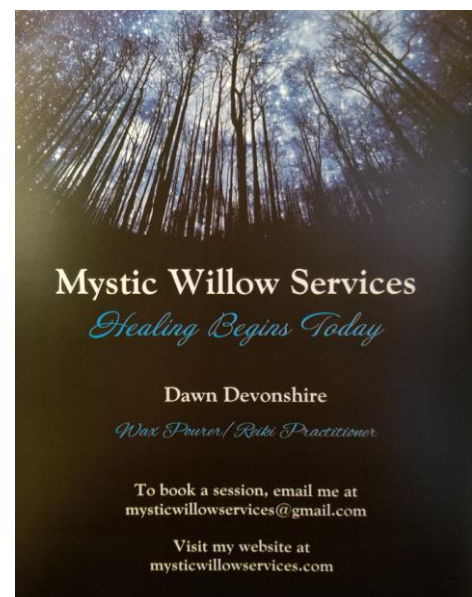
A clean home is a true blessing! Trent Deerhorn

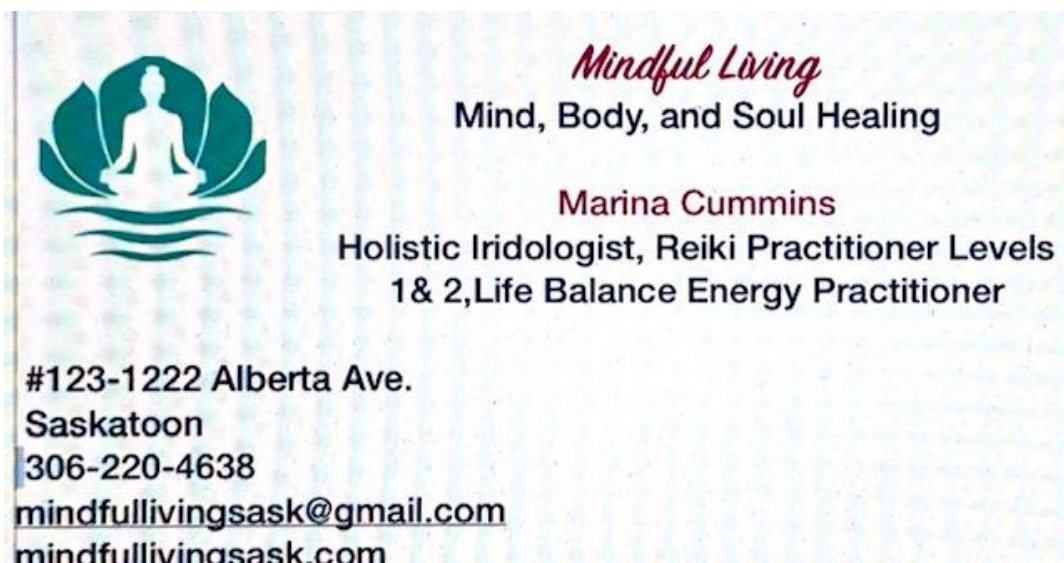


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Recording studio: Soundlounge by tBone
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Face Time with the SHAMAN!



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!

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.

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