

Flight: A Living, Breathing Document of Consciousness

Volume 9 Issue 102, December, 2020



Articles and excerpts that will inform and inspire!

A Letter from the Editor:



Well, November has certainly screamed by like greased lightning. One minute I was taking down Halloween decorations and contemplating Remembrance Day, and the next I was putting up Yule decorations and trying to figure out how to deal with the copious amounts of snow that we got here in Saskatoon! For those who believe that time is speeding up, I can assure you that it certainly feels like it is.

This month's issue is jam packed with some really cool stuff. We have all sorts of information here, from Wax Pouring to Past Life Karma healing.

We also have poetry and a short story. I want to send out a heart-felt thank you to all of my contributors. Your contributions, your writing, your perspectives certainly enrich this newsletter. I deeply appreciate that.

As usual, if you are reading this and want to forward it on to someone who may find it interesting, please feel free to, as this is a global newsletter and I like it to go Viral! And if you are reading it for the first time and would like to have a free subscription and receive it directly on a monthly basis, drop me a line at deerhorn007@gmail.com and request that. I will make it happen for you.

Until next month, here is wishing you all a safe and joyful Yule/Christmas/Chanukah/Kwanzaa!

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 December 20th 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 is to Celebrate **YULE**. The Winter Solstice It is the shortest day of the Year and the return to Light. Join me as celebrate our Holiday season with a few Pagan Carols. It is a time to celebrate usually with others, but this year has been different for us and most of us must now turn inward due to the Rising Pandemic.



TUNDRA

TUNDRA IS THE SWEETEST BOY THAT CAME TO WE ALL NEED A RESCUE IN SEPTEMBER. HE IS APPROXIMATELY 3 MONTHS OLD AND A LAB-TERRIER MIX. HE IS A LOVABLE LITTLE GUY WHO LIVES TO PLAY WITH DOGS AND PEOPLE. TUNDRA LOVES TO PLAY WITH WONDERLAND, JINGLE AND SLEIGH BELLS IN THE SNOW. TUNDRA HAS ALL 3 REQUIRED DAPP VACCINES, IS MICROCHIPPED AND DEWORMED. TUNDRA IS LOOKING FOR A LOVING FAMILY AND HIS FUREVER HOME.



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. WE ARE HOSTING THE COOKIE CRUMBLES FUNDRAISER FOR WANAR (CHRISTMAS EDITION) AS A FACEBOOK EVENT SO BE SURE TO LIKE US ON FACEBOOK AT WE ALL NEED A RESCUE K9 RESCUE AND JOIN THE PAGE! THE COOKIE DOUGH FUNDRAISER RUNS UNTIL DECEMBER 5TH AND PAILS ARE ONLY \$25 FOR 2KG! THAT'S 6-8 DOZEN COOKIES. 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!



WINTERGREEN

WINTERGREEN IS A SILLY YOUNG GUY WHO LIKES TO VIEW LIFE FROM DIFFERENT ANGLES! HIS FAVOURITE PASTIME IS STRETCHING OUT TO NAP. WINTERGREEN IS A LOW ENERGY GUY WHO IS VERY INTRIGUED BY THE DOG IN HIS FOSTER HOME, CONSTANTLY TRYING TO MAKE FRIENDS WITH HER DESPITE HER INDIFFERENCE. HE LOVES THE FEATHER WAND AND STARTS TO CHIRP WHEN HE SEES THE LASER POINTER COME OUT! WINTERGREEN IS A LOVABLE CAT WHO STARTS TO PURR ALMOST AS SOON AS YOU TOUCH HIM AND WOULD LOVE TO BE ADOPTED WITH HIS BROTHER WILD GINGER.

ESTIMATED DATE OF BIRTH IS APRIL 9, 2020



IF YOU ARE INTERESTED IN ADOPTING WINTERGREEN 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.



BIOGRAPHY

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The program that our dating culture has been waiting for.
Let's say GOODBYE to spreading pain and CHANGE the way
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- Healing codependency
- Unworthiness--> radical **confidence**
- Trust, healing from past disappointments
- Opening heart space
- Healing the "defense" of settling to call in the RIGHT partner
- Bringing love, feeling heard, and understanding into current relationships
- Allowing us to receive, release control, and open room for LOVE!
- And much more, including sacred sexuality

For details on **classes and pricing**:

www.moon-rising.com/room-for-love

We begin the week of December 15th

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

*A sign posted in Germany's Black Forest: **IT IS STRICTLY FORBIDDEN ON OUR BLACK FOREST CAMPING SITE, THAT PEOPLE OF DIFFERENT SEX, FOR INST MEN AND WOMEN, LIVE TOGETHER IN ONE TENT,***

UNLESS THEY ARE MARRIED WITH EACH OTHER FOR THIS PURPOSE.



Rock Talk

by Ave Riddler

Carnelian

I have hesitated to include this mineral in this year of exploring agates, because some class it an agate, some a chalcedony and others as part of the quartz family. Agates generally do tend to blur the lines of mineral types. There are carnelians out there that do have the more classic banded patterns found in agates, more often though you find them as a translucent reds, oranges, and rusty browns even in occasion pinks.

This mineral is a good mental stone, helping to bring focus and precision to analytical efforts, while enhancing perceptiveness and inspiration in thought patterns.

Carnelian can apply those focuses to help reduce feelings of envy, fear, or rage, while reducing sorrow, bringing balance to the head and heart. From this balanced place one can explore things that they have felt inquisitive about. Carnelian is a good motivator stone, helping one to

shake off feelings of apathy, and passiveness, bringing that mind and heart energy into your get-up-and-go feeling, if you have felt stuck. That motivating energy can be a good aid when one needs to take a leap into a new path, job, home, life. The focus of carnelian can also help one to more clearly see the concept of an idea become manifested and actual.



Carnelian can resonate strongly with the root, sacral, and solar plexus, infusing those energy centers with the stable motivating heart and mind focus. Well known as a creative mineral it can help lend energy to activities where creativity is required, bringing confidence, courage, and passion into the process. It can help you reconnect with the very physical part of creating something new; often we get focused on the heart and mind of creating, and miss out of the active earthy parts. We need the vitality of that creative energy to balance the more etheric energy of the upper chakras. By bringing that balance one can reconnect with their zest for life, and enjoy the more “messy” aspects of creating. It is a wise move to pair a carnelian with the higher vibration stones of the crown or third eye chakras, to help keep one anchored and focused if one finds one gets lost in the clouds. We need to keep that body connection; the connection to our temple even while working with spirit, for the body is where our own spirit resides.



This mineral is a good stone to have in a home, bringing stability, security, and feelings of calm loving energy to the environment, making the space feel like a place of retreat and comfort. It is also helpful to keep a piece of carnelian with other minerals, it will help cleanse and clear negative energies from those it is near.

Physically carnelian can be used as an aid for treatments of neuralgia, gall stones, and kidney stones. It may help in treatments for pollen allergies, and colds. It may also be helpful in supporting treatments for disorders in the spine, spleen, and pancreas. An elixir it can be used to wash cuts and abrasions. The cleansing nature of carnelian may also help the body to detoxify from use of alcohol and drugs.

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)

This ends the exploration of agates! Can hardly wait to dive into a new type of mineral in 2021

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, before you performed the autopsy, did you check for a pulse?

WITNESS: No.

ATTORNEY: Did you check for blood pressure?

WITNESS: No.

ATTORNEY: Did you check for breathing?

WITNESS: No.

ATTORNEY: So, then it is possible that the patient was alive when you began the autopsy?

WITNESS: No.

ATTORNEY: How can you be so sure, Doctor?

WITNESS: Because his brain was sitting on my desk in a jar.

ATTORNEY: I see, but could the patient have still been alive, nevertheless?

WITNESS: Yes, it is possible that he could have been alive and practising law.

Extracting Answers Through Wax Pouring

By Dawn Devonshire

Asking questions is something I do; it is something I have always done. I want to know the answers to everything. Asking helps me to understand the nuances of each situation whether they are big or small. This annoys people at times because they feel as though I am questioning their authority, judging their decisions, or showing them a lack of trust. However, I am doing none of those things. I am merely trying to understand the situation fully.

Sometimes we go through life without asking questions. We do this for different reasons. There are times we do not really care. Maybe we would rather do as we are told. Perhaps we are just afraid of what we will hear. When it comes to personal growth, this fear is what often prevents us from asking ourselves questions.

As we look at the world around us, we see the hustle and bustle of daily life. We are busy. But even though we complain about how busy we all are, we continue to keep ourselves busy. We feed ourselves with chaos so that we can avoid reality. Society is all about numbing. Pick your poison people. Food, drugs, alcohol, sex, Netflix, social media -- all are ways for us to escape reality. If you are busy, all you will hear is noise, and everything will be well for a time.

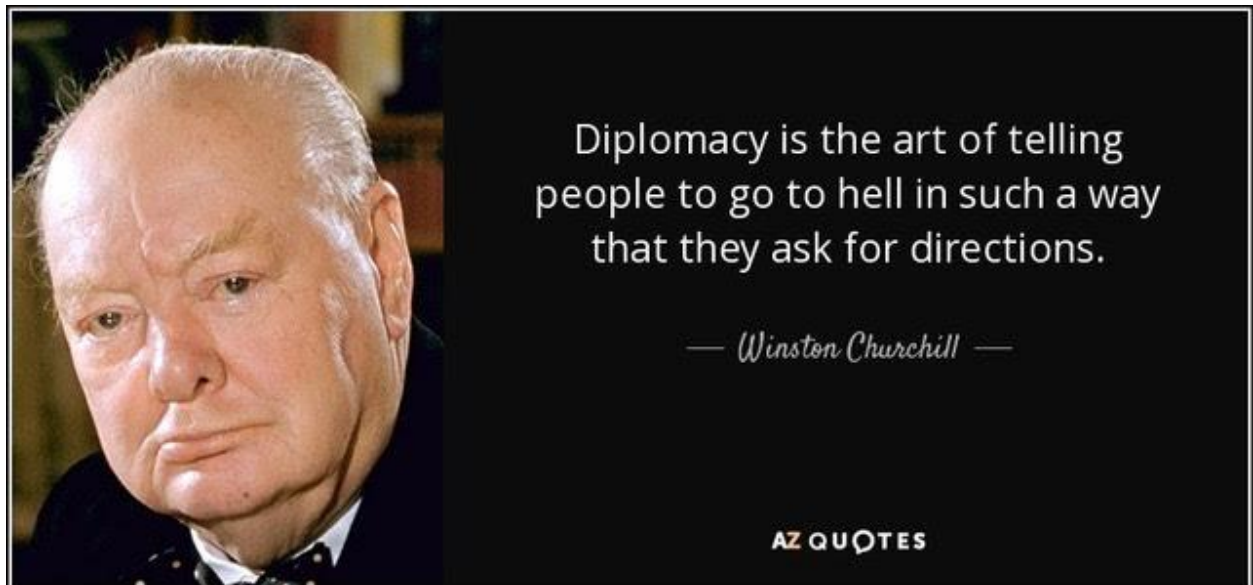
Our world has changed though. With a pandemic affecting all of us in different ways, we should be asking ourselves some questions. Important questions to start with are these: Why do you need to be busy all the time? Why aren't you finding time for rest, meditation, nature, learning, growth, etc.? Why do you choose to medicate instead of facilitate? Well, the answer is simple: Facing the silence is hard. It can also be lonely, upsetting, unpleasant, or even terrifying. However, it is in the silence that we find the answers we have been looking for all along.

Sometimes we know the answers, but we choose to avoid them. We are our own obstacle at times. That is the reality. We were in our own way the entire time. This has certainly been true for me at times in my life. While this is hard to admit, it is an important step in creating

change. We likely knew this subconsciously, but we numbed ourselves enough to avoid reality for a time. Of course, we do need a break, but we need to know the difference between a much needed break verses total denial of reality. This is how healing begins.

When you are ready to hear the answers, but you do not know what questions to ask, a great place to start is to experience a Wax Pouring Ceremony. Wax Pouring is a form of divination. It is a way for you to glean the answers you need now. The wax does not lie. Spirit guides the messages that you hear during the session. Know that no session is the same for any person. The past, the present, or the future may appear to you. Often there are messages from animals, your guides, etc. Things that we have buried can also appear and then be released. The possibilities are endless. What you do with the message is up to you. If you are interested in hearing some answers, please email me to book at session at ***mysticwillowservices@gmail.com***. Additionally, if you would like to know more about what I do, please visit my website at ***mysticwillowservices.com***

Quotes by Winston Churchill



Thought for the Day:

See every difficulty as a challenge, a stepping stone, and never be defeated by anything or anyone.

Eileen Caddy, The Dawn of Change

WHAT THE WORLD NEEDS NOW IS LOVE

SWEET UNCONDITIONAL LOVE

By Yvette Woodrow

One need only tune into the news channels to hear how the world and all life on this planet as we know it, is most definitely going into a downward spiral. Makes one think of the **4 Horseman of the Apocalypses – Anarchy and Death** on the rise, with **War** and **Famine** to follow. Let's hope that **Mother Earth** is like the **Phoenix** – after a crash and burn she can rise from the ashes to be reborn: perhaps ascending into another dimension. No question, currently **Mother Earth** is wobbling.

How can mankind have an effect on what is happening?

What remains for us to do is send out "Unconditional Love" for this planet while taking into account the principle of detachment. The following is an excerpt from an internet article on Chopra.com called "Using Detachment for a Happier Life."

“True detachment allows for deep involvement – because of the lack of attachment to outcome.....This ability to recognize that you can step outside and reflect – to detach who you are from a desired outcome – is what true detachment is.” To be able to help Mother Earth at present detaching from the outcome while having a clear intention as we mentally and spiritually project through visualization, prayer or any other form of communication to a higher power or the collective field of possibilities. (Whichever suits your belief system).

The following is the method that I use and I share it freely to help you decide and develop what method feels right for you. The visualization is based on “The Sacred Path Cards” by Jamie Sams - Chapter 18 on The Whirling Rainbow – Unity /Wholeness Achieved. The basic premise is to surround any situation of conflict with this Whirling Rainbow of Peace while sending unconditional love within. My visualization has become a figure 8 (infinity symbol) of the colours of the rainbow surrounding both sides of a conflict equally sending love through the rings of colour, and detaching from the outcome.

Part of my ritual is to verbally or mentally say an invocation/ prayer with this visualization. I share it with you with unconditional love for our planet and all sentient beings on it.

Prayer from the Dolphin Book
by Nancy Clemens

“Let the love and healing light of my creator totally surround me, letting only that which is good and true come into me, my family, friends and relations. And let nothing but the

highest good come from me. Anything of a lower nature is blessed, disarmed, and mirrored back to its source or understood as totally empty.”

Namaste!

email Yvette Woodrow at jywoodrow@sasktel.net

They Walk Among Us

**While working at a pizza place, I observed
a man ordering a small pizza to go.
He appeared to be alone, and the cook asked him
if he would like it cut into four pieces or six..
He thought about it for some time before responding.
"Just cut it into four pieces.
I don't think I'm hungry enough to eat six pieces."**

HOW I BECAME AN EXPERT IN PAST LIFE KARMA

Never did I expect or anticipate that I would run a business where I am frequently told by clients that it is the most powerful life-changing transformations they ever experienced.

Well...there were hints.

A childhood fascination with the Salem Witch Trials. An affinity for tarot as a child.

And perhaps most of all, despite being mainly a singer since age 14, in all university training and singing/touring around the world (5 countries in 2019!)...I always had the ability to know what people needed to make shifts. I used to call myself "the mediator." And...when the time was right this shifted into being a mediator for karmic contracts...

In 2017 I met...you guessed it, a karma healer. And to say it changed the course of my life, opened up my gifts as a healer and reader, and opened up the world I have had hidden would be an understatement. Thus, began the Spiritual Awakening (a briefly terrifying experience) that opened all doors.

A natural Karmic Clearing expert and sound medicine facilitator, I have trained in Reiki (Usui Reiki Master) and under a Shaman, a Sufi, and numerous psychics (for both channeled readings and tarot), my healing abilities were fully unlocked in 2017 and have not stopped blooming since. What I love most about energy work is that you can, in fact, feel your best at all times. Furthermore, with karma work, you can step into your full life destiny-- and this is my mission for you. You can feel confident in all scenarios, you can climb to the top of your career, and you can have exactly the kind of love you have always wanted. Furthermore, knowing that every single traumatic situation that we go through manifests in our body with a physical response or emotional trigger-- with access to present life healing and karma (past life healing), a client has access to the deepest healing work imaginable.

Karmic work was a particularly special gift to open since it opened (literally) in the middle of the night with multiple Angels visiting me and giving me the most powerful intuitive download I had ever had. From then on I was able to sense and clear these past life imprints in others, and have had the honor of refining this with ~50 clients and all of whom have reported MASSIVE transformations in their life as a result of it.





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Smother

By Ave Riddler

Life tried to smother her...
She held light in her eyes,
Laughter on her lips.
She was ever ready to hug,
Open armed
And trusting embraces.
But life tried to smother her...
Tears clouded her eyes,
Her lips pressed tight.
She grew wary of touch,
Closed arms
Cautious of embrace.
When life tried to smother her...
She was lost in the dark,
Secrets and fear silencing her lips.
Still she searched within
Strong arms
Reaching inwards to embrace...
Finding a spark
Despite life trying to smother her.
Filling her eyes with light,
Bringing laughter back to her lips.
She found herself
Open armed
Embracing her power.
Rising above
A life that tried to smother her.

Did You Know...?

The Chinese invented playing cards circa AD 1000.

Some interesting facts and observations about "Playing cards":

Did you know that the Traditional Deck of the Playing Cards are a strikingly coherent form of a Calendar?

There are 52 weeks in the year and there are 52 Playing Cards in a Deck.

There are 13 weeks in each Season and there are 13 cards in each suit.

There are 4 Seasons in a Year and 4 Suits in the Deck.

There are 12 Months in a Year so there are 12 Court Cards (Those with faces namely Jack, Queen, King in each suit)

The Red Cards represent Day, while Black Cards represent the Night.

If you let Jacks = 11, Queens = 12, and the Kings = 13, then add up all the sums of $1 + 2 + 3 + \dots + 13 = 91$. Multiply

this by 4, for the 4 Suits, therefore $91 \times 4 = 364$, Add 1 that is the Joker and you will arrive at the number 365 being the

Days in a Year?

Is that a mere coincidence or a greater intelligence?

Of interest is the sum of the letters in all the names of the cards, e.g., add up the letters in

"one, two, three, four, five, six, seven, eight, nine, ten, Jack, Queen, King" = 52!

The Spades indicate ploughing or working.

The Hearts indicates Love thy crops.

The Clubs indicates flourishing and growth.

The Diamonds indicate reaping the wealth.

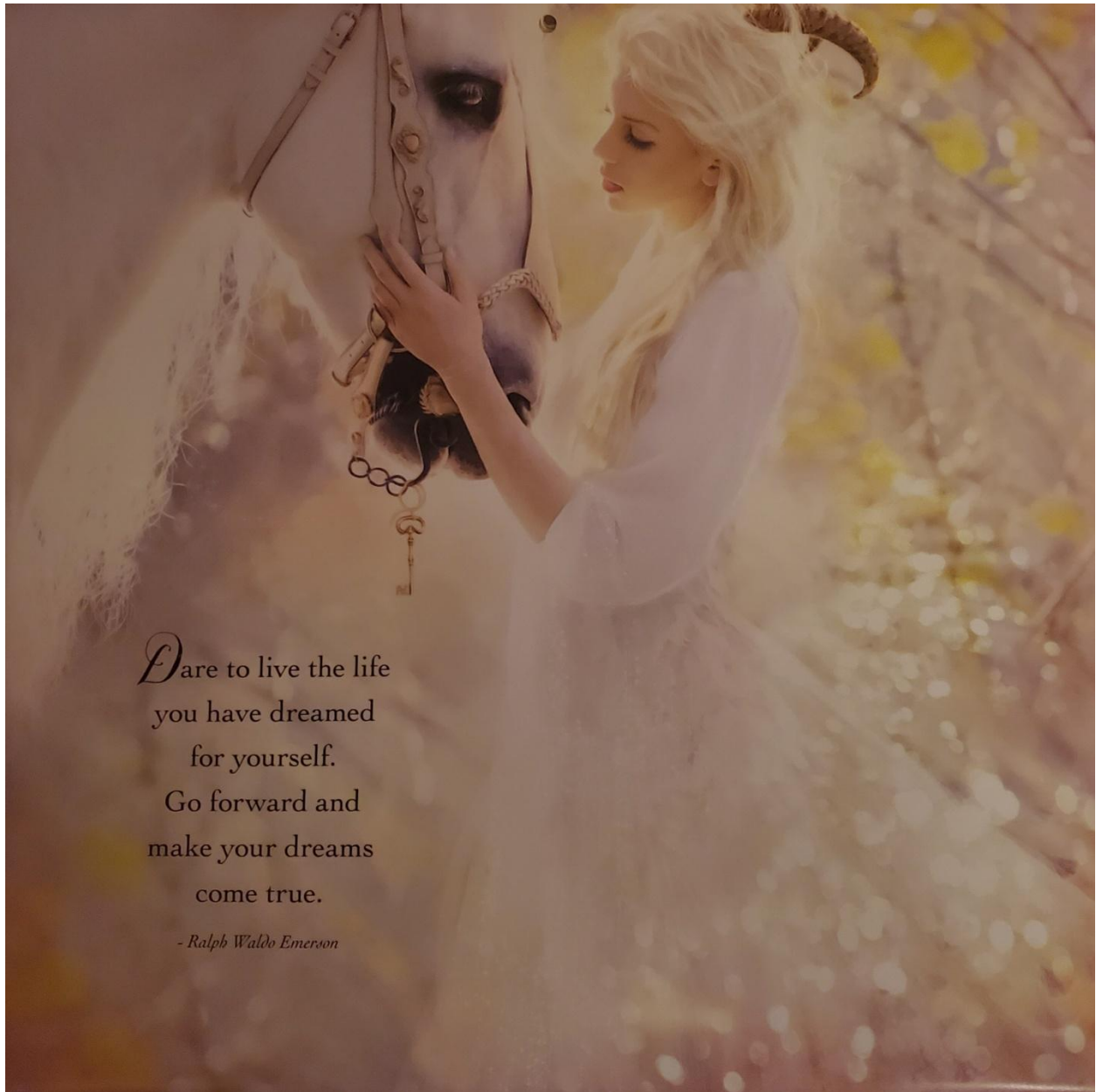
Also, in some card games 2 Jokers are used; Indicating the Leap year.

There is a deeper Philosophy than just merely Playing Cards.

The Mathematical perfection is mind blowing.

Spellbound

From the Brush Dance Calendar



*D*are to live the life
you have dreamed
for yourself.
Go forward and
make your dreams
come true.

- Ralph Waldo Emerson

HAIRY FROG, ANYONE?

By Gail Fulkerson

Vera dined alone. It was not in her nature to eat meals with another person, especially if her dining companion couldn't keep her mouth shut, and talked her stupid head off all through the meal.

At exactly 7 pm this and every evening, Vera entered the restaurant and walked briskly to her table, the one that overlooked the harbour, and had never had more than one chair. She ignored the other patrons, as was her usual custom. The maitre-d' followed smartly behind her, menu tucked under his arm. Vera shrugged out of her coat and the maitre-d' helped her slide it off her arms. She stuffed her scarf into one of the armholes so she wouldn't lose it. He pulled out her chair, handed her a menu, bowed slightly, then left to hang her things in the coatroom.

Vera scanned the menu, choosing an onion frittata, with a side salad and coffee. As the waitress left her table, Vera called her back to include an additional item: cheese-stuffed mushroom caps. When the waitress left, Vera reached for her wine glass, taking a sip of the five year-old red Mouton Cadet Bordeaux.

Vera always carried a roomy purse. Tonight it contained her wallet, tissues, and a leather-bound book that she brought out to write in as she waited for her meal to arrive. She opened a zippered compartment in the purse and retrieved a pen. It wrote with blood only; human or otherwise, it didn't matter; anything other than blood would clog the pen nib. She also retrieved a small vial of blood from the same compartment. Her deceased husband, Melvin, had gifted her with a vial of his blood a week before he died. He told her it was a good luck charm; Vera didn't quite believe him, but took it anyway. She carried it with her and had used about half of it before the remainder had dried in the vial.

Thirty minutes went by. The waitress returned to Vera's table with her meal, but instead of the onion frittata and side salad, there was something else on her plate. As the dish was put in front of her, Vera clutched her chest in horror and pushed back her chair.

There, writhing on the plate, was what looked like a hairy frog. Vera was both repulsed and sickened by the sight. She stifled a scream as she turned to the waitress and demanded to see the manager 'right this instant'. The waitress left, returning with the manager a few minutes later.

The hairy frog was still steaming and writhing on the plate when the waitress and manager arrived table side. Vera pointed to it and hissed, "What do you mean by serving me this, ...this, ...thing?! It's still alive, whatever it is. Remove this creature from my sight immediately!" Vera could feel a breadstick climbing up the back of her throat, threatening to escape; she had no wish to vomit as she sat at the table reserved just for her. She took a few deep breaths, exhaling slowly, then sipped some water from her glass.

"If you will excuse me, Madam, I will remove this offending plate and bring you a fresh plate of onion frittata and a side salad."

"Thank you, young lady, but I think my appetite has fled. When you get rid of this plate of misery, bring me a double rye with a splash of ginger ale in a short glass," replied Vera.

The liquor had the desired effect, relaxing the old woman and helping her recover somewhat from her fright. After finishing her first drink, she thought ordering food to go was a good idea, so she called for the menu again and scanned the pages for a suitable meal that travelled well. Vera settled on lasagna, ordered it and another double rye and ginger, which she drank while waiting for her food. Once the food arrived, in sealed takeout containers placed in a paper bag, she paid, got her coat and scarf, and left the restaurant.

Vera couldn't believe her luck. A taxi was just pulling up to the establishment to drop off a fare. Vera hopped in, gave the driver her address, and settled back to enjoy the ride and the buzz from the rye.

When the taxi arrived in front of Vera's home, a small, neat bungalow with a well-kept yard. Vera got out and paid the driver, adding a nice tip. With her big purse slung over her shoulder and bag of food in hand, she tottered up the sidewalk to her front door. Vera had had no intention of staying out so late and hadn't bothered with the porch light. Fumbling for her keys in near darkness, she found the one for the front door, put it in the lock and turned. Once inside, Vera went through to the kitchen to put the bag of food on the counter, turning on the lights as she went.

She walked through her house to the kitchen, placing her takeout on the counter, completely unaware of the shadowy figure that stood in the dark coat closet. Vera was busy taking off her coat and scarf to hang them up. Reaching blindly into the closet, she groped around for an empty hanger for her coat, but pulled out something else entirely.

It was a hand. A hand attached to an arm inside the sleeve of one of her dead husband's shirts. Vera almost fainted when she saw the shirt and the work-scarred hand that looked eerily like her husband's. Melvin had worked all his life as a heavy equipment mechanic. He had plenty of scars on his hands and forearms. He had died close to a decade ago, and Vera still missed him terribly.

The couple had fought over Vera's indiscretion with the mailman about a year before he died. Vera promised it was over, but Melvin didn't believe her. She apologized over and over again, and thought Melvin had accepted her apology, but it was not the case. Melvin paid her lip service, telling his wife what he thought she wanted to hear. The pain of her indiscretion

remained, burnt into the fibers of his heart. He had planned on bringing it up with Vera again, but he died and never got the chance to confront her.

And now, after all these years, Melvin was back, walking slowly out of the front hall closet. What's he doing in there? He couldn't be waiting for Vera's coat so he could hang it up for her, as he used to do when he was alive and they'd be coming home after a night on the town.

Vera was about to freak out. Melvin stepped out of the dark closet to stand right in front of her. She could see his features: the blue eyes that crinkled at the corners when he smiled at her, the playful smirk on his lips, the graying beard and moustache, and the sprinkle of grey hair amongst the brown. Melvin had been a strong, virile man when he passed, which made his death all the more unsettling.

She couldn't put her finger on it, but something wasn't quite right with this Melvin standing in front of her. Perhaps it was the grey pallor, or the faint odour of decomposition wafting from his dusty funeral suit and decaying body. Vera wished desperately that this wasn't true, that Melvin had returned from the dead to ease her loneliness and to make sure she knew he'd made it safely through the Veil and was doing well.

But Melvin had other ideas.

"My dearest, how was your supper at the restaurant tonight? Did you enjoy the meal I had the kitchen send to your table? Hairy frog meat is my favourite dish over here. Can't seem to get enough of it. I learned a while back that the secret to eating a hairy frog is to begin at the head and strip all the skin off in one go. No hair in the mouth. Now that's good eatin'!"

Vera put her hand over her mouth to stifle a scream as she backed away from Melvin, who, she now understood, was undeniably not her deceased husband. She watched as Melvin's

eyes turned red and his canines grew longer, terminating in sharp points, perfect for stabbing into the tender skin of a neck and sucking out the resultant blood.

(Melvin had had a penchant for vampires in his later years. Before he passed, his collection of vampire stories and movies about them grew. There was an entire bedroom filled with Melvin's vampire paraphernalia. He joined a Vampire Club in their city and attended meetings regularly. He purchased a vampire costume (with 'real' teeth) and wore it on Hallowe'en. Vera was creeped out by Melvin's passion, especially after the night he tried to pierce her neck with his vampire teeth and suck her blood.)

Before Vera could react, Melvin reached out with both hands and grabbed Vera's throat, squeezing with all of his formidable strength. Even in death, Melvin was freakishly strong. She couldn't fight him off; she was too weak. Her life slipped away. Melvin let go and watched her body slump to the floor in a lifeless heap. Melvin, or should I say, the demon, stepped out of its Melvin suit and kicked it across the floor to rest beside the Vera heap. The demon laughed, then set them both on fire. This demon loved human candles.

"I feel a bit peckish. I wonder what the old bitch brought back from the restaurant? Fires always give me an appetite," thought the demon, as he wandered over to open the bag Vera had brought home. He was expecting to find a cold onion frittata and a wilted salad, but was pleasantly surprised by a hairy frog what attempted to escape the confines of the paper bag.

"Jackpot!" the demon screamed, grabbing the frog, tearing off the skin in one go, then popping it, still writhing, into his mouth.

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:

Ever stop to think and forget to start again?

From 365 Zen daily readings by Jean Smith

Cooking, like life, is about transformation. When we cook, we work directly with the elemental forces of fire and heat, water, meal, and clay. We put the lid on the pot and wait for the fire to transform the rice, or we mix the bread with yeast and put it in the oven to bake. There is something hidden, almost magical about it.

This kind of transformation involves a certain amount of faith. We work hard to prepare the food. We wash the rice, knead the bread, and break the eggs. We measure the ingredients carefully. We mix, stir, blend. But then we have to wait. We have to let fire and water transform the food we've prepared.

But we also have to keep an eye on things. We have to be aware of what is going on...The accomplished Zen cook is something of an alchemist. He or she can transform poisons into virtues.

The Zen cook doesn't do this by adding a secret ingredient but by leaving something out. The Zen cook leaves out our attachment to the self.

Bernard Glassman and Rick Fields, Instructions to the Cook

Inspirational Insults

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

"I have never killed a man, but I have read many obituaries with great pleasure."

Clarence Darrow

Reflections from the Shaman's Hut

The Moon is in My Blood

By Trent Deerhorn



The moon is very special to me. I know many find it to be beautiful in its various phases as the month goes by. I find, however, that it is more than just the mere beauty of it, of which that is plentiful. Other than when I have been completely out of synch with nature due to extenuating circumstances, I have always been able to just tell what moon phase we are in, even if I have not been outside for some time. I knew as soon as I could no longer tell that I had to get some help to get back in synch.

The moon also gives me physical sensations. We can all relate to that feeling of the hot sun on our skin, warming us and, sometimes, burning us. The tingles and then sometimes the sting after the burn. Well, I feel something similar when moonlight is touching my skin. I am fully aware that moonlight is simply sunlight reflected back to us off of the surface of the moon. But I can feel it touch my skin and send cool tingles over my body. I don't know if others feel similar things from moonlight. I only know that I do.

I also find myself to be aware of how the phases of the moon affect my moods. I often refer to myself as a total lunatic because of how strongly the moon governs my moods and responses. When it is waxing I can feel inspirations bubbling up inside of me. When it is half full I feel

action beginning to take form. When it is 3/4 full I find that there are many insights and awarenesses that grow within. When it is full I am "all systems go." Then when it is waning I can feel myself ever so slowly slipping into a state of relaxation and withdrawal from groups and circumstances in which I would be exposed to people. By the time the New Moon arrives, I am ready for change and have already had ideas of what I am going to begin in my life.

All of this helps me to notice the many aspects and phases of my own reality, a reality that, for some reason, is associated with and governed by the moon phases. It serves to provide opportunity for me to self-reflect and get to know myself on deeper levels.

I encourage you, the reader, to begin to take note of how, if at all, the moon phases affect you in your daily (or nightly) life. You may discover that it has much more profound effects upon you than you previously thought!



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 we begin to recognize the light of love within ourselves, it is easier to see that light in others. When two people are in love, they see that light in each other's eyes. The world outside does not exist for them because they are in a private world of love and feel the splendor and joy that love bestows.

According to the Farmer's Almanac 2020:



Jolly Holly

When it's time to deck the halls, holly is one of the most popular decorations, with its vibrant green leaves and bright-red berries. American holly is an evergreen tree native to the eastern and central United States that grows up to 50 feet tall. It beautifies the landscape all year long, particularly in the fall and winter, offering its attractive berries (actually, berry-like seeds called "drupes") and

spiny, green foliage when other plants may be dormant. Only female hollies have berries; both male and female plants must be present for fruit to form. Hollies provide cover and food for birds and have been developed into more than 1,000 varieties.



December 10th, Chanukah begins at sundown



December 14th, New Moon

Using acrylic paints, create simple designs on clay pots. Then wrap them as gifts for the gardeners on your list.



December 21st, Winter Solstice

To control fungus gnats on houseplants, avoid overwatering. Trap adults by placing yellow sticky cards horizontally above the soil surface.



December 25th, Christmas Day

If the sun shines through the apple tree on Christmas Day, there will be an abundant crop next year.



December 26th, Boxing Day (Canada), First Day of Kwanzaa

To keep cut flowers fresh, add a drop of hydrogen peroxide to the vase water.

December 29th, Full Cold Moon



Inspirational Quotes by Alan Chazen

Human greatness can be measured by the amount of fear an individual has faced and conquered in a lifetime.

Ask the Shaman: With Trent Deerhorn



Q: I understand that everything is made up of energy. Does it then follow that everything can be healed using energy based healing techniques and practices?

A: While those healing techniques and practices do indeed have a positive effect upon everything there are two very important things to keep in mind:

1. "Healing" does not always mean a cure. Healing is a journey. And sometimes that journey must come to an end in this lifetime.

That does not mean that healing did not happen. There are multitudes of things that can heal along that journey. And then more healing takes place after one transitions into the next life (whatever you choose to call that). So energy healing is *never* irrelevant.

2. These practices are not in any way meant to replace conventional medicine. Science and medicine are also contributors to the healing journey. One needs to utilize every opportunity to heal on all levels, so that means to not sidestep important practices that could help and

possibly save your life, just because you are either afraid of modern medicine or because you believe more strongly in energetic healing modalities. Use them ALL and you will have a better opportunity to not just heal but also to possibly survive whatever health issues you are dealing with.

Tidbits and Tickles:

A customer was really hassling an airline agent at the ticket counter, yelling and using foul language. However, the agent was polite, pleasant and smiled while the customer continued to abuse her. When the man finally left, the next person in line said to the agent, "Does that happen often? I can't believe how nice you were to him."

The agent smiled and said, "No problem, I took care of it. He's going to Detroit. His bags are going to Bangkok."

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:

J.Cliff Wrote: I really enjoyed the article by Vicki Lund about Remembrance Day--- we started going to the service in Saskatoon when our Son was in Air Cadets---we still go most years to pay our respects---we are so fortunate to live in Canada ----but we must never forget what has happened or is still happening around the world...

The Covid Pandemic is like dealing with War !!! We are fighting it and hopefully we will win the battle----I agree with your article Trent-----even though we have all made adjustments--if you look at the good you will find it --....

Classified Ads

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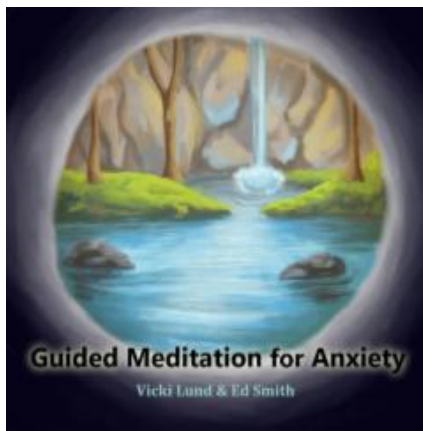
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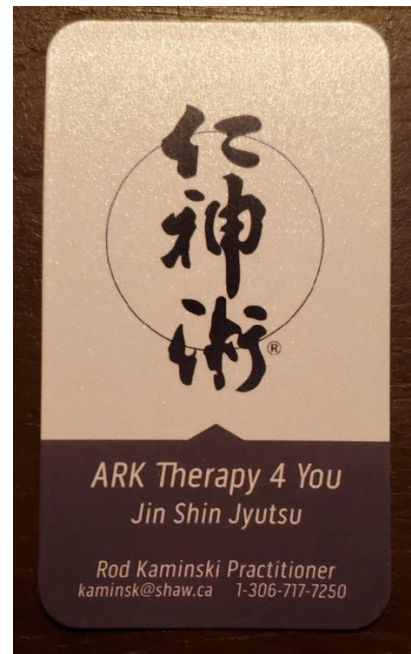
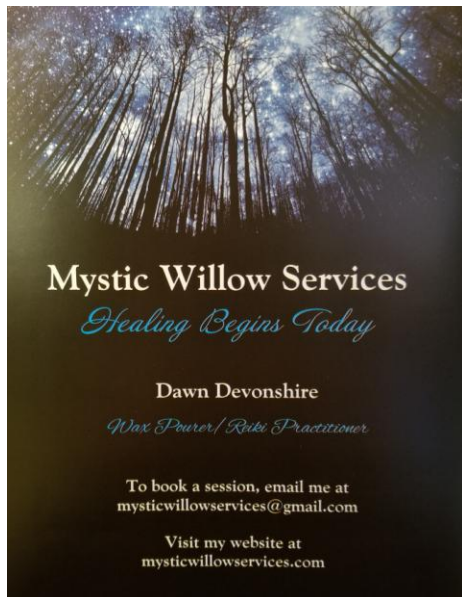
A clean home is a true blessing! Trent Deerhorn



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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

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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!

Beata Van Berkom MLT

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A black and white photograph of a woman with blonde hair, wearing a tinfoil hat. She has a wide-eyed, open-mouthed expression of surprise or excitement.



BIOGRAPHY

Hi! I'm Emily and I am here to guide you through transformational healing by clearing your past life karmic patterns to achieve endless abundance and to unlock your full soul destiny. A natural born healer and intuitive, my role is to help you navigate karmic contracts, connect with your higher self, and ascend as a soul.

Specialities include past life karma clearing, Reiki, Soul Retrieval, Shadow work, Helping Spirits pass into light, Energy protections, training for deepening your intuition, Sound Healing, Meditation, Affirmations, Mindset Coaching, Channeled Readings, Tarot and Oracle card readings.

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