

# *Flight: A Living, Breathing Document of Consciousness*

Volume 10 Issue 103, January 2021



*Articles and excerpts that will inform and inspire!*

## A Letter from the Editor:



2020 has been a roller coaster ride, to say the least, for many. It does not matter if you are one who follows science or one who follows conspiracy theory, the entire thing just blows one's mind. Mental health is at the forefront with all the isolation and closing down of businesses, and people's livelihood has been teetering on the verge of collapse, if not tilting all the way into it.

For 2021 I am going to continue to look at the positive aspects of our daily lives; the people we love, the fur babies in our homes, the humor that can be found in the strangest of places, the connections that we can continue to make regardless of isolation, the many ways in which technology has become essential in maintaining those connections, and the absolute beauty of Nature, be it in our back yards, in the wilderness, or up amongst the stars.

I thank each and every one of my contributors who so faithfully submit their articles (usually by the deadline, LOL) for this monthly newsletter. I welcome the new contributors to our team of information administrators, and I look forward to continuing on with all of you in the coming year.

Please feel free to forward this on to whomever may have interest, as it is already a GLOBAL newsletter, so why not keep it going Viral? If you have received this from a friend and would like to have it sent directly to you, monthly, at no cost to you, please request that by email to [deerhorn007@gmail.com](mailto:deerhorn007@gmail.com) and I will make it so.

I wish you all the best for 2021 and look forward to continuing our excellent connections.

*Enjoy the read!*

*Trent Deerhorn*

Editor

# Upcoming Events

## THE MOONS OF 2021

### JANUARY 28, 2021: WOLF MOON

Maybe go for a night run or howl in the New Year with the Wolf Moon, which will shine in the sky on **January 28 at 2:16 p.m. Eastern**. This Moon is also called the Ice Moon, and the Moon after Yule.

### ***Wolf Moon Spell (from Llewellyn's 2021 Witches' Spell-A-Day Almanac)***

#### **January 28 Full Moon**

**Color of the Day: Crimson**

**Incense of the Day: Nutmeg**

#### **Howl at the Moon**

One of the traditional names for the full moon that falls in January is the Wolf Moon. It is said that the name comes from the fact that wolves howl more in January. (It is also called the Cold Moon, for obvious reasons.) Wolves howl to communicate with each other and to express emotion. Ironically, many of us tend to withdraw during the colder winter months, when it may be harder to get out and be with others, so this might be a good time to put a little extra effort into reaching out. You can try actually howling at the moon, or if that doesn't suit you, try singing or chanting. Whichever way you do it, try putting whatever you are feeling into your howl or song. Channel your inner wolf and send your howl out to the moon or to your pack, wherever they are.

-Deborah Blake

**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

# UTES 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 January 31st 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 focusing on the **Preparation for Imbolc.**





## BAHAMA

BAHAMA IS AN APPROXIMATELY 4 YEAR OLD LAB MIX. SHE IS A VERY SWEET GIRL WHO LOVES OTHER DOGS AND LEARNS TO LOVE PEOPLE. BAHAMA IS SHY AROUND NEW PEOPLE BUT WARMS UP AFTER SOME TIME. SHE IS NOW LOOKING FOR A SPECIAL HOME, PREFERABLY WITH ANOTHER DOG. BAHAMA NEEDS A LOVING FAMILY WITH LOTS OF TIME AND PATIENCE. SHE IS SPAYED, MICROCHIPPED, HAS ALL REQUIRED VACCINATIONS AND HAS BEEN DEWORMED. BAHAMA IS READY FOR HER 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 DIFFERENT ONLINE FUNDRAISERS FOR WANAR SO BE SURE TO LIKE US ON FACEBOOK AT WE ALL NEED A RESCUE K9 RESCUE AND JOIN THE PAGE! PURCHASE TU-BEES HONEY FROM WE ALL NEED A RESCUE WITH SALES GOING TO HELP THE DOGS. TU-BEES IS A FLAVORED HONEY THAT COMES IN MAPLE, BLACK CHERRY, COCONUT, SASKATOON BERRY, RASPBERRY, LEMON AND CINNAMON. 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) AND THE RESCUES LOOK FORWARD TO MEETING YOU!



## VESPER

I'M VESPER, BUT MY FOSTER GRANDPARENTS CALL ME VESSIE. I LIKE SLEEPING ON MY BACK, PATS ON THE HEAD AND RUBS ON THE TUMMY. I LIKE PLAYING AND I LIKE KIDS. BUT I DON'T REALLY LIKE OTHER ANIMALS. I DO LIKE FEEDING TIME AND WHEN I PLAY I PLAY GENTLY. I USED TO BE VERY SHY MY FOSTER FAMILY HELPED ME A LOT AND I HAVE GRADUALLY COME OUT OF MY SHELL. NOW I LIKE TO MAKE NEW FRIENDS. SOME PEOPLE SAY I'M CUTE, ARE YOU KIDDING? I'M GORGEOUS! CHECK OUT MY BEAUTIFUL TUXEDO COAT! PLEASE HELP ME FIND MY FUREVER HOME.

ESTIMATED DATE OF BIRTH IS APRIL 23, 2019



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

## Improve Your English

*Hotel, Zurich: **BECAUSE OF THE IMPROPRIETY OF ENTERTAINING GUESTS OF THE OPPOSITE SEX IN THE BEDROOM, IT IS SUGGESTED THAT THE LOBBY BE USED FOR THIS PURPOSE.***



### Rock Talk

by Ave Riddler

We leave behind the world of agates for 2021, and will be turning our focus towards different kinds of Jaspers. Like agate, jasper tends to blur the lines of the mineral kingdom, containing traces of other minerals, and often overlap with parts of the Quartz and Chalcedony families. Unlike agate, though, the patterns and colorations found in jasper tend to be more solid, or blob like than the banding most often seen in agate.

### Ocean Jasper

Ocean Jasper is a multi colored variation of jasper, often with a creamy base, and circular patterns of reds, greens, yellows, grays, browns, whites, and black. It can be very colorful with round blobs, or curvy shapes of all those colors, or more focused. Some more rare formations will have druzy clusters of rough minerals, but it is most often a solid mass.

This mineral can help you connect with benevolent spirits and aspects of life, helping to lift one's mood and outlook on the occurrences in day to day happenings. This can help one to take potentially negative situations with some level of faith and hope that may otherwise have been lost. It is a good stone to work with when life may seem overwhelming and negative, bringing a sense of joy and high spirits to an otherwise grim time. This stone can also help reduce complacency in life, relationships, and work that may have been caused by feelings of hopelessness, helping to banish the "why bother" impulse one may feel when overwhelmed with a seemingly impossible situation. These energies can help keep one fully present, and to release unhealthy coping mechanisms including escapism, or feelings of being taken for granted.

Ocean Jasper works well with the solar-plexus, heart, and throat chakras, helping one to speak more clearly and act more positively from those centers.

This mineral can help bring love and compassion into exchanges between people, while also helping one more clearly understand who and what they truly love. A stone of being “here and now” this mineral can help one let go of any lingering bitterness about past or future troubles. This jasper is also useful to help those who are dealing with depression, bringing gentle heart focused energies into the darkness and shadows that can overwhelm. It can also help reshape negative coping patterns that are self-destructive, and often habit forming. These aspects can also be helpful if one suffers from social anxiety, bringing that calm beneficial energy into situations that may otherwise trigger that anxious response.

Ocean Jasper would be a good aid to bring into any group environment where clarity and compassion is required; bringing it into the work place, family gatherings, or other social events, helps to bring that positive outlook into the exchanges between others. This mineral would make a good support at board meetings, or committee meetings where planning is required. Fostering cooperation and a team focus within the group.

Because it is a gentle but healing energy having ocean jasper in any room where healing work is being done would help support those efforts. It can also help promote a calm environment that can result in deeper meditation and receptivity to the treatments offered.

Oddly this mineral despite its name has a very strong earth base energy, with many physical properties, and cellular effects. It reminds us that our bodies are our temples, and can help one treat their body with compassion and love.

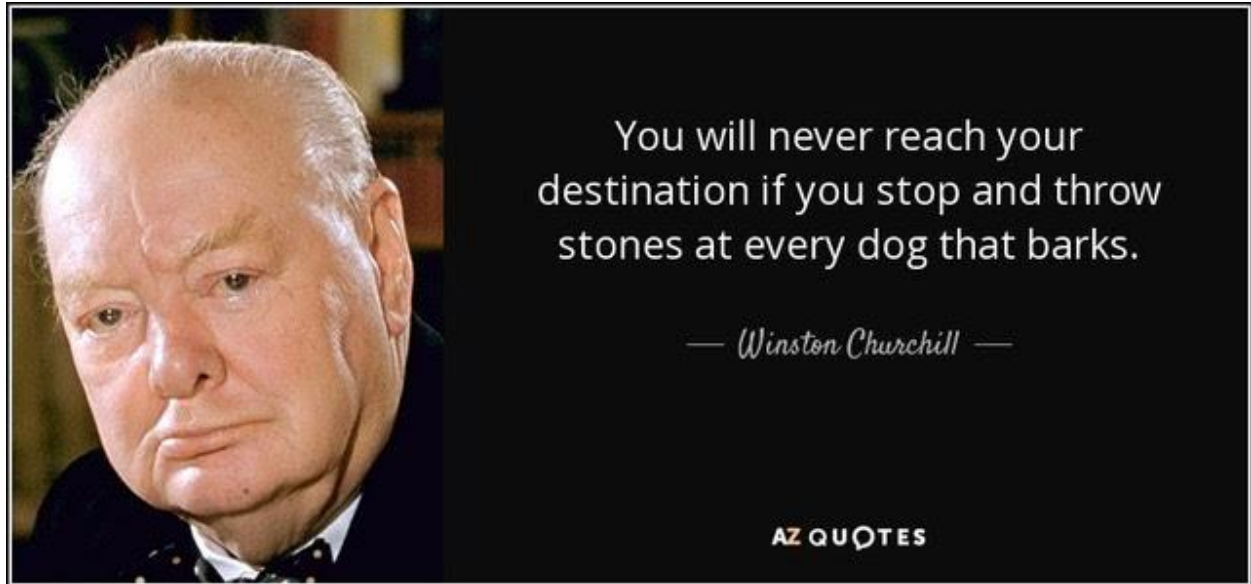
Physically it may be used to help support any treatments of cellular, organs, glandular, and tissue based therapies. Ocean Jasper may be used as an aid in treatments that help stabilize the thyroid, and adrenal systems.

Paraphrased from “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)





## Quotes by Winston Churchill



## Light Worker Russian Roulette

By Melanie S

I am a frontline worker. I wake up in the morning with a tiny ball of dread in my stomach. It rests heavy as I shower and try to breathe through the anxiety about my upcoming work day.

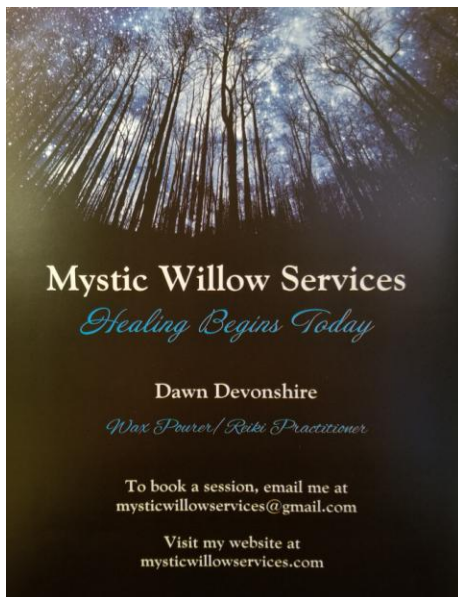
I wonder, will I be exposed to Covid-19 today? Tomorrow? I rehearse donning and doffing my PPE in my mind. I remind myself of all the points of hand hygiene, remind myself of all the "Covid questions" we are supposed to ask our clients. I do my self-assessment, remind myself to ask if our clients would put on a mask while I am helping them.

I hug my children before I put on my work clothes. I sanitize my phone, my keys. I try to focus on how much I love helping my clients as I drive to work even though it kind of feels like a big game of Russian Roulette every work day.

And on it goes. I try to relax after my decontamination shower when I get home. I try to appreciate my kids extra because I don't know if I will survive if I somehow get this virus.

I try to focus on small pleasures and gratitudes. I have a great family and a great support network. But each work day I wonder: Will it be today that I stare down this virus as I try to help my clients? As I try to give them the best of myself?

I welcome any and all prayers for my safety as I continue to care for people. I don't want my children to be without their mother. I try to push away my fear and focus on any bits of light I can while I work through this dark time. I know I am not alone, but I am still scared.



After I work through the daily fear/dread/anxiety before work starts, my work days are mostly good. I love my job. I love my clients. They help me too. It's really nice to visit with them while I help them get washed or dressed. They're scared and lonely too. So we work through these dark days together and that helps me to keep getting out of bed and keep going to work.

This work is a huge part of my life purpose. It's not big and important but it's small and important. It's small and so rewarding. It's steady and grounding. It's a ritual of learning how to care for each individual, and acknowledge every soul's uniqueness, quirkiness, lightness and darkness. It's work filled with so many teachings and so many lessons, humour and love. It's work that helps me learn to balance between so many worlds. It's work that helps me acknowledge and incorporate my own spirituality into my being. It's work that helps me integrate all parts of my Self. It's deep work. And even in the middle of a Pandemic I still feel gratitude and honoured that I get to do this work.

## Higher IQ puns, or just cringe-worthy.

Acupuncture is a jab well done.

## Thought for the Day:

Success depends on where intention is.

-Gita Bellin

## Did You Know...?



## A note of Thanks

I want to say thank you, thank you for many things. I don't know who or what I'm thanking; be it gods, the universe, luck, my family, my friends, strangers and other influences and even myself. It's likely a combination of all the above. Regardless, thank you.

Thank you for a home that keeps me safe. Thank you for enough food (sometimes too much). Thank you for clean water which I try my best not to waste. Thank you for my education and career, for keeping me financially stable and have disposable income. Thank you for placing me in a country which is safe, free and has opportunities.

Thank you for the people in my life. Thank you for my mom, dad, sister, step-dad, brother-in-law, uncles, aunts, cousins, grandma, friends, bosses, co-workers, and every person who does a job I can't or don't want to do.

Thank you for giving me the opportunity to meet all my grandparents and two great grandparents. Thank you for the people who have guided and aided my spiritual growth and the ability to work on myself. Thank you for connecting me to my wife; showing me that through keeping positive and loving myself I can receive that same love from another.

Thank you for my mind, to be able to question, debate, learn and grow. Thank you for my gut instincts which are developing more and more. Thank you for my heart. The best part of me; the part that gave me the courage to keep improving even when things were at the worst. Thank you for my life; the opportunity to experience what it means to be human. Yes, I had it good in a lot of ways but I do know real struggle and I can honestly say thank you for those struggles. Without them I wouldn't be who I am today. And that is someone who truly loves his life and is so excited for the future.

Thank you, from the bottom of my heart, for giving me a place on this earth to share, love, learn, laugh, cry, yell, swear, run, jump, eat, drink, sing and dance.

With tremendous love to you all,



Dylan

*In 2009, after completing studies at USask, Dylan moved to Ottawa to complete his Master's Degree and then went on to a PhD program. During this time a storm of worry, doubt and negativity from his past experiences opened. Dylan was clinically diagnosed with schizophrenia in 2010 and decided to return home to be closer to family and friends. For nearly two years, he struggled to live an every-day life. His perspective was one of "watching" himself suffer with extreme worry and wanting to escape. He eventually found medication that allowed him to return to "normal" which in turn made him feel like he was in survival mode vs. living his life.*

*Dylan always had a lust for life along with a curiosity for different methods of healing. In 2016, he began working with Trent Deerhorn, learning meditation techniques for letting go of the past and essentially, rewiring his brain. Today, Dylan is considered 100% recovered from his clinical diagnosis and continues to work on himself every day and feels sharing his story is a form of therapy. Dylan has recently joined a new non-profit in Saskatoon, The Self Alignment Centre, presenting on topics such as growth mindsets and vulnerability.*

*In addition to working full time, Dylan volunteers at Crocus Coop, enjoys most sports, likes to travel and loves to cook for his wife, friends and family. When his wife, Tichaya, is not rearranging their home (a regular occurrence), you'll find them spending time with family and friends; trying different coffee shops or restaurants or watching Liam Neeson movies.*

## Paraprosookians

The following are paraprosookians. A paraprosookian

is a figure of speech in which the latter part of a



**sentence is unexpected and sometimes even humorous:**

**Women spend more time wondering what men are thinking than men spend thinking.**

## **Travel:**

### **The Enriching Experience**

**By Candace Glenney**

“Travel is the only thing you buy that makes you richer.”

“We travel not to escape life, but for life not to escape us.”

“Investment in travel is an investment in yourself.”

These travel quotes may be cliché, but there is definitely some truth to them as well. Travel speaks to all of us in different ways. Though we are not travelling now, ask yourself what feelings travel brings forth in you? What destinations and experiences are you dreaming of when you can travel again? Travel is a very personal and unique experience for all of us, and we all have different desires and needs when it comes to the ultimate travel experience.

I cannot wait to travel again! Wandering Capilano Suspension Park in Vancouver, taking a walk through Banff, sitting on the rocks at Peggy’s Cove, enjoying the view from the CN Tower. Those are just a few of my Canadian favourites! Enjoying the desert heat and cacti in Arizona, viewing the amazing underwater life in the Caribbean, people watching at a beachside restaurant in Mexico, taking in the history of Europe. I don’t have a favourite place...I have so many! I am in awe from the moment I enter the airport. I never get tired of these experiences and the people I encounter.



Currently the Canadian Government has a Level 3 travel advisory in place, and is recommending to avoid all nonessential travel. Things are evolving quickly in our province, our country and around the world. Below are some travel resources that will help you make informed decisions:

Government of Canada – Travel and Tourism Information

[Travel.gc.ca - Home](https://travel.gc.ca)

ArriveCAN app – this is a new app that is mandatory for all travellers returning to Canada

[Use ArriveCAN: Submit travel information to enter Canada - Canada.ca](https://arrivecan.ca)

Destination Canada – COVID19 Guidance for Travellers

[COVID-19 Guidance for Travellers | Keep Exploring \(canada.travel\)](https://canada.travel)

Saskatoon airport

[Coronavirus \(COVID-19\) \(skyxe.ca\)](https://skyxe.ca)

IATA Interactive Travel Map

[IATA - International Travel Document News \(iatatravelcentre.com\)](https://iatatravelcentre.com)

WHO Interactive Map

[WHO Coronavirus Disease \(COVID-19\) Dashboard | WHO Coronavirus Disease \(COVID-19\) Dashboard](https://covid19.who.int)



*I'm a Certified Travel Counsellor, and I have been a professional travel agent for over twenty five years. I have travelled to several destinations in Europe, Great Britain, the United States, Mexico and the Caribbean. I have been to Las Vegas over 25 times and have visited Disneyland and Disney World. I also enjoy cruising and have cruised with Disney Cruise Line, Carnival, Norwegian, Holland America and Princess to Alaska, Bermuda, Mexican Riviera, Western and Eastern Caribbean. I have specialist training with many all inclusive brands including AM Resorts (Dreams, Secrets, Zoetry, Sunscape), Hard Rock and Unico Resorts, Riu Resorts, Barcelo, Couples Resorts, and Sandals/Beaches. I have also recently travelled with Rocky Mountaineer Rail Tours! I have planned many family vacations in recent*

*years, and have travelled extensively with my own family. Please contact me to make your vacation dreams a reality.*

# From Llewellyn's Witches' Calendar 2021



As Witches, we tend to live by several kinds of calendars. There's the ebb and flow of the lunar cycle, the changing of the seasons as we circle the Sun, and of course the Gregorian twelve-month year. Each kind has its own beginnings and endings, marked by a variety of rites, rituals, and protocols. For the start of the Gregorian calendar in January, there's often a social focus on crafting resolutions for the New Year. However, the process of making and keeping resolutions tends to evoke a mixture of anticipation, stress, and even apathy. Why? Well, it's easy to start off the year with a fresh focus for change, but actually succeeding in creating new patterns can be much more difficult.

A little magic can go a long way though in helping you effectively put change in motion. Instead of trying to make good on a New Year's resolution, consider crafting a sigil to help effectively guide

your year. A sigil is a symbol that is drawn and applied with the belief it has magical properties. Sigils are essentially condensed spells that don't require any ingredients outside of yourself and something to draw with and on. Really, just a regular ballpoint pen and a sheet of blank paper will suffice - but you can go fancier if you want!

## Set Your Sigil for the Year

For the method covered here, there are four simple steps:

1. Identify your goal or what you wish to achieve for the year. This can be specific, as in changing habits that relate to your health or work life, or more general ideas you'd like to focus on for the year, such as love, foundation, or education.
2. Brainstorm key words and concepts that pinpoint or describe your goal. While other methods may have you make a sentence, sitting down to identify the key components that you wish to manifest can be extremely powerful.

3. Assign marks and symbols to those words, which you will design into the sigil. These help you visualize your goals.

4. Apply the sigil as needed. This can be putting the drawing on your altar, carving it into a candle, blessing your front door with it, and so on. The possibilities are endless.

To get you started, here are some common marks and symbols along with some suggested meanings, though they can certainly mean other things to you. The point is to use shapes that you can personally connect meaning and intent to. Then let your intuition guide you into crafting them into a sigil that makes sense to you. It's a simply process, but it will yield a sigil that uniquely you and effective!

**Diamond:** Success, prosperity, wealth

**Open Heart:** To bring love into your life

**Upward Arrow:** Upward momentum and growth

**Wavy Line:** Smooth journey and pleasant movement

**Dots:** Resources, new possibilities

**Star:** Direction, success, protection

**Asterisk:** Inspiration, Potential, blessings

**Triangle:** Foundation, wisdom

**Crescent Moon:** Waxing or waning, protection, gathering

**Circle:** Community, completion, unity

**Eye:** Focus, insight, guidance

**Cross:** Health, target, crossroads

**-Laura Tempest Zakroff**



# HAPPY F'ING HOLIDAYS

## By Gail Fulkerson

This is the first year Chad would get to celebrate Xmas. He'd been adopted into a human family, a few days after Hallowe'en. None of the family members understood why he kept wearing what they thought was his Hallowe'en demon costume, but since they didn't want to cause any upset, they never asked him.

Unbeknownst to Chad, he had been trick-or-treating on the street where his new adoptive family resided, in a medium-sized community in the middle of the Prairies. No one paid him any mind, at least not on Hallowe'en night.

It was when he trick-or-treated at the door of his soon-to-be family's home that the trouble began.

The mom and dad of the house invited him in to choose what he wanted from the candy bowl, reminding him and the other masked and costumed children, to take one piece only. Chad had no concept of 'one only', so he stuck his dirty, taloned 'hand' in the bowl and scooped all the candy into his pillowcase, growling, hissing, and snarling at the other little ones if they got too close. Mom and Dad were at first horrified, but then figured he was acting that way because he wasn't loved enough at home.

Mom and Dad made it their mission, then and there, to take in this 'little demon' (a term of endearment at this juncture) and shower him with love and affection, in a lame attempt to change Chad into a 'normal little boy'. Holy crap, did they ever get it wrong.

Thanksgiving was coming up, and Mom and Dad didn't want Chad to come to the table still dressed in his demon costume. They didn't think they could answer questions the rest of the family would ask. They took him shopping at the mall to outfit him with 'normal boy' clothes, but Chad would make sure that all of the new clothing was promptly run through as many mud puddles as he could find, then washed in swampy, stagnant water. This was all to get rid of the 'people smell' he was learning was not as pleasant to him as it was in the beginning of his current charade.

For Satan's Sake, all Chad wanted to do was possess a person; it didn't matter who. He counted himself lucky to have been adopted into a human family. Now, however, it would be a matter of determining which one of them he would choose. He had had plenty of time to observe and take notes since Hallowe'en. The winner so far appeared to be Dad, but Chad shuddered at the thought of spending the rest of Dad's life with Mom. Dad was off the hook.

The demon took a hard look at Mom as a possible possession, but Mom had a penchant for sugar and spice and everything nice. Chad did not have the stomach for all that garish, treacly niceness, so Mom was given a pass.

Next, he eyed up the little girl, Penelope, a sweet 7-year old, who teased her older brother, Neill, incessantly. No matter how mad Neill became at his little sister, Penelope kept devising new tricks to bedevil her brother.

Chad had considered Neill before he'd looked at Penelope, and passed him over, as well. He could see Neill's future: He was going to be a famous drag queen. That was the deal breaker; Chad hated the spotlight.

In the end, Penelope was the target. The demon then focused all of his attention upon getting Penelope ready for "Xmas".

Chad checked his Pinterest page for ideas to turn the possession ritual into an event the families on the street would talk about for decades. Now all he had to do was wait for the night before Xmas.

When many of the devout were at their midnight mass, Chad was busy drawing demonic symbols on the walls and floor of his bedroom, waiting for little Miss Penelope to fall asleep. He would then enter her bedroom, gently lift her sleeping form from her bed, and take her into his bedroom, laying her gently on the floor in the centre of a powerful demonic symbol, created especially for possessions. Smoke rose from the floor, the room took on a reddish glow, as Chad recited the final words of his incantation that would finalize his possession of little Miss Penelope. His voice was gravelly and deep, deeper than the depths of Hell itself. He loved his voice, because it commanded respect. No one turned to run away whenever he spoke.

As he was about to possess the little girl, Penelope awoke and asked Chad what she was doing in his bedroom and why there was so much smoke and red light. And, what were the symbols on the walls? The demon was alarmed. No one in eternity had ever had a target awoken at the end of the ritual.

He called upon Satan to help, but the Devil was getting it on with one of his particularly hideous trolls and paid Chad no mind. Chad was on his own.

Demons can easily mimic any voice in the world, but Chad's favourites were voices of little children. Over the centuries, he'd hoodwinked numerous paranormal investigators with the pathetic voice of a forlorn child looking for its mother. They fell for it every time, but Chad had decided to put that little ruse to bed for a few centuries, because too many investigators were using the internet to lay bare the 'tricks of the demon trade', warning others what demons were capable of doing to them. It really put a damper on the festivities.

Realizing that Satan wasn't going to bail him out, Chad called his other demon buddies, but no one answered. They were busy reaping the souls of humans, age and size inconsequential, and had no time to answer a piddling phone call.

Chad decided to cast a sleeping spell upon Penelope, a la sleeping Beauty, but evil. Once the little girl had closed her eyes and started to snore, he picked her up and put her back in her bed. As he left her room, he thought it best to also cast a spell that erased her memory of the night's events. Penelope wouldn't remember a thing, except that it was Xmas Eve, and that Xmas morning would soon be upon her. She could hardly wait to see what Santa (Satan) had left for her under the tree. She hoped he had liked the cookies she had left out for him. She'd sprinkled them with rat poison just before she headed off to bed. Santa had pissed her off by not bringing her the chemistry set she asked for last year.

Chad slept the sleep of the damned and awoke refreshed, ready to tackle the day that was brimming with love, giving, and sharing. He freaking hated Xmas, but had to pretend, for his family's sake, so they wouldn't wonder whether he was a 'real boy', and wouldn't ask questions about what he had in store for them.

Penelope was already up and handing out presents from under the tree. She handed one to Chad, as she grinned from ear to ear. It was a small box, and whatever was in it was making noise.

"Merry Xmas, Chad!" said Penelope, as she passed him the box. Chad was almost in tears. This little pipsqueak of a human had touched his heart, a complete surprise, since Chad didn't have a heart, and didn't know any other demons who did.

He gingerly opened the bow with his talons. He could feel movement within the box. The lid popped off and thousands of souls poured out. He checked the tag on the gift. It was from Penelope.

Penelope, the sweetest, littlest imp, had been collecting souls for some time. She collected at school, at the swimming pool, on the soccer pitch, but her biggest scores were always at the grocery store. Go figure. Hallowe'en was a freaking windfall of souls. She dumped them all into a glass jar and placed it in the freezer when she got home from wherever she'd been. Souls are easier to handle when they're cold; they can't escape because they're too cold and easy to catch.

Chad was so happy to have found little Miss Penelope and her family that fated Hallowe'en night, that he sang them the song of his people, a keening, screeching cacophony that made the family's ears bleed, but that was the intended outcome. When people are deaf, they can't hear a demon approach.

Seconds after the song was done, and the family stunned, Chad leaped upon them all, slicing and dicing them up with his razor-sharp talons. Xmas toys and clothing were drenched in

blood, the tree dripped with it, offal was spread across the room, and the carpet soaked up the rest.

HAPPY F\*\*\*ING HOLIDAYS, Chad screamed at the top of his lungs, shattering the windows.



*Gail Fulkerson (nee Eastes) loves to write; short stories and poetry. She loves dogs, and will stop to pet and speak to most dogs she meets on her walks. She is also a photographer and uses some of her images to create desk calendars, which she gifts to her family and close friends at Xmas. Crochet is another very enjoyable pastime, as is her ongoing learning in the realms of spirituality, witchcraft, Hoodoo, and other magical pursuits. Gail is intuitive, and can read tarot and oracle cards, perform psychometry, is a novice tea leaf reader, and has created a set of 'throwing bones', a Hoodoo staple of divination. Hoodoo is her current interest.*

*Gail wrote and published a wonderful, thought-provoking book of poetry in 2019, entitled EVERLASTING, which contains 30 poems. It can be purchased at either McNally Robinson Booksellers in Saskatoon, as well as from the author. You can contact her by email to order a copy:*

*[fulkerson.gail@gmail.com](mailto:fulkerson.gail@gmail.com) A second book, filled with scary stories, is currently in the works.*

*Gail retired from federal government public service in 2010, having completed 10 years as a finance/admin clerk at the Canadian Forces Ammunition Depot in Dundurn, Saskatchewan. Gail had previously spent many years in Corrections Canada, working in three separate federal institutions in BC: first as a clerk and then as a Correctional Officer.*

*Gail and Mark (now also retired) currently reside in Dundurn Saskatchewan, a small community south of Saskatoon.*

## From 365 Zen daily readings by Jean Smith

**People misunderstand and misuse Buddhism. If you study Buddhism thinking that it will help you, that means that you use Buddhism for your ego, for selfishness. No matter how long you do this, it is egocentric practice. If you continue to practice like this you will never be satisfied, because desire is endless.**

**-Dainn Katagiri, *Returning to Silence***



## Inspirational Insults

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

*"He has never been known to use a word that might send a reader to the dictionary."*

William Faulkner (about Ernest Hemingway)

## Reflections from the Shaman's Hut

### Self-Reflection

By Trent Deerhorn



We all need time for that. If we allow ourselves the time for self-reflection, we are able to move ourselves out of the habitual rumination of thoughts and ideas and into the contemplation of possibilities. This serves us well on many levels, but especially on an emotional and psychological level.

As we self-reflect, we are more easily able to explore our spirit without any need for answers or religion. Our Inner Wisdom Voice comes from the quiet, solitary reflection. It takes us to a place of self-trust, trusting our own inner wisdom and intuition.



Self-reflection takes us to a state of inner stillness; inner silence. From within this inner stillness we are able to allow our consciousness to merge with the unknown. We are able to access our greatness and our spiritual sovereignty. This is the place where thoughts and ideas merge with potentials and become realities, expanding outward into the world around us.

But self-reflection also takes great courage, for to look within is also to encounter some of the deepest and darkest parts of our consciousness. It takes us into all the cracks and crevices where we tend to tuck away those things that are difficult to face. But in facing them, we are

able to free ourselves from their grasp. We are able to liberate ourselves from the chains that bind us and make us feel as though we are small and insignificant.

When I was a child, I was constantly being demeaned and diminished by my father and my older brother, who was pretty much a carbon copy of my father. This led me to believe very little good of myself for a number of years. After I left home and found that I was actually quite intelligent and skillful in numerous areas, I still felt like somehow I was a fraud...an imposter living a lie that someone would certainly call me out on. No matter how much encouragement or how many compliments I received about how skilled I was, I would always disregard them in favor of the old programs that were running in my head. It took years for me to say a simple, "thank you," to someone who complimented me, instead of disrespecting that observation with statements like, "Well, I had a lot of help," or, "It really was nothing at all."

But as I began to utilize self-reflection, I found that what I was doing was incredibly disrespectful not only to myself but to those who were observing something nice, wonderful, or amazing about me. I started saying, "thank you" to compliments and leaving it at that. I started believing the 98% of positive feedback instead of the 2% negative feedback that was mostly coming from within my own head. And eventually I began to feel so comfortable with myself that I no longer needed the positive feedback in order to have and maintain my level of self-worth. I was no longer an "impostor," but just me. And no, not everyone will like me, and that is alright because I don't like everyone I meet either. And, best of all, those critical thoughts that used to swim around in my brain are no longer even existent, and all because of some good old self-reflection.

***For more articles from the Shaman's Hut, visit Trent's blog at [www.deerhornshamanic.com](http://www.deerhornshamanic.com)***

## Encouragements for Personal Development:

### Taken from Meditations with James Van Praagh

When we act with compassion, peace and dignity in our relationships, we are expressing an illuminated spirit. Seek to express strength, good will, love and courage so that your light can shine through you and illuminate others.

## According to the Farmer's Almanac 2021:



### Pass-Along Plants

Native to South Africa, jade plants are succulents with thick, woody stems and oval-shape leaves. Their miniature, tree-like appearance makes them a charming addition to warm, dry areas of your home. Known for their longevity, these plants are often passed down from generation to generation and can reach a height of 3 feet or more. The leaves of many jades, such as 'E.T.'s Fingers' and 'California Red Tip,' will turn red when exposed to full sun; this is not cause for alarm as long as the plants are healthy. Spindly plants may need more sun.



### January 1st: New Year's Day

If the birds begin to whistle in January, frosts to come.



### January 13th: New Moon

Make a calcium-rich solution for houseplants by soaking crushed eggshells in water for a few days.



### January 28th: Full Wolf Moon

Before planting in a container, cut up an overripe banana and put it in the bottom of the pot, where it will decompose and provide beneficial organic matter for the plant.

## Inspirational Quotes by Alan Chazen

**An unalterable fact is that greatness in the human being stems from risk taking.**



## Ask the Shaman: With Trent Deerhorn



**Q:** I am wondering how, exactly, candle magic works? I mean, is there a particular way to do it? How is it that lighting a candle does anything other than just having a burning flame?

**A:** It doesn't matter whether we are talking about candle magic or any other kind of magic, the efficacy of the magic begins with YOU. Thought, language, spells, prayers, and intentions all have an energy vibration. That energy vibration ripples out in all

directions, once activated. Candle magic is just one way of doing that.

You know how in church there are sometimes votive candles that are lit in honor of the dead? That is a form of candle magic. I don't tend to do that myself because I personally believe it is the living who tend to need more help than do the dead. So instead of that, I have an altar set up with a LOT of tea light candles, each of which is dedicated to the protection and healing of people I know. That healing ripples out to those individuals while the candle burns.

You can also set an intent for a candle to harmonize yourself with prosperity, or success on a project, or the resolve of a difficult circumstance etc. I often will light a candle when I am doing music or art. It helps me feel calm and is also there to help with the success of the project upon which I am working. The main thing is to have a very clear and very positive intent that you place into the candle, either through spoken word, through anointing, or through dedication. And the most important thing of all is to make sure that your candle is on a fire safe surface and will not be subject to being knocked over by a child or a cat or anyone/thing else. We do not, after all, want to start our homes on fire!

You do not have to let a candle burn all the way down for the magic to work. I do let the tea lights burn all the way down, but if I were to use a taper candle or a pillar candle I would also be snuffing it out if I needed to leave the house. Never leave it burning if you are not there to monitor the situation. You can always relight it.

Tea lights leave nothing to dispose of other than the tin foil encasement they come in. Votives, tapers and pillars, however, will leave left over wax. You can smudge that wax to clear the program of the candle, then melt it down with others to create new candles, or you can dispose of it by burying it in the earth. There is no solid and steadfast way of disposal, as long as respect is shown.

## Tidbits and Tickles:

One Christmas, mom decreed that she was no longer going to remind her children of their thank-you duties. As a result their grandmother never received acknowledgments of the generous checks she had given.

The next year, however, things were different. "The children came over in person to thank me," the grandmother told a friend triumphantly.

"How wonderful!" the friend exclaimed. "What do you think caused the change in behavior?"

"Oh, that's easy," the grandmother replied. "This year I didn't sign the checks."

## Forum:

We want to hear from you! Your feedback is important to us. Email your comments to [deerhorn007@gmail.com](mailto:deerhorn007@gmail.com) and they will be published in the Forum Section!

### Of the previous Issue:

**Penny Wrote:** Thoroughly enjoyed Flight this month. The article on Carnelian stopped me in my tracks as soon as I saw the word. I have a carnelian necklace that I haven't thought of in a long time but it is calling me today. I might be wearing sweats and a t-shirt but will have my necklace on.

As usual your "truisms" like Winston Churchill's wisdom, the lawyer (keep them coming) as well as Gail's writings.

The facts about the playing cards is also something I will be looking into. It is fascinating!!

Thank you for sharing all this. You really are one of a kind. Think I heard that from my neighbor who shall remain nameless.

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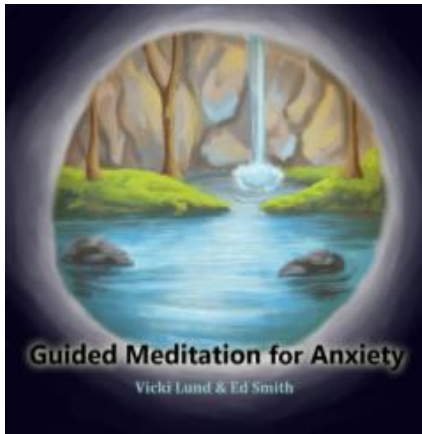
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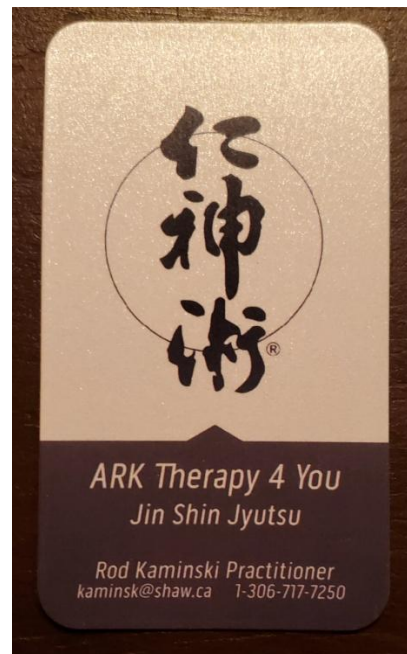
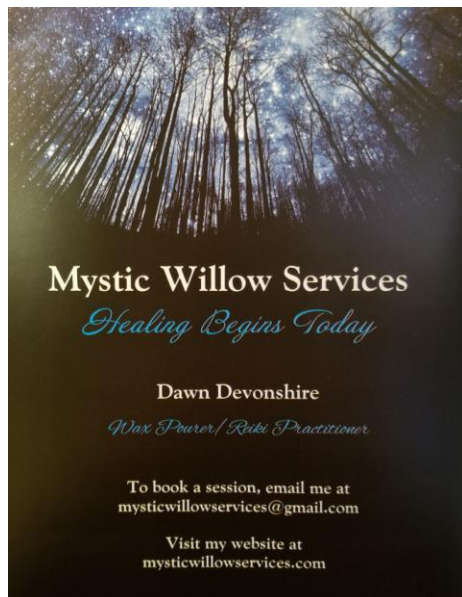
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## Face Time with the SHAMAN!



As part of my Shamanic Practice I have, for years, provided long distance healing work for people. This sometimes comes as an energy treatment and sometimes as a telephone counselling session. Well, now there is even another option available! We can now have sessions on Face Time and you can speak to me face to face! If you are interested in this option, simply email me at [deerhorn007@gmail.com](mailto:deerhorn007@gmail.com) or phone me at (306) 978.5300 to make arrangements. Blessed Be!



# Vicki Lund

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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*







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