

Flight: A Living, Breathing Document of Consciousness

Volume 10 Issue 104, February 2021



Articles and excerpts that will inform and inspire!

A Letter from the Editor:



Although we are in the middle of Winter, I am keeping a positive and warm outlook on life, as is reflected in my "shaman's hut" image in the Reflections from the Shaman's Hut article. After all, snow is just frozen raindrops, so why not think Tropical!

We have some fascinating articles in this issue. Everything from Gambling with your Heart to sourcing local foods to traveling the Rocky Mountaineer! I want to welcome our new contributors and thank all the contributors of articles, poems and such for your hard work. You help this newsletter be so much more than the Deerhorn Document!

If you are receiving this newsletter as a forwarded document from a friend (I enjoy that people do that to help it go VIRAL) and would like your own free subscription to receive it on a monthly basis, please let me know at deerhorn007@gmail.com and I will make it so!

Enjoy the read!

Trent Deerhorn

Editor

Upcoming Events

THE MOONS OF 2021

FEBRUARY 27, 2021: SNOW MOON

Time to strap on snowshoes in the backcountry, the Snow Moon rises on **February 27 at 3:17 a.m. Eastern**. This month's Full Moon is also called the Storm Moon and the Hunger Moon.

Snow Moon Cleanse from Llewellyn's 2021 Witches' Spell-A-Day Almanac)

Color of the Day: Blue

Incense of the Day: Ivy

The February full moon is often referred to as the Snow Moon. Take advantage of today's special energies to cleanse any water-safe crystals and tools you want to recharge. If you live in a snowy climate, fill a bowl with snow from the ground. Place the water-safe objects in it and leave the bowl out under the moonlight overnight. If you live in a climate that does not receive snow, you can place snowflake obsidian stones in the water to carry and honor the energy of snow. After you place the objects in the bowl, you can say a blessing such as this:

Full Snow Moon,

I ask of thee,

Please cleanse and imbue

With your unique energy.

So mote it be!

In the morning, retrieve your objects and dry them.

Blake Octavian Blair

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 February 28th 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 **Prelude to Spring.**



WAFFLE

WAFFLE IS A VERY SWEET AND FUN LOVING LITTLE BOY. HE IS APPROXIMATELY 3 MONTHS OLD AND PROBABLY A SHEPARD-HUSKY MIX. HE IS VERY PLAYFUL AND ALWAYS ON THE GO! WAFFLE LOVES TO SNUGGLE UP AT NIGHT WITH HIS BROTHER, PANCAKE. DURING THE DAY HE FULFILLS THE ROLE AS THE WORLDS CUTEST PUPPY. WAFFLE HAS ALL 3 REQUIRED DAPP VACCINES, IS MICROCHIPPED AND DEWORMED. THE COST FOR HIS NEUTER IS INCLUDED IN THE ADOPTION FEE.



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!



DECAF

DECAF IS A LOVELY BUT SHY YOUNG TABBY WITH BEAUTIFUL AND UNIQUE ORANGE MARKINGS. SHE WAS RESCUED OFF THE STREETS AS A KITTEN AND HAS HAD DIFFICULTY ADJUSTING TO LIFE WITH HUMANS. IN HER FOSTER HOME SHE IS INTERACTIVE: SHE WILL PLAY WITH HER FOSTER PARENTS AND FOLLOW THEM AROUND THE HOME TO BE IN THE SAME ROOM WITH THEM AND WATCH THEIR ACTIVITIES. SHE IS VERY SHY WITH BEING HANDLED, AND WILL OFTEN SKIRT AWAY IF SHE THINKS SHE WILL BE TOUCHED. TO LIVE HER BEST LIFE, DECAF NEEDS A QUIET AND PATIENT HOME WITH PEOPLE WHO WILL PLAY WITH HER AND TRAIN HER TO EXPAND HER COMFORT ZONE. ESTIMATED DATE OF BIRTH IS MAY 16, 2019



IF YOU ARE INTERESTED IN ADOPTING DECAF 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.

Improve Your English

Advertisement for donkey rides, Thailand: **WOULD YOU LIKE TO RIDE ON YOUR OWN ASS?**



Rock Talk

by Ave Riddler

Orbicular Jasper

This variation of jasper can be found in many colors and commonly has many small circles visible on the surface.

This jasper is a good support for those who work in any service based industry. The orbicular formation of jasper helps one to accept responsibility, reduce pent-up anger, and increase feelings of patience. It can restore enthusiasm for life, decrease feelings of depression, and encourage empathy when dealing with others. Place orbicular jasper over the heart chakra to more clearly receive these aspects of this mineral. If placed over the Solar plexus chakra this Jasper can help ease feelings of chronic stress and the resulting build up of fight or flight responses.

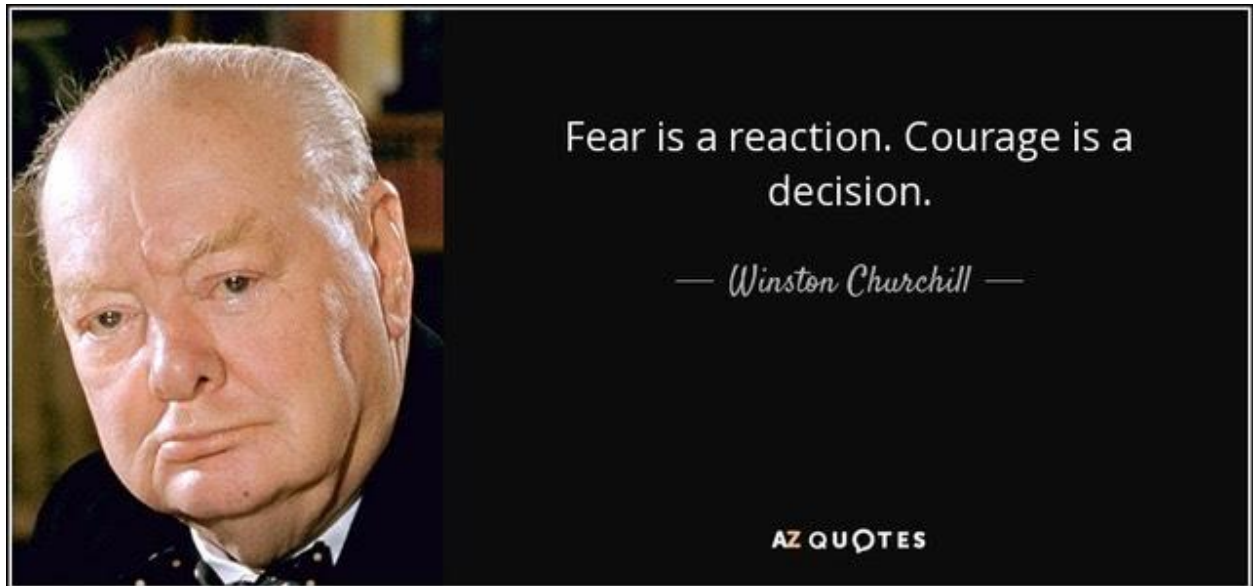


It is believed to be helpful with the facilitation of circular breathing during meditation and healing work.

Physically Orbicular Jasper may be used to support treatments for nutritional stabilization, improving the digestive process. This Jasper may help assist in the elimination of waste and toxins in the body, decreasing resulting body odors, and diseases.

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

Quotes by Winston Churchill



Higher IQ puns, or just cringe-worthy.

Dijon vu - the same mustard as before

Thought for the Day:

If you shut your door to all errors, truth will be shut out.

Rabindranath Tagore

Did You Know...?



DID YOU KNOW?

A **TIGER'S TONGUE** IS SO ROUGH, IT CAN LICK THE **PAINT OFF BUILDINGS** AND **STRIP THE SKIN** FROM THE BONES OF AN **ANIMAL**.

Indian Hills



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:

He who laughs last thinks slowest.

Your Own Company

By Ave Riddler

Hear the silence of your own company.
The sigh of your breath
The gurgle of belly
The sound of your swallowing.
Hear how the creak of your home
Becomes the loudest sound you hear.
A ticking clock needs to be put away
Its volume unbearable.
Hear beyond the silence of your own company.
To the scuffling of passers by
Walking together
Laughing
Shoes rattling small stones,
See them holding hands.
Hear the bark of a dog...
The rush of tires,
The growl of a car on the road.
Hear the silence of your own company
Alone
Suspended
Quiet.

From Llewellyn's Witches' Calendar 2021



February:

February is a month of hearts and flowers thanks to the legend of St. Valentine, where tradition dictates that we shower our sweethearts with souvenirs of our affections. Our Victorian forebears positively doted on Valentine's Day for the sentiment, the romance, and of course, its associated collectibles. For nearly all of the nineteenth century, when sailing back and forth to the West Indies could make a man's fortune, a unique remembrance of love and affection (or perhaps, a trip to the islands) became all the rage: the sailor's valentine.

Legend tells that sailors, long at sea and with time on their hands, would collect hundreds of different varieties of tiny shells during their time on shore, then while away the long hours on the

ocean by crafting them into pictorial patterns with words and symbols as gifts for their sweethearts at home. These pictures would be set into octagonal shadow boxes, some large enough to be made into furniture.

The truth is a bit less romantic. Many collectors of this bit of Victoriana believe that the sailor's valentine originated in Barbados, a popular port of call for trading vessels bringing sugar and rum across the Atlantic. Local craftspeople, usually women, would make boxes, often to order with personalized messages, such as "for my sweetheart," "forget me not," and "home from sea." A cottage industry and eventually shops that specialized in the "valentines" cropped up to meet the demand for them. Commercial? Maybe - but the sentiment still rings true.

Written in Shell and Stone

Art created with intention becomes a magical object, especially when the maker pours their emotions into their craft. This Valentine's Day, create a mantra of love in the spirit of the sailors of old. Nineteenth-century crafters created their sailor's valentines right in the boxes that would house them; the base would be lined with a layer of pink paper and then cotton batting to which the shells were secured with glue. If you do not have access to shells, what

other natural material is at hand? Stones, sand, and dried flowers and plants can be arranged on the base of your choice - wood, paper, or cloth - and come together to create a picture and message of your feelings and wishes.

To begin, set an intention. Keeping your recipient in mind (and keeping in mind that the intention is for you), think of a message or wish behind the Valentine. What are you trying to express? Try to say it in five words or less! "Remember Me," "Always in my heart," or a simple, classic "I love you."

Gather your materials. Perhaps you can set aside time to go into nature to find them: What will come into your hands in a walk through the forest, or during a day at the seaside, or while wading in the shallows of a lake or river?

Once you have a sizeable collection of material to work with, organize it by shape and color. Arrange and rearrange what you've gathered into patterns until you come up with something that pleases you.

When you've determined your pattern, arrange the material into it, and secure it to the base with glue. As you work, repeat your message like a mantra or prayer, working it into the object you're creating, always keeping the recipient in mind.

Sailor's valentines do not have to be permanent images set in a box and kept for all time. Consider creating - and leaving - your valentine in nature. A message arranged on February's ice and snow will be absorbed and dispersed back into the universe as winter turns into spring - and love is in the air.

Natalie Zaman

From 365 Zen daily readings by Jean Smith

1. Don't wish for perfect health. In perfect health there is greed and wanting. So an Ancient said, "make good medicine from the suffering of sickness."

2. Don't hope for a life without problems. An easy life results in a judgmental and lazy mind. So an Ancient once said, "Accept the anxieties and difficulties of this life."

3. Don't expect your practice to be always clear of obstacles. Without hindrances the mind that seeks enlightenment may be burnt out. So an Ancient once said, "Attain deliverance in disturbances."

- Zen Master Kyong Ho (1849-1912), in *Thousand Peaks*



The time has never been better to build a thriving local food system in Saskatchewan

By Jenn Sharp

Hello dear ones! I'm honoured to share some of my writing with you in the hopes of greater connection – with our bodies, our food and our land.

I'm the author of *Flat Out Delicious: Your Definitive Guide to Saskatchewan's Food Artisans*, which shares bountiful stories through the eyes of over 150 food artisans. It includes short profiles and longer essays about our unique ingredients and iconic food traditions.

In the summer and fall of 2018, photographer Richard Marjan and I travelled all over Saskatchewan to meet, interview and capture images of food artisans; that is, our small-scale farmers and market gardeners, beekeepers and winemakers, ranchers, chefs, cheese makers and more. I was surprised to discover just how much food we produce. It ignited a newfound pride in our humble prairie people.

We met farmers in their fields, ranchers in their pastures and beekeepers tending their hives. What struck me the most, besides their interconnected stories of passion for good food and love for the land, was how much of a difference it makes to purchase even just one product from them.

While *Flat Out Delicious* is a travelogue, designed to help you tour the province (with maps and all) to discover new places and rediscover old favourites in your own backyard, it's also a call to local food action.

Eating farm-to-table, that is either growing or raising the food yourself or knowing the people who did, wasn't a trend for our grandparents. Unfortunately, today many of our communities are overflowing with cheap or hyper-processed food that's destroying our health and our environment.

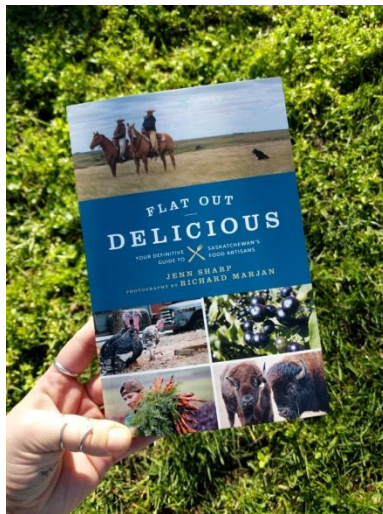
I find it silly that Saskatchewan has such diverse agricultural capabilities yet much of the food on the grocery store shelves is imported – or processed elsewhere from our raw ingredients, then shipped back here. This is how globalization works and for the benefits it has had for some, we also witnessed the centralized food supply chain's shortcomings in 2020.

As I researched and talked to food producers, I also realized we're getting too caught up in what type of food is healthiest. It's confusing. Plant-based? Keto? Who knows anymore!

The most important question we can ask is: "How." How was the food raised or grown? How far was it shipped here and how many nutrients were lost along the way? How many ingredients are on the packaging? How were the agricultural workers treated that are growing our food in other countries?

We're at an unprecedented moment in history, a crossroads if you will. Which road we take will determine our future. We have a glorious opportunity to create our own normal for the food we feed our families. We have the power to help build a thriving local food system that will benefit our health, our economy and our environment.

It's already happening. From local flour mills using grains from regenerative and organic growers, to pastured meat farmgate stores, business has doubled, if not tripled, since early March. The more you



spend at farmgate stores, the local farmers' market, on a CSA subscription, on value-added locally-made food products, at grocers stocking Saskatchewan ingredients and at independent restaurants doing their best to support Saskatchewan farmers, the more you'll help make an immediate positive impact.

My biggest hope for *Flat Out Delicious* is that it will support your own journey home, to the food our ancestors were raised on. If you try a new food you like, spread the word. Share it on social media and leave reviews on the business's page. Tell your friends. Tell the producer. Let's make the good news about our food artisans travel fast. Godspeed to you all.

Flat Out Delicious: Your Definitive Guide to Saskatchewan's Food Artisans is available from independent booksellers, like McNally

Robinson, local food hubs and retailers throughout the province.

Watch for the Flat Out Food docuseries, based on Jenn's book, which will premiere on Citytv Feb. 24, 2021.

This article is adapted from a column that ran in the Saskatoon StarPhoenix on April 30, 2020.

Inspirational Insults

These glorious insults are from an era "before" the English language got boiled down to 4-letter words. *"Thank you for sending me a copy of your book; I'll waste no time reading it."* - Moses Hadas

Reflections from the Shaman's Hut

By Trent Deerhorn

Gambling with your Heart



We live in a society that encourages us to ignore the "red flags" when it comes to relationships. We are told that we are not enough if we are not a "couple" and that without another person in our lives, our lives are ones of misery. There are many who will not even include single people in their social circles because it "threatens to upset the balance" at the dinner table or even in the couples' relationships. Single people are often seen as a threat to the existing relationship simply by virtue of not being attached to anyone in particular.

Some may try to say, "Hogwash!" to all of those statements. But I have seen it happen over and over again in social settings. The mere fact that there have to be dating sites available so that people can meet is an indication of just how isolated single people have become in our society. The Community Dance is something of the past. The bar scene is getting less and less desirable. Social clubs are often something into which the standard single person cannot afford entry. So singles are often left to the devices of online dating sites.

But whether or we are talking about online connections or in person connections, we often don't listen to the red flag warnings. We are told that we have become "too discerning" or "too picky" or that "our standards are too high." Granted, when someone says that they need to meet a woman who is only 110lbs or lower, or a man who is only 6 ft tall or taller, those standards reek of superficiality. I am talking, however, about the other types of red flags.

We can all tell instinctually if someone is not being truthful with us. But many ignore that. Why? Perhaps the person is not wanting to experience conflict. Perhaps there are issues of betrayal that have messed up one's perceptions and make one second guess everything. The thing is, there is something wrong and we can tell. Finding out what it is that is wrong is the challenge.

That is where it is important to listen to our self-talk. Are we in the habit of always looking for the possible disastrous outcomes? Are we in the habit of not listening to our intuitive selves when it is screaming at us that we are being taken advantage of or being snowed into thinking a falsehood? In order to discern what the issues are (internal or external) it is important that we are able to take an objective stance in our own minds and in our own hearts.

How do we do that? One thing is the practice of inner silence. This is what meditation is actually for, as opposed to adventurous visualizations where we can be super heroes who save the planet from imminent destruction, or dance with unicorns along a rainbow path. Those types of scenarios are not helpful when it comes to inner silence.

Inner silence also cannot be achieved, initially, while being active. One must remain still. Stillness is the key, the breath is the doorway, and inner silence is the vault. When we learn breath techniques for calming, stilling the mind and body, and relaxing the inner dialogue, we are able to achieve that inner silence. Once we have achieved that inner silence, THEN we are able to access clear intuition, but not before then.

In this process we will also be able to look more clearly at our relationship programs that are running in our minds and in our hearts. Some of those programs will be associated with things that have taken place way back in early childhood. Some of them will still be being demonstrated when we look at our parents' relationships, or the relationships of our primary caregivers, be they parents or guardians. We will see the positives and the negatives of those programs. We will then be able to see how we have integrated those programs into our own psyches and how that sets us up to gamble with our hearts in relationships.



One of the prime areas of concern when it comes to gambling with our hearts is when we do not recognize someone as a "player." We get swept up in the compliments and the charm and we get seduced by the endorphins that race through us when someone pays us some attention that feels good. So often we find, in retrospect, that, had we waited longer before becoming intimate with someone, that intimacy would never have happened because we would have had the time to mentally register the red flag signals that were abundant. But we don't wait. We dive in with no concern whatsoever for our personal integrity or authenticity. We prefer to take the romantic view of being "swept off our feet" by someone. Then, a few months or years into the relationship, we find ourselves in total chaos.

We need to develop the skills of accessing our inner wisdom voice. That voice will never steer us in the wrong direction. It will let us know when something is not right and it will have suggestions for how to find out what it is that is not right. It will also have suggestions as to how to help make things right if that is possible. It really is our best friend.

We are all on a path of discovering love in our lives, whether we are in an existing relationship or not. We look for the signs and we respond to them. That is healthy. But when we try to manufacture those signs out of something that is not actually there, we set ourselves up for a

fall. And then we wonder what went wrong. The fact of the matter is that most people get caught up in sentiment and nostalgia and throw their personal integrity and authenticity to the wind at the first sign of possible romance.

We need to retrain ourselves to look for and appreciate REAL romance. What is that? It is a combination of love, respect, gratitude, compassion, resilience, honesty, and commitment. It is not just about flowers on Valentine's Day. It is about knowing that, barring any unforeseen tragedy, the person is in it for the long haul and so are we. Romantic gestures are good and do help keep the relationship alive and lovely, but the relationship has to be more than just romantic gestures. We need to know that the other person has our back. We need to know that we can be vulnerable with them without being laughed at. We need to know that we can be tender with them and not be thought of as weak as a result of that tenderness. We need to know that they will be our advocate if we cannot speak for ourselves. You cannot find that in a two minute speed dating meeting. You cannot find that in only an online relationship. Those are things that may lead to discovering those attributes, but to truly know that they exist takes a LOT of time and some DEEP conversation about all sorts of things regarding relationships and what we are actually trying to manifest for ourselves and each other in relationships.

And we have to be willing to walk away if it is simply not a match. We are often told that to walk away we are really taking a chance on being single for the rest of our lives. I have always been one who would rather be single for the rest of my life than be in a relationship that is dysfunctional or toxic. Those types of relationships are not "safe" to one's body, mind, emotions or soul. So don't gamble with your heart.

For more articles from the Shaman's Hut, visit Trent's blog at www.deerhornshamanic.com

Travel

ROCKY MOUNTAINEER

Personal Travel Experience – Candace Glenney, CTC

Travelled April 2019



Travelling with Rocky Mountaineer is an onboard experience like no other. The custom designed all dome fleet ensures unparalleled views of the spectacular scenery through areas unreachable by car. The trains only travel during daylight

hours, with nights spent in specially chosen hotels. Guests experience seamless service with rail station transfers, complimentary baggage delivery, on board storytelling from hosts, chef created cuisine inspired by fresh western Canadian ingredients, including gourmet snacks, beverages including local wines and premium cocktails. Comfort is important onboard with reclining preassigned seating with ample leg room in both Silver Leaf and Gold Leaf service.

I had the pleasure of experiencing both Silver Leaf and Gold Leaf service aboard Rocky Mountaineer, as well as a selection of hotels on the First Passage to the West itinerary.

Day 1 – Arrive Vancouver – Sutton Place Hotel

The Sutton Place is one of the upgrade choices on this itinerary and is a true luxury hotel with an excellent location. I also visited the Sheraton Wall Centre for an evening reception and this is another excellent choice.

Day 2 – Vancouver

I highly recommend these stops on your day in Vancouver. I did a Vancouver tour which started in Stanley Park, featuring a 9km seawall path, as well as the Vancouver Aquarium, totem poles, gardens and more.

The next stop was Capilano Suspension Bridge park. This is a not to be missed experience. I would suggest to spend a couple hours at this outdoor experience located in the temperate rainforest on Vancouver's North Shore. There is a free shuttle from downtown.

Granville Island is another attraction you won't want to miss. Wander through Granville Public Market, a culinary hub with a diverse array of vendors. Enjoy a meal, and take in the many shops.

Other downtown Vancouver stops include Yaletown, Gastown, and Chinatown.

On a clear day, take in the Vancouver Lookout for amazing views! Flyover Canada is an interactive virtual experience at Canada Place that shows you the wonders of Canada. This attraction is located at Canada Place.

Enjoy dinner at one of Vancouver's many amazing restaurants.

Day3 – All aboard Silverleaf Service

This morning a coach transfer took us to the Rocky Mountaineer station, where we were greeted with coffee or juice, as well as a chance to purchase Rocky Mountaineer souvenirs. A bagpiper signals the boarding and the journey is ready to begin! Today I was seated in Silver Leaf service. A comfortable pillow and blanket were at my seat. *Please note, hand luggage must fit at your feet, and all valuables, documents, and medications should travel with you.* Smoking is not permitted on Rocky Mountaineer, including outdoor viewing areas.

A departure beverage and greeting starts the morning, and we're off! A hot breakfast, lunch, snacks and beverages are served at your seat. All you have to do is relax and enjoy the scenery, as well as the interesting commentary by the host. I was in awe from the moment the rail journey started. The scenery was some of the most breathtaking I've even seen. All in our own backyard! So much of this amazing landscape is not accessible by car, and the train travels at a maximum speed of approximately 50km/hour so you won't miss a thing. Spring is an excellent time to view wildlife as well. I found this to be such a relaxing day, visiting with those seated near me, and enjoying the scenery. The food and beverage service was excellent, and the hosts are happy to answer any questions, as well as provide occasional commentary and point out wildlife. An early evening arrival in Kamloops gives you the evening free for dinner and a walk around town.



Day 4 – Kamloops to Banff Goldleaf Service

Back on the train this morning for the journey to Banff. Today I was seated in Goldleaf Service. Seating is on the upper deck, and below there is a dining area. Breakfast and lunch are served in the dining area, and snacks and beverages are brought to your fully reclining heated seat. This car has an amazing dome and an outdoor viewing platform. Both breakfast and lunch were fantastic meals, with several choices. Today's scenery was even more amazing as we travelled through the majestic Rockies. An early evening arrival leaves time to explore the townsite of Banff. We strolled the shops and enjoyed a great dinner.

Day 5 – Columbia Icefields Parkway

Today was a full day tour into Jasper National Park and the Columbia Icefields Parkway, including the Columbia Ice Explorer. We had a stop at the stunning Chateau Lake Louise and enjoyed a walk around and views of the lake. This evening is spent enjoying Banff.

Day 6 – Banff to Calgary

Today starts off with a coach tour of the Banff area, including the Hoodoos rock formation, Tunnel Mountain Drive and the Banff Gondola with stunning views from the top of Sulphur Mountain. The tour ends with a panoramic helicopter ride in Kananaskis County, then off to Calgary. Take in the Calgary Tower, some shopping, or a great dinner downtown.

I would highly recommend this experience to any client!

<https://rockymountaineer.zoom.us/rec/share/VkjlDcbuhSkMFjwIIXmdzESW-XFo65TGRsfMF0m5duColYU2fcU4vtFLbLtdbUbe.oiAbgjoxmxmubcHo>

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OFFER MUST BE APPLIED AT THE TIME OF BOOKING.

The "Canadian Resident Offer" ("Offer") applies only to new 2021 bookings made by February 26, 2021 for qualifying packages booked in GoldLeaf or SilverLeaf Service for travel during the 2021 Rocky Mountaineer season on selected dates. Offer must be booked for travel in 2021. If the guest chooses to make a date change using our enhanced flexibility, then this promotion can be moved with the booking into a new travel season. A maximum discount of \$500 CAD per person for qualifying 2021 classic rail packages and a maximum discount of \$700 CAD per person for other qualifying 2021 packages will be applied at the time of booking. Offer is only available to residents who are currently residing in Canada. Offer is per guest and only applies to qualifying 2021 packages on our Canadian routes, must be requested at the time of booking, and will not be automatically allocated or retroactively added. Offer is subject to availability. Deposits are required at the time of booking and full payment of the balance must be made 60 days prior to travel. All bookings are subject to the full booking terms and conditions which are available at rockymountaineer.com. Additional conditions apply.

GIVE YOUR TRAVEL AGENT A CALL AND BOOK TODAY!

Candace Glennev, CTC
CAA Travel Saskatoon
candace.glennev@caask.ca
306-668-3789

Encouragements for Personal Development:

Taken from Meditations with James Van Praagh

Loss is a natural part of life. Something is born, and something dies. It takes time to get through the grieving process. By accepting your feelings and moving through them, you can begin to pick up the pieces of your life and go on.

According to the Farmer's Almanac 2021:



Colorful Greens

A member of the beet family, Swiss chard is best known for its colorful stems that, along with the leaves, can be served cooked or raw. Grow chard in a sunny spot in moist, fertile soil. Sow seeds anytime between spring and late summer, 1 week after applying any needed fertilizer. Once plants reach 3-4 inches tall, thin them to 6 to 8 inches apart. Cut plants back when they are about 1 foot tall so that they do not become overgrown and lose their flavor.

February 11th: New Moon

aka Trent Deerhorn's birthday. (not in the Farmer's Almanac and I don't understand why...)



February 17th: Ash Wednesday

Hellebore is also called "Lenten rose" because it blooms at around the beginning of Lent.

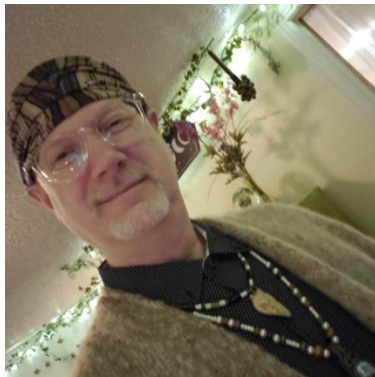
February 27th: Full Snow Moon



Inspirational Quotes by Alan Chazen

It helps to remember that fear is a perceived threat and not [always] a real threat. Therefore fear is a thought and thoughts can be controlled.

Ask the Shaman: With Trent Deerhorn



Q: I have been reading your blogs and you have a few that refer to the art of Water Witchery. I have no doubts that this is a "thing" but I was also raised in a Christian background, and so I am wondering if you have any ideas regarding Water Witchery as it might appear in the Bible?

A: That is a wonderful question. I am happy to help as much as I can, considering that it has been YEARS since I have ever read the Bible. There are a couple of things that stand out in my mind, and you can look through the Holy Book and see if you can find more. Truly, every time you find a reference to water it will be either in metaphor that is about the Sacred (perfectly understandable, considering that water is the element of the emotions and the soul) in some way. But there are also a few other references that stand out:

1. The parting of the Red Sea. When Moses was helping the Israelites to escape Egypt, he raised his hand and the waters parted, giving them safe passage. Now, it does say that he

raised his hand and the Lord did the rest of the work. But I think that, even if one does not believe in the same God, whatever creative source there is out there can work its magic through anyone it chooses. In this case it chose Moses. Personally, I think that this is perhaps an indication that Moses was a Water Witch, but you can decide for yourself.

2. **Jesus walked on water.** That is a thing. And some water witches do this. So, was Jesus also a Water Witch? I have often referred to him as one of the most powerful shamans that ever lived. It is possible, in my personal opinion, that he may have also included Water Witchery.

3. **Jesus also turned water into wine.** Although a cute parlour trick, I think that this might also be a hidden message about him performing acts of Water Witchery, although they would be described as "miracles" and such.

4. **Any time someone in the bible has anointed someone's feet,** this is a part of Water Witchery. A traveller would have the feet anointed (the act of washing them - water - and then anointing them with oils - essential oils are a part of Water Witchery because they take a solid substance and make it into a healing liquid). This was a way of honoring a guest but of also ensuring that they were "cleansed and purified" before entering one's home.

5. In the Bible and in common practice today is the ritual of **Baptism**, in which water is used to **baptize/christen** a person as they "enter the flock." Again, Water Witchery in action.

So there are just a few examples. You can take them or leave them, which is completely up to you. But I do find it interesting that, throughout time, Water Witchery has been a "thing" amongst healers, shamans, witches, medicine people, priests and priestesses. It certainly makes one think...

Tidbits and Tickles:

Year after year, Bubba's wife pleaded with him to take her fishing, but he kept telling her she would not enjoy it. She finally wore him down so he consented, and early one morning they took off for the lake.

They had not been there very long when the fish began biting. Almost as fast as they cast, a fish would bite, and they reeled it in. After catching their limit, Bubba said, "Verna Lou, sweet thang, I'm sorry. You've been good luck and I'm gonna bring you with me next time. If you'll mark the spot where we caught all these fish, we'll go home."

On the way home, Bubba turned to Verna Lou and asked, "Sweet thang, how did you mark the spot where all the fish are so next time I'll know?"

"Bubba, darlin', I put a big 'X' on the side of the boat right down closest to the water."

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: Thoroughly enjoyed this issue--Have a Happy New Year !

Just want to say "Thank-you " to Dylan for sharing his story ---what an inspiration to be thankful in everything we do !

Covid really changed all our lives but we will hopefully be a better earth because of it !!!

Gail Wrote: A great issue for the beginning of the New Year!

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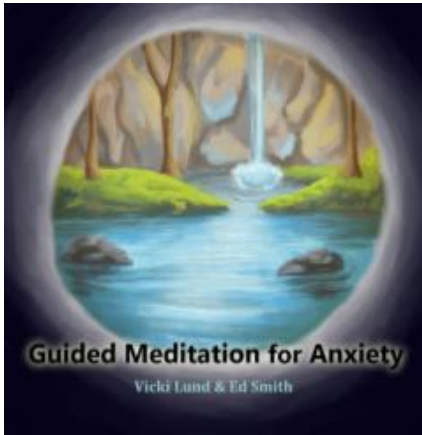
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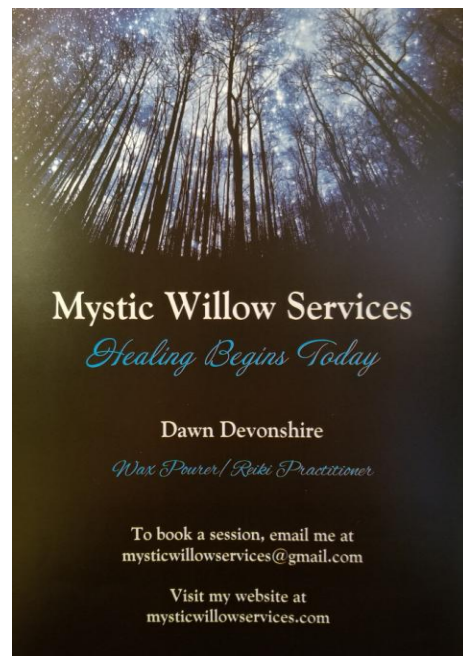
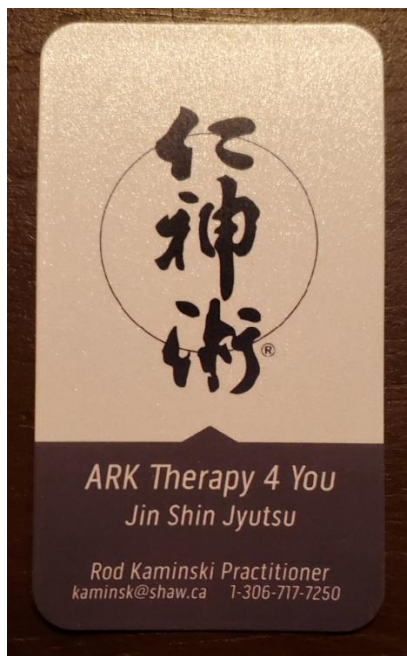
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HEALING, MINDFUL JEWELRY WITH CRYSTALS

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
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1 & 2, Life Balance Energy Practitioner

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Face Time/Skype with the SHAMAN!



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

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