

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

Volume 10 Issue 110, August 2021



*Articles and excerpts that will inform and inspire!*



### **A Letter from the Editor:**

It is hard to believe that our short summer is half gone already. We certainly have had reminders, however, that it is indeed summer. The heat wave that hit us was next to unbearable, and it lasted way too long. At times like these I am so glad that I insisted on having air conditioning in our home. That was the only thing that kept this shaman from expiring. These days we have the wind...oh and what a wind it is! With weather extremes being what they are, it truly makes me wonder how anyone in their right mind could possibly deny the fact that we have global warming happening.

This month's issue is delightful. We have some awesome upcoming events you might want to check out, and we also have a wonderful Full Moon happening on the 22nd, so for those of you who do special stuff to celebrate the full moon, you have a couple of weeks to plan your event. You will also get to learn a bit more about Rainforest Jasper and Jin Shin Jyutsu, which can help you in your daily life!

Thank you once again to all of my contributors for your wonderful efforts and the information that you share. If you, the reader, would like to forward this newsletter to someone who may be interested, please feel free to do so. If you receive it for the first time and would like a free monthly subscription, pop me an email at [deerhorn007@gmail.com](mailto:deerhorn007@gmail.com) and request that and I will make it so!

*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 **August 1st at 3 pm.**

Spirituality is a very important thing in one's life so I will Publicly be sharing mine with the world.

This is a monthly celebration to give thanks to the Gods and the Goddesses, to get together once a month in Public Ritual. All we ask is that all that attend to so with an open heart and an open mind. As Pagans we do not discriminate against anyone, so we ask the same of those who attend. These Events are free... free for all who attend, free for all who are interested in a monthly open circle, free of all Prejudice. Blessed Be.

This month's Rite will be to celebrate the coming of **Harvest** . It is a time to be start to bring things together that mean the most to us, as the days become shorter we take into account all we have received so far this year. The next event is on **Sunday August 1st at 3 pm to celebrate Lammass.**

# THE MOONS OF 2021

**August: Sturgeon Moon**

**August 22nd**

**8:02 am**

North American fishing tribes called August's full moon the sturgeon moon since the species appeared in number during this month. It's also been called the green corn moon, the grain moon, and the red moon for the reddish hue it often takes on in the summer haze.

**From Llewellyn's Witches' Spell-A-Day Almanac**

**Full Moon August 22, 8:02 am**

**Color of the Day: Orange**

**Incense of the Day: Heliotrope**

**Full Moon Spell for Thankfulness**

Tonight, the August full moon, sometimes called the Grain Moon, will illuminate the sky. This moon will rise above an earth that is ripe and ready to be harvested. Decorate your altar with the bounty of the season. A vase of zinnias or black-eyed Susans would be nice. A few stems of grain and some ears of corn would also be appropriate.

Tonight's ritual should be about giving thanks. Safely light a gold pillar candle on your altar. Meditate about the good things in your life. On a sheet of stationery, write a sentence or two about one thing you are grateful for. Let the candle burn for a few minutes, then extinguish it. Leave the stationery on your altar for three days, then discard it. Use the candle again for thankfulness or wealth spells. Expect other good things to come your way. The divine appreciates your gratitude.

**James Kambos**







## STELLA

STELLA IS APPROXIMATELY 3 AND A HALF YEARS OLD AND A MASTIFF MIX. SHE IS HIGH ENERGY SO SHE NEEDS AN ACTIVE HOME. STELLA IS THE MOST LOVING GIRL, BUT SHE IS A BIT SHY AT FIRST. SHE IS STILL LEARNING TO PLAY AND BE FRIENDS WITH OTHERS AND IS READY TO MEET SOME NEW PEOPLE AND DOGS! SHE REALLY HOPES ONE OF THESE FAMILIES WILL BECOME HER FUREVER FAMILY! STELLA IS SPAYED, MICROCHIPPED, FULLY VACCINATED AND READY FOR HER FUREVER HOME.



CHECK OUT OUR FACEBOOK PAGE FOR FUNDRAISERS AND UPCOMING ADOPTION DAYS! COME MEET THE DOGS AT FLORAL ACRES ON JULY 24 FROM 11AM-3PM. WE ALL NEED A RESCUE (WANAR) IS DEDICATED TO SAVING THE LIVES OF SASKATCHEWAN DOGS. COVID-19 HAS 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. 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.



## ALBUS

MEET ALBUS (AKA THE HEADMASTER). DO YOU SOLEMNLY SWEAR YOU'RE UP TO NO GOOD? THIS FEISTY KITTEN WOULD RATHER WRESTLE THAN EAT; AND ALTHOUGH HE ENJOYS HIS FEATHER WAND AND BALL TOYS, HE MUCH PREFERENCES ATTACKING HIS BROTHER. HIS POSITION ON OUR QUIDDITCH TEAM IS DEFINITELY THE CHASER, AS HE IS HAPPIEST AS A TEAM PLAYER. HE IS ALSO UNAFRAID OF A CHALLENGE AND BELIEVES IF AT FIRST YOU DON'T SUCCEED, TRY, TRY AGAIN (PROVEN BY HIS MULTITUDE OF ATTACKS ON HIS BROTHER THAT HE TYPICALLY LOSES DUE TO HIS LIGHT WEIGHT). IT WOULD BE GRAND IF HE COULD BE ADOPTED ALONG WITH HIS BROTHER ARGUS, OR INTO A HOME WITH ANOTHER CAT. ALBUS IS ALSO A WONDERFUL CUDDLE BUDDY AND WE LOVE WATCHING HIS TAIL SWISH LIKE A MAGIC WAND LEARNING A NEW SPELL. CONSIDER ADOPTING ALBUS AND ARGUS TOGETHER!



ESTIMATED DATE OF BIRTH IS APRIL 30, 2021

IF YOU ARE INTERESTED IN ADOPTING ALBUS 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.

**CONGREGATIONALIST WICCAN**  
**ASSOCIATION OF SASKATCHEWAN**



**SKY RIVER TEMPLE**

Due to Covid-19 concerns all public gatherings have been put on hold until further notice, we will resume our public gatherings once it is safe to do so. The health and safety of our community is our priority at this time.

We do have a YouTube channel now featuring some rituals, and mediations.

<https://www.youtube.com/channel/UC4dlB2RNnb4Af3pz-J6HxDQ/videos>

Updates about Sky River Temple can be found on our Facebook group

<https://www.facebook.com/groups/1449256155332915/>

Or website

<https://www.skyrivercwas.ca/>

Blessed be and stay safe



## **Rock Talk**

**by Ave Riddler**

### **Rainforest Jasper**

This form of Jasper combines a mix of different colors that include shades of brown, orange, tan, caramel, yellow, and green. Rainforest Jasper is also known as Australian Rainforest Jasper, Rainforest Rhyolite, Spherulitic Rhyolite, Agatised Rhyolite, and Green Rhyolite. It is another mineral that blurs the lines between jasper and other minerals such as granite.





Rainforest Jasper is a stone for Gaia, the Earth Mother, sacred creation, and natural wisdom. This form of Jasper has a strong connection to earth energies, nature, and can be used in any kind of planetary healing efforts. It can help remind us we humans are not separate from nature, the worlds of animals, minerals, and plants, rather can help us reconnect with our earthly kin, uniting us with the world around us. It can be humbling to realize we humans are not the center of the universe, that we are in fact interconnected to all life and energetic beings; that a rock is just as important as a

bug, or bird, or grass and so on, and we are all a part of the greater life force of this place we call home. This connection can be used to help one to connect to the wonder that is nature, a bird in flight, the wind in trees, or the beauty of a wild flower. We tend to spend far too much time divided from these natural wonders. By reconnecting with these more natural wonders we open ourselves up to personal joy. Often we are lost in a digital world, working on screens, or socializing on screens, or filling empty time with screens, working with rainforest jasper can help equalize that overabundance of tech. In reconnecting with that earth energy, and the wonder of it all we can also see how we can become more responsible it helping correct the wrongs done to this planet. (end rant)

This jasper can bring that harmony with one's own inner natural body cycles. It can help bring much needed balance to the holistic health of the body, and help one strive to treat it better. Working with rainforest jasper in this way can help counter harmful habits that create ill health in the physical body, overeating, drinking, smoking or other activities that destroy the natural balance of health in the body. It needs to be actively desired and worked towards though; the intention for good health needs to actively be practiced for this jasper to support those changes. It may even help bolster the conviction and determination to bring about those changes once the decision is made to make those changes.

The strong earth energy of this jasper can make it a powerful tool in any green growing space, helping to support new growth and development in a garden or plant.

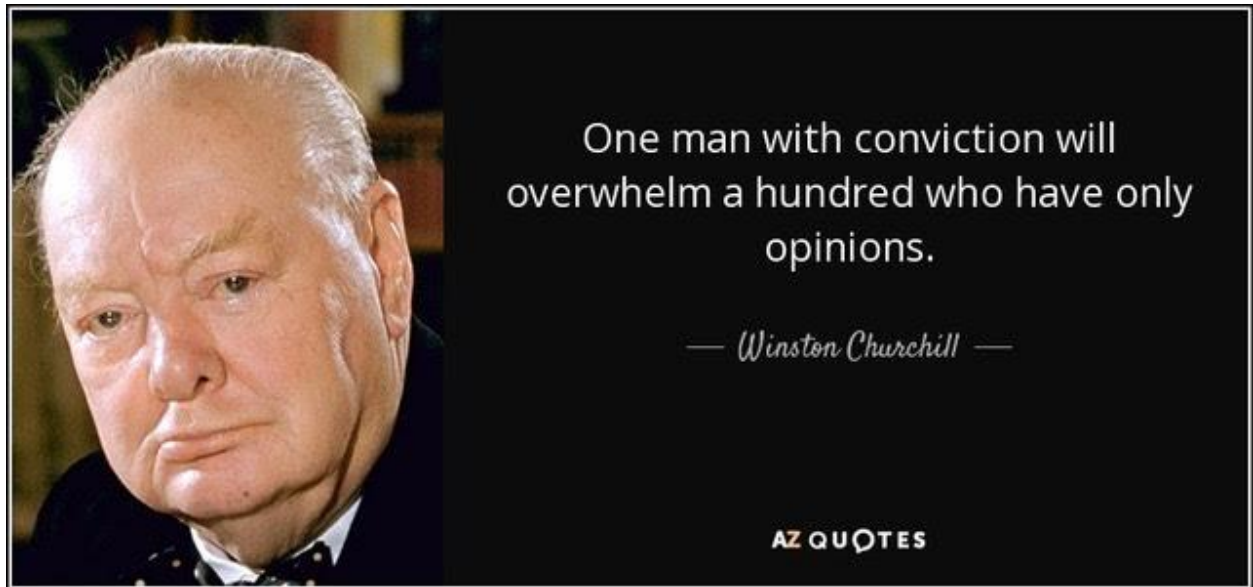
Physically rainforest jasper can be used as a support for treatments that detoxify the liver and body.

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)

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

Does the name Pavlov ring a bell?

## Quotes by Winston Churchill



## Thought for the Day:

Giving means extending one's Love with no conditions, no expectations and no boundaries. Peace of mind occurs, therefore, when we put all our attention into giving and have no desire to get anything from, or to change another person. The giving motivation leads to a sense of inner peace and joy that is unrelated to time.

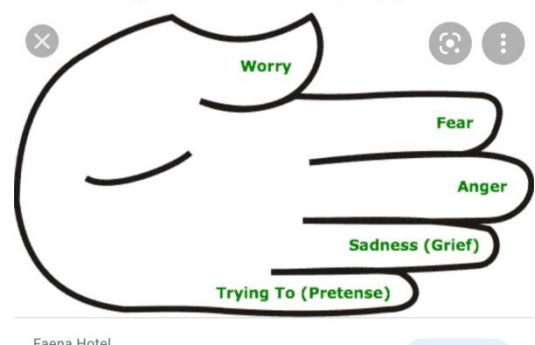
-Gerald G. Jampolsky - Love is Letting Go of Fear



# Jin Shin Jyutsu: Harmonizing hands!

By Rod Kaminski

In these challenging times where life gets more complicated by the minute, having SIMPLISTIC go-to strategies for your health is essential for your life . If you are over burdened with stress and fatigue from everyday living, you need simple strategies that you can use under any physical or emotional state. Jin Shin Jyutsu is effortless and innate to the human experience. A child will naturally suck their thumb to lessen the attitude of worry. In fact all fingers represent an emotional attitude as illustrated. This is one of the many core principles in Jin Shin Jyutsu.



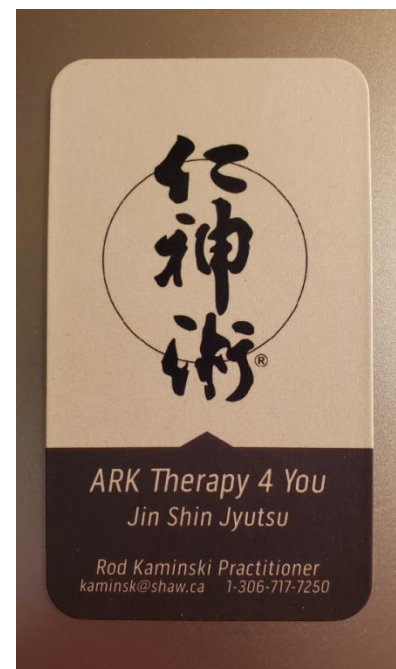
Have you recently got cut off in traffic and felt a compulsion to flip the driver the finger? Well instead of flipping the bird, grab your middle finger which helps to harmonize the attitude of anger and frustration. Hold the finger until you feel a pulse or vibration and a calmness in your being. This process works on a cumulative basis which means the more you do it, the quicker the results will come. You can hold your fingers any time from sitting down to standing at a sports event, it is simply un-complicated! I had a lot of fear years ago that had accumulated in my body, and besides regular Jin Shin treatments , holding my index fingers ( and other self help holds ) helped me in between sessions and armed me with “hope” that I could engage the innate healing wisdom of my body.

Self help holds are suggested by a practitioner to give tools to the client, and holding fingers is one type of self help hold, but there are a plethora of holds for countless projects (conditions, diseases etc.).

The vastness and all encompassing nature that is Jin Shin Jyutsu, would take even the sharpest minds more than one lifetime to learn and understand. As profound and complete as this art is, at its very basis this modality offers us simplicity in a very complicated time. If you have two hands, then you have self help tools that you carry with you at all times. Hands that can begin this life long journey through this beautiful art.

Please contact me if you have any questions or for more information at [kaminsk@shaw.ca](mailto:kaminsk@shaw.ca).

Ark Therapy 4 You



## Did You Know...?



## 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:*

**If at first you don't succeed, skydiving is not for you.**



## From Llewellyn's Witches' Calendar 2021

### August

August feels like falling in love. It is sensual and intense, soft and sweet, and utterly irresistible. Torrid rapture and excitement wraps itself around you as glossy moisture and magic radiates from flowers, trees, and animals. Tantric practice reveals the sacred moment-to-moment nature of life by filling bodily senses with sound, color, and aliveness.

Devour an afternoon. Become utterly intertwined with presence and purpose by focusing on sound, smell, texture, taste, and simple pleasures surrounding you. The secret to effective magic lies in identifying your emotional end result. What emotional state are you searching for? How do you think you'll feel when your spell comes to fruition? Secure?

Delighted? Accomplished? Fulfilled? Describe how you want to feel. Jump-start your magic by doing everything you can to feel that way now. You'll be in the emotional state you desire, and like attracts like.

Capture August heat, passion, and pleasure by creating a solar-infused tantric tonic filled with the essence of summer and your heart's desire. Invoke the specific sensations of your end result while gathering ingredients for your tantric tonic. Long after your spell comes to fruition, use your tonic for skin massage, add it to your bathwater, or use it for aromatherapy every time you need to indulge in sultry August energy.

### Solar-Infused Tantric Tonic

Solar-infused oils are not as strong as essential oils, but you can create your own soulful blend by infusing the botanicals of your choice. Select flowers and herbs from your garden, a walk in nature, or the store to align with your magical intention. Indulge in color magic by selecting green items for financial manifestation; white petals for fresh starts and blank slates; red, pink,

and orange for love, passion and Eros; and so on. Alternatively, collect flowers and herbs based on their magical attributes; combine rose, lavender, and jasmine with basil, thyme, and yarrow for love. Collect honeysuckle, ginger, and bay for financial security. Gather night-blooming flowers amid lunar shadows for psychic and intuitive enhancement.

Be sure to completely dry your chosen herbs and flowers in advance. Fresh botanicals contains water and will turn the oil rancid. Cut dried flowers and herbs into small pieces and crush with mortar and pestle (alternatively, place items in plastic bag and use a rolling pin to crush). Fill a clean glass quart jar with herbs and flowers while leaving on to three inches for the oil to cover. Fill the jar with natural oil of your choice (olive or jojoba suggested), making sure to cover herbs by at least one inch. Seal the jar and shake well while thinking about your intention.

Place your tantric tonic on a cozy, sunny windowsill. Shake once a day while bringing your magical intention to mind every time you shake and noticing the Sun infuse the tonic with power. After three weeks (three is the number of creativity, and three weeks equals three times mystical number seven), strain oil through the cheesecloth to remove herbs. Pour into a clean glass container and store in a dark place up to one year. Enjoy!

*-Sasha Graham*

## Groaners

**My girlfriend thinks that I'm a stalker. Well, she's not exactly my girlfriend yet.**

## SPINNY CHAIR

**By Ave Riddler**

Never underestimate the power of a spinny chair...  
The ones you can wiggle in  
The ones with wheels  
Arm rests  
And a cushy seat...  
You plant your feet on the floor



Your butt in that plush cushion  
And sit.  
At first you resist the urge...  
Feet grounded,  
Hands on the rests,  
Face forward  
You sit and listen...  
A small wiggle,  
The chair starts to move,  
A smothered giggle...  
Serious face,  
You sit...  
A foot lifts  
A tiny push  
The chair starts to spin  
Just one  
One little twirl...  
Facing forwards again,  
The grin as you once again plant your feet...  
Clear your throat,  
Try to reclaim the serious face...  
To sit and listen  
Resist,  
Grin  
And then just spin!



## A Kid's View

**Kids were asked questions about the old and new testaments. The following statements about the bible were written by children. They have not been retouched or corrected. Incorrect spelling has been left in.**

**Samson slayed the philistines with the axe of the apostles.**

## **From 365 Zen daily readings by Jean Smith**

**Regarding this Zen Doctrine of ours, since it was first transmitted, it has never taught that men should seek for learning or form concepts. "Studying the Way," is just a figure of speech. It is a method of arousing people's interest in the early stages of their development. In fact, the Way is not something which can be studied. Study leads to the retention of concepts and so the Way is entirely misunderstood. Moreover, the Way is not something specially existing; it is called the Mahayana Mind - Mind which is not to be found inside, outside or in the middle. Truly it is not located anywhere.**

**-Zen Master Huang Po (9th Century), The Zen Teaching of Huang Po**

## **Inspirational Insults**

***"I've just learned about his illness. Let's hope it's nothing trivial."***

**Irvin S. Cobb**

# Reflections from the Shaman's Hut

By Trent Deerhorn

## How Far Do We Go?



Over the last year and a half the world has been in Covid Crisis mode. First came the plague, then the deaths, then came the restrictions that put many people into a state of borderline insanity. Many businesses did not make it through, closing their doors due to complete lack of support. Many were able to handle the disruption and found creative ways in which to continue to provide for their patrons. With each wave of the pandemic, more restrictions were placed. I, myself, began hoping that my District Outfit would at least be black, because I really do not look good in orange.

Then came the vaccine, which many thought to be a godsend, and many also thought to be the devil in disguise. Once a predominant number of the population had been vaccinated, the doors began to open and the restrictions began to be lifted. Whether or not this was a good idea, considering the growing number of variants, is yet to be seen.

I have observed, during this time, both the best and the worst in people. Here is how I have categorized them and why:

### Best:

**Masks:** People would wear them and make sure that they, themselves, were protected but that those around them were also protected. Many wondered, during this time, what happened to the Flu? Well, people were wearing masks. That is what happened. You are welcome.

**Hand Washing:** People became much more conscious of personal hygiene during this time, which also contributed to the lack of the Flu, but provided less of an issue when it came to spreading viruses and germs around through touch.

**Watching out for one another:** People began, even in lock down, doing personal "check ins" with friends and family. This is something that would often be overlooked pre-pandemic, and it is a lovely way to say you care.

**Technology:** People who were previously completely uncomfortable with technology began to see some of the benefits of it, such as video chats with loved ones, online shopping (be it for groceries or anything else), online ordering of meals from local restaurants that would be either picked up curbside or delivered to your door, and I even noticed some of my senior friends

began diving into online banking instead of insisting that they have to do everything through a bank teller.

**Nature:** People began, with their less hectic helter/skelter lifestyles, noticing nature around them. In the very beginning of lockdown it was absolutely delightful to be able to step out onto the back deck, for example, and actually hear birds instead of airplanes and automobiles and sirens. There was a delightful hush that came over our city and many noticed the benefits of that.

### **Worst:**

**Masks:** There were far too many who complained about the use of masks because it personally inconvenienced them. That form of self-centeredness is far too prevalent in our myopic society. This does not include those who found it difficult due to breathing issues, so please do not lump those poor souls into the same category.

**Hand Washing:** There were also far too many who complained about personal hygiene and how inconvenient it was and how their hands were suffering because disinfectants were so harsh. For those sensitive to such things, there are gentler alternatives, but often people seemed to not want to hear about those.

**Watching out for one another:** This is where adaptability became a bit of an issue. People were getting bent out of shape about not being able to hug each other or touch one another. The human being is one that, mostly, does need some touch. But is it really necessary to hug EVERYONE in your life? I have personally found that not having the pressure to give a hug is a relief. Especially among the "Spiritual Community," hugs are considered the alternative form to a handshake. I now prefer the Namaste bow. You can still get your touch quotient without hugging everyone you know.

**Technology:** I must admit that, personally, learning how to work with a Zoom meeting was quite delightful. But I also have to admit that being on screen for hours at a time with work was exhausting. So I can certainly see both sides to this.

**Nature:** Even with the abundance of nature just outside the door, many chose instead to be on Netflix, Prime Video, Crave etc. And then there were so many who just had to express how "unnatural" the entire lockdown was...every...single...day. This led to their stress being spread around. That was unfair to everyone else.

### **And then we have the WORST:**

All through the lockdown and the development of various vaccines, there has been a nasty battle going on between people who are pro-vaccine and those who are not. Friendships have



ended, and families have split up over this type of thing. And now it is edging into human rights issues, where people think that they have the right to demand to know if you have been vaccinated or not, which is none of their business. Some will discriminate against you because you have not been vaccinated, and some will discriminate against you if you have been vaccinated. This, for me, is far worse than all the inconveniences that were involved in the lockdown in the first place. Whether or not one has been is actually medical information that is *confidential*...which means that it is NOBODY'S BUSINESS. And, by the way, there are many people who are medically unable to receive a vaccine. Although businesses can UNIVERSALLY decide to keep the mask wearing and physical distancing rules in play, and although they can ask if you have been exposed to Covid, or if you have travelled out of province in the last 2 weeks, or if you have been around anyone who is isolating etc, they cannot actually demand to know if you have or have not been vaccinated. And if you tell them that you have or have not, they cannot treat you any differently than someone else. Their personal agendas regarding vaccines being good or bad are pointless when it comes to providing their services. And to judge a person based upon medical information such as this is equally discriminatory as judging them by whether or not they have AIDS, or have had a vasectomy or have had an abortion, or are a different race than yourself etc.

These are certainly interesting times in which we live. I am hoping that things will settle down and that people will get their heads screwed on straight. But in the meantime, I wonder how low we will stoop as a human species? How far are we willing to take the acts of discrimination? Are we entering an entirely new level of "The Burning Times"?

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

## According to the Farmer's Almanac 2021:



### Sun Snack

When growing sunflowers for their edible seeds, select a variety bred for the purpose, such as "Mammoth Russian" or "Super Snack." As seeds ripen, cover flowers with a light fabric, such as cheesecloth, to protect them from hungry birds. It's harvest time when the flowers dry out, the backs of the heads turn brown, and the seeds look plump and loose. With sharp scissors or pruners,

cut each head off the plant about 6 inches below the flower. To remove the seeds, rub your hand over the seeded area and pull them off the plant. Rinse the seeds and then lay them out to dry for several hours or overnight.



### **August 2nd: Civic Holiday (Canada)**

Fresh-picked tomatoes should be stored at a cool room temperature (ideally 65-70 degrees F) and out of direct sunlight.



### **August 8th: New Moon**

To extend the life of cut flowers, place them in a vase filled with a solution of 2 tablespoons vinegar, 3 tablespoons sugar, and 1 quart water.

### **August 19th: National Aviation Day**

The Blackberry vine bends  
with its weight  
Of fruit down in the lane,  
And adds its testimony, too,  
That August's here again.



*-Helen Maria Winslow, American writer (1851-1938)*



### August 22nd: Full Sturgeon Moon

Remove the lower leaves of brussels sprouts to expose the buds along the stem. Harvest from the bottom up.

### August 26th: Women's Equality Day

Nearly 6,000 species of ladybug exist worldwide. The "lady" in the name refers to the Virgin Mary, due in part to the belief that these beetles were sent by heaven to protect crops from pests.



## Inspirational Quotes by Alan Chazen

**Face your fears head on. They are not your enemy but your ally. The further you run from your fears, the bigger they become. When you face a fear and conquer that fear, it will leave you forever. If you run from it, it will plague you forever.**



## Ask the Shaman: With Trent Deerhorn

**Q:** Do you talk to your plants? If so, why? If not, also, why?

**A:** Oh..my....god....YES. I do this because they are sentient beings and they understand the intent behind my words, and also behind even just my feelings. Plants are "telepathic" in a way. They can sense what you are feeling and thinking. When I am delighted with a plant it produces far more for me than one about which I am ambivalent. Plants communicate to each other as well as with humans who are willing to listen. This has also begun to be scientifically proven. They cannot understand

the "why" of how it works, but they definitely have observed consistently the fact that it does, indeed work.

I have personally not understood anyone who does not know the names of plants or appreciate the beauty of them. I cannot walk down a street and not notice plants and trees that people have growing in their front yards or their front windows. It is just part of my consciousness. And often when I find something that I have been unfamiliar with I will come to a full stop and just observe it. I will appreciate how it looks, how it is different from other plants I am familiar with, and will perhaps even communicate with it, depending upon circumstance. If I cannot identify it, I will take a photo of it and send the photo to a Master Gardener friend of mine with a note that says, "Hey there, can you please identify what this is?" He always gets back to me, not just with the name of it, but also with information about what it is like as a plant or tree and how best to grow it if I am interested. I so appreciate that about him. He so appreciates the fact that I will notice things like trees while out on my walks and send him questions regarding them.

I would highly recommend talking to your plants, be they inside your home or outside your home. Soon, if you allow yourself to listen with your heart, you will come to recognize that there is a symbiotic relationship between the plant kingdom and ourselves. It doesn't even have to be anything specific like, "Hey, Joe, how ya doin today?" It can simply be easy, like, "Thank you so much for blooming so well and bringing joy to my heart."



## Tidbits and Ticks:

**At the beginning of the school year, I asked my Grade 2 students to write about something exciting they did that summer, then to draw a picture to illustrate it.**

**One student proudly presented his account of a ride on a roller coaster, but he had not drawn a picture.**

**When I asked why he hadn't done this, he declared, "I couldn't. I didn't see anything because my eyes were closed."**

## 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:

**Betty Wrote:** I have never heard of Wonderstone Jasper. Thank you, Ave, for sharing information on this one!

**Alex Wrote:** Joyce has expressed what I believe many of the descendents of the settlers are feeling these days. Thank you!

**Peter Wrote:** Your article, The Children of Today, is rather timely!

**Janis Wrote:** Trent, THANK YOU for your balanced perspectives on so many issues, but these days especially regarding the Covid-19 vaccine!

## Classified Ads

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mysticwillowservices.com

## 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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## 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 or Skype 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!

## Flight Newsletter Advertising

All ads must be in by 6pm on the 20<sup>th</sup> of the month PRIOR to the issue that the ad is to be placed in. No exceptions. Send to [deerhorn007@gmail.com](mailto:deerhorn007@gmail.com).

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