

Flight: A Living, Breathing Document of Consciousness

Volume 10 Issue 111, September 2021



Articles and excerpts that will inform and inspire!

A Letter from the Editor:



This time of year, I always find myself asking the question, "Where did Summer go?" It seems that we just experienced, last week, Spring's thaw and now the leaves are already looking like they are turning shades of color and the air seems to be cooler. Autumn is one of my favorite seasons though. The outdoor insects begin to decline in population significantly, especially the mosquitoes! And the vibrant colors of Autumn cannot be beat! It is also that time when I begin gearing up for Halloween. Yes, I am one of THOSE people. I figure that if some can get away with decorating for Christmas in OCTOBER, then I can set up Halloween in late August and early September! Truthfully, I would have it like that year-round, but

I do enjoy bringing out the containers of decorations and deciding how to display them each year. That is more like Christmas to me that the actual end of December is.

This month we have some excellent articles on a variety of subject, and because of one of them I have learned a new term...REVENGE TRAVEL. I like it! Thank you to all my contributors and to all of the readers of this viral newsletter. This is a labor of love for me for the spiritual community of the world. And I appreciate all the hard work that each contributor puts into it, as well as the feedback from the readers.

Please do feel free to forward this if you like, and if you have received it for the first time and would like to be on the mail out list and receive your free subscription once a month, just drop me a line and let me know at deerhorn007@gmail.com and I will make it so!

Enjoy the read!

Trent Deerhorn

Editor

Upcoming Events

rites by the water



This will be our first Public outdoor ritual since early 2020 it will be a celebration to give thanks to the Gods and the Goddesses. These are outdoor events and people should dress for the Weather. All we ask is that all who attend do 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 Autumn. It is a time to bring our inner warmth out to help us with the harvest, as the days become shorter, we remember our growth so far this year. The next event is on **Tuesday September 21s at 7 pm, it will be held at 2703 Spadina Cres. East Saskatoon Sask.**

Your Sacred Humanity

Undermining the demonic global adversary's 'Anti-Human Agenda' through Awareness, Knowledge and Respect of collective Human Worthiness, using our ability to access Christ Consciousness. Join Beata Van Berkom the TinfoilHatLady to explore radical self-love and scrupulous honesty the technology of being human. Reignite love for humanity. Bring a bottle of water, a notebook, and an open mind. 108 Ohms included. For details email tinfoilhatlady@gmail.com 306 291-4706

Sunday September 26th

1:00 PM – 4:00 PM

The Veranda YXE

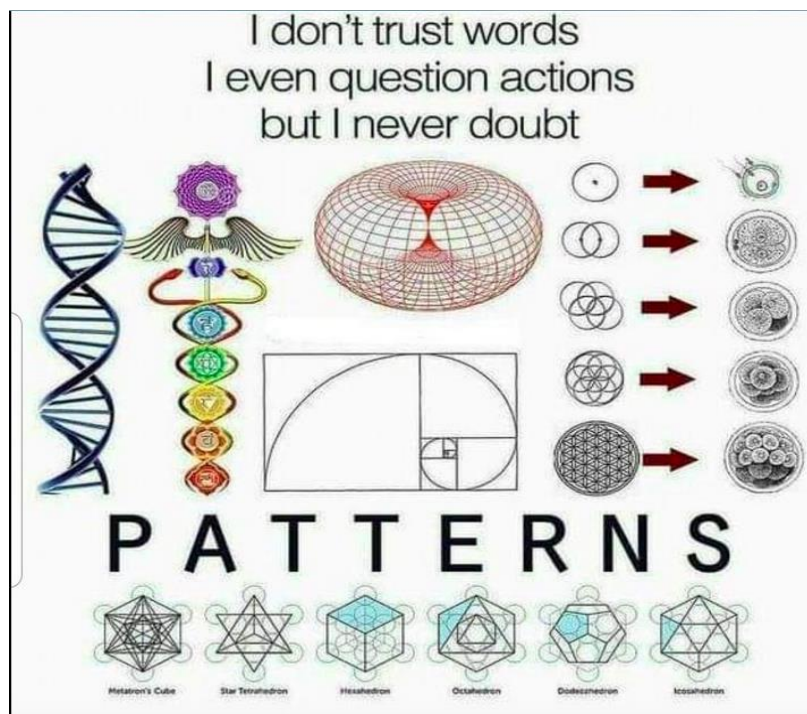
2120 St. George Ave.

Saskatoon SK.

tinfoilhatalady@gmail.com

email register \$120.00 before Sept. 15

After Sept. 15 \$150.00





SHERPA

SHERPA IS APPROXIMATELY 2 YEARS OLD AND A MIX OF COLLIE/NEWFIE, POSSIBLY PYRENESE, AND A LOT OF LOVE. HE CAME TO US WITH A SEVERLY BROKEN LEG AND NEEDED EXTENSIVE SURGERY. AFTER MANY MONTHS OF RECOVERY HE IS NOW READY FOR A HOME. HE DOES NOT HAVE THE TYPICAL GAIT BECAUSE OF HIS INJURY BUT THAT DOESN'T SLOW HIM DOWN! SHERPA IS NEUTERED, MICROCHIPPED, FULLY VACCINATED AND READY FOR A FUREVER HOME WITH TONS OF LOVE.



CHECK OUT OUR FACEBOOK PAGE FOR FUNDRAISERS AND ADOPTION DAY INFO! COME MEET THE DOGS AT OUR MONTHLY ADOPTION DAYS 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.



MISSY

MISSY IS A 4 YEAR OLD MEDIUM HAired STUNNER! SHE IS CONFIDENT AND CALM AND IS READY FOR HER FOREVER FAMILY! SHE LOVES PETS AND PLAYTIME ESPECIALLY STICK TOYS AND LASERS! SHE ENJOYS ATTENTION AND AFFECTION AND JUST WANTS TO BE NEAR YOU WITH WHATEVER YOU ARE DOING! SHE ABSOLUTELY ADORES HER 2 YEAR OLD SISTER BANDIT AND WOULD LOVE TO FIND A FOREVER HOME WITH HER IF POSSIBLE. BANDIT IS A SWEET GIRL WITH A BIT OF A SHY SIDE. SHE WILL BE CAUTIOUS WITH YOU AT FIRST BUT ONCE SHE REALIZES YOU ARE A FRIEND SHE WOULD LOVE TO BE YOUR BESTIE. SHE LOVES ATTENTION ONCE SHE IS READY. SHE IS FAR MORE BRAVE WITH MISSY AND WOULD LOVE TO FIND A FOREVER HOME WITH HER IF AT ALL POSSIBLE. BOTH HAVE LIVED WITH DOGS PREVIOUSLY AND ARE A-OK WITH THEM BEING AROUND.



ESTIMATED DATE OF BIRTH IS JANUARY 1, 2017.

IF YOU ARE INTERESTED IN ADOPTING MISSY 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.

CONGREGATIONALIST WICCAN
ASSOCIATION OF SASKATCHEWAN



SKY RIVER TEMPLE

Our temple has taken a brief pause, to reconfigure and plan, there will still be occasional posts and activity on our social media, but for the next while there will be no formal planned online nor in person offerings.

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

<https://www.youtube.com/channel/UC4dIB2RNnb4Af3pz-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

THE MOONS OF 2021

September: Full Corn Moon

September's full corn moon is so called because this is when crops are gathered at the end of the summer season. At this time, the Moon appears particularly bright and rises early, letting farmers continue harvesting into the night. This moon is also sometimes named the barley moon, and it is often the nearest full moon to the autumnal equinox, earning the title of 'harvest moon'.

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

Harvest Moon

September 20th 7:55pm Eastern

Color of the Day: Orange

Incense of the Day: Eucalyptus

Pinecone Prosperity Spell

Here, we'll combine a classic fall craft with a little abundance magic. You'll need string, some pinecones, peanut butter, a spreading utensil of some kind, birdseed, and a plate.

Begin by tying a loop of string to the end of a pinecone - make it as long as you need to in order to hang your finished treat from an outdoor tree or plant hook! Next, use a butter knife or spoon to spread peanut butter generously on a pinecone. Be sure to get it into the crevices! Pour birdseed onto the plate, then roll the peanut butter-covered pinecone in the seed, coating it. As you roll, imagine your household full of warmth, health, and prosperity. Say:

By bird and cone and hearty seed,

We welcome friends come round to feed.

Of warmth and love in winter's chill,

May all who dwell here get their fill.

Hang your pinecones outside and enjoy watching the critters who snack on them!

- Thorn Mooney



Rock Talk

by Ave Riddler

Bat Cave Jasper (Rim Jasper)

The color range for this formation of jasper is from chocolate brown to tan, often in long layered sections of each shade, this

jasper is very rare, and most pictures are owned, and copy written. I personally have never worked with this form of jasper, so once again I must rely on my book. There also isn't a lot of information in my book about this stone.

This jasper is a good tool for meditation, helping one to attain a truly centered self, and within that state of center this jasper



can facilitate a very deep state of meditation. This can also help on while doing any type of astral work or journeying, helping one to transition to the astral plane more readily.

It can help one to truly appreciate the joys and delights of living, helping one to release stress, to go with the flow, energetically feeling like a gentle summer breeze.

Physically Bat Cave Jasper may be helpful in supporting night vision, be used to help purify the body, and stimulate motor capabilities.

Paraphrased from "LOVE IS IN THE EARTH – A Kaleidoscope of Crystals by Melody".

Higher IQ puns, or just cringeworthy.

Condoms should be used on every conceivable occasion!

THE SILENCE OF FORMLESSNESS By Gail Fulkerson

Speak the language of your people.
Notice how easily the words form and
Slide over your tongue,
Falling freely over your lips,
Creating sentences and stories;
Explanations, excuses,
And lies.
After a lifetime of practice
You are a maestro of glib repartée,
Wit, wisecracks,
And alibis.

In your dreams you can hear the voices of
Your ancestors
Who speak to you
With a silent language of
Symbols and memories.
You understand it all -

Until you wake.

Delve into your soul's infinite past;
The innumerable lives lived,
Beyond the darkest shadows
And the brightest lights,
Even beyond remembering.

Death felt like exploding;
Like the dying suns of old,
Hurling the atoms and molecules of your being
Into the vastness of space,
Never stopping.

Rebirth;
A new star
Cradled in the nurseries of galactic nebulae.
So far away; so long ago,
Before matter coalesced,
When we were all bright, shiny,
New and untested.
Conscious energy;
Floating awareness.
Oh, the freedom of formlessness!

Lucky number 13!

By Rod Kaminski

The number 13 has been long associated with bad luck and superstition. In Jin Shin Jyutsu, SEL 13 (Safety Energy Lock) means, "Love thy enemies". This flow is one of my favourites to use on clients and as a self-help flow on my self. The theme of this flow is "letting go of the story". Most people hold on to things that in hindsight should have been observed, processed, and then let go at that time. But sometimes there are experiences/traumas that we as humans must put aside for the moment until we are ready to acknowledge what is there and then be prepared to do the work to harmonize the project. In Jin Shin Jyutsu we don't use words like cancer, disease etcetera and we call them projects that can be harmonized. The intent is not to label a disease because that can cause some people to manifest the disease further or "own it," and perpetrate the illness.

SEL 13 has a plethora of benefits and among those is that it is located close to the thymus gland which is the MASTER gland of the immune system. SEL 13 is the number of creativity, regeneration, reproduction, and fertility. This SEL is located three ribs down just above the breast line. This flow to me is all about love and letting your true authentic side shine through. But it is difficult to be TRULY authentic if you are carrying years of trauma, or unprocessed emotional issues. If one is not aware or paying attention, what we experience next is an overflow that manifests as either pain, discomfort, emotional distress, or an unexpected reoccurrence of the original trauma (or a combination thereof!).

Self help for SEL 13 is illustrated in figure 1. Support your body by using pillow or yoga blocks so this does not become work. If it becomes arduous, you will not incorporate it into a daily regime. The art that is Jin Shin Jyutsu is meant to simple, non evasive, and powerful. With this flow I like to be lying down because it is easier on my arms as I have had a past shoulder project.

Self help flow for SEL 13.

RH - Right hand

LH - Left hand

Hold each position for at least a few minutes until you feel a heartbeat, vibration, or heat in both hands. Do not worry about hitting the exact spot because the diameter of each SEL is approximately the size of your palm, so if you don't hit it dead centre, that is fine. It will take a little longer for the energy to move though.



Step 1. RH. Fingertips on the top of the head and LH fingertips on centre of the forehead just above the eyebrow line.



Step 2. LH moves to the tip of the nose



Step 3. LH moves to centre SEL 22 on the sternum. Just a little below the collar bone.



Step 4. LH moves to centre SEL 13. Approximately 3 ribs down and 2 inches below Step 3.



Step 5. LH moves to the base of the sternum. Bottom of the chest plate.



Step 6. LH moves to 1 inch below the naval.



Step 7. LH moves to the pubic bone.



Step 8. RH moves to the coccyx.



Step 9. Hold both high 19's.

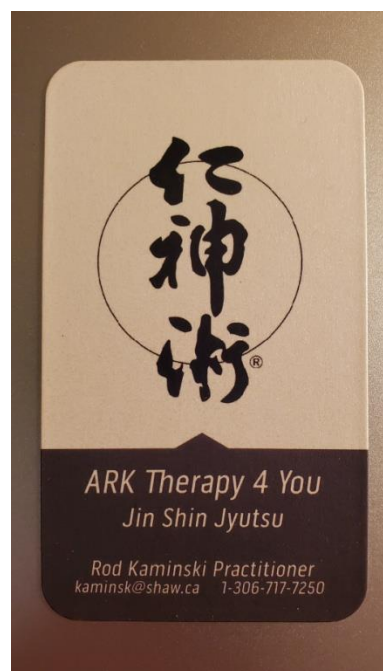
Step 10. LH holds right index finger.

Step 11. LH holds right little finger.

Step 12. RH holds left index finger.

Step 13. RH holds left little finger.

If you have any questions regarding this wonderful flow, feel free to contact me for further information or to book a personalized session.



The Beautiful Dead End

By Ave Riddler

August long I went on an adventure...if plugging a never seen before location into a GPS and road tripping to that location can be called an adventure. The drive was long, much longer than I had realized it would be, I drove more than half the route without my GPS because I didn't need it for the first part of my drive, didn't realize how much further I had yet to go before pulling up the location on the GPS. In hindsight I should have GPS searched the location before I even left the house, my drive could have been MUCH shorter!

Onto the road trip!! Speakers filling my car with sound while I drove the part I knew, that sound, the flat prairies, and the highways my companions. I soaked in the vast beauty of this land I call home, even during such a harsh dry year, the prairies call to my heart, they are home. I saw many red-tailed hawks, deer, those little yellow flowers along the sides of the highway that always bring me joy, farms, and even had a few pelicans fly above me along the way. Can you tell I love driving?

After turning from the views and prairie landscape I know well, my route altered vastly, fields and farms became deep valley, and beautiful sparkling lakes. I half cursed the view (how have I never gone down here before it's SO beautiful!!!) and half was awestruck into silence. Normally when road tripping, I stop often, take millions of pictures, explore roadside turn out paths, take mini hikes if I find trails, even find places where I can plunge my toes into water. A road trip with me behind the wheel can take a bit longer than expected; the destination is only half of the trip. Though if you are on the other side of my long drive, don't expect I'll be there "on time", I will if I have to be, but I truly enjoy the side quests I add to my drive. Because I was already running later than anticipated, and the drive was just so much longer than I'd thought it would be, I flew through that route, taking in the beauty, but not stopping even once! All while blindly following that lovely GPS voice when she'd say, turn left here, or right there. I literally had no idea where I was going at this point! There were also less and less of the classic small towns as I cruised along, small resorts, and lake side cabins replacing the hubs of highway activity.

Paved roads gave way to grid; valley and farm shared the same space, those glittering lakes peeking shyly out of the growth. Gradually my GPS advises me I have nearly reach my destination, the final turn it directs me down is a left turn, tightly wedged between fields, skirting the edges of a small resort town, into a dead end! I see NO sign of the provincial park I am being told I have in fact reached. I see fields on one side, and a beautiful lake on the other.

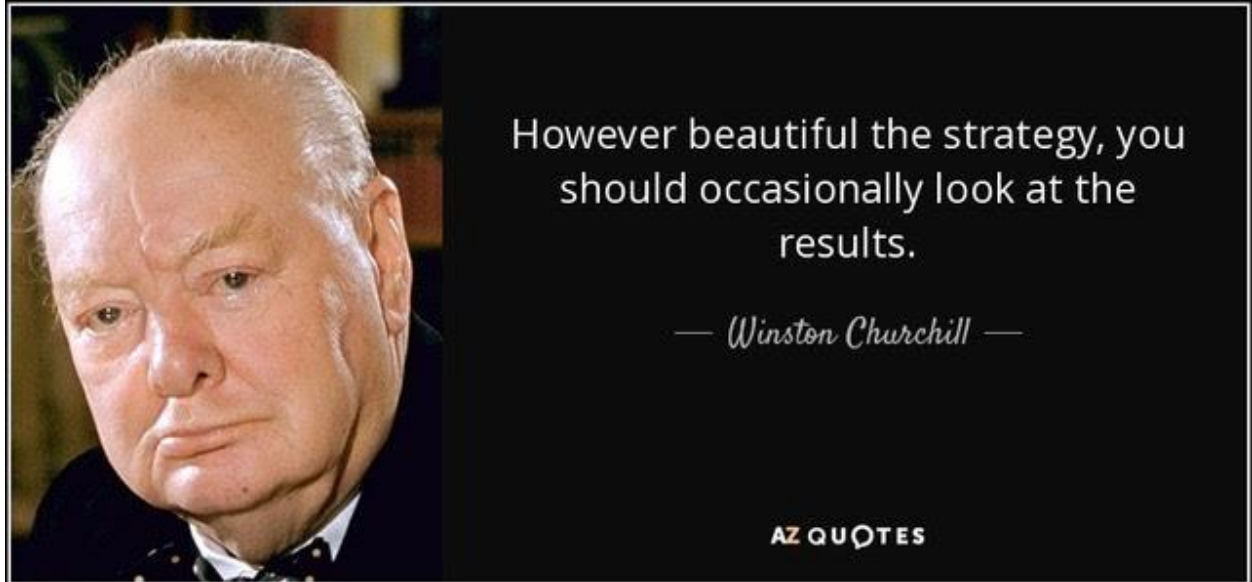
The road my GPS turned me down ends in a cul-de-sac/turn around that is honestly the most beautiful dead end I have ever seen!



I call the friends I am supposed to be meeting up with at the provincial park that my GPS is telling me I have reached...after some puzzling they figure out that for some reason my GPS told me to turn left, when it should have been right, and that I'm not actually that far away from them, so they come find me in that beautiful dead end, agree it is in fact a beautiful dead end, before leading me across the road, around a few turns and into the park! We realized the park is probably right beside that beautiful dead end and possibly at one time the access for the park was found there.

I hope every journey is packed with beauty, and that if by some chance you do get misdirected, you are able to first enjoy the journey and views, before finding your way again. I very much enjoyed my time in that beautiful dead end.

Quotes by Winston Churchill



Thought for the Day:

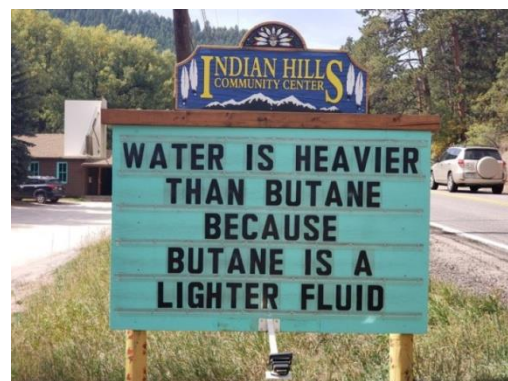
One may not reach the dawn save by the path of the night.

- Kahlil Gibran

Did You Know...?



Indian Hills



REVENGE TRAVEL

CANDACE GLENNEY, CTC – CAA TRAVEL SASKATCHEWAN



Revenge travel...this is a saying we're seeing all over the media these days. And it shows! We have welcomed a HUGE increase in travel inquiries and bookings the last month or two as restrictions ease. Many have missed visits with family, an annual winter vacation, a group tour, or that bucket list vacation that they have been waiting and saving for.

There are certainly still restrictions on travel, and we recommend all clients visit the following web site, as well as check with the destinations they plan to visit on current restrictions or testing requirements.

www.travel.gc.ca/travel-covid

Our own Westworld Tours is a great option for those wanting to travel with a group. They have introduced a Commitment to Safe Travel, including a Health and Safety Protocol and Well Being Declaration.

Westworld Tours offers tours across Canada, the US and all over the world. They also have some exclusive Women Explorers tours! Please see the links for Westworld tour options, and video presentations that give you an in depth look of the tours. Our Victoria & Maritimes tours are always very popular. New brochures on these tours are coming soon!



Current Westworld Tours <https://www.westworldtours.com/tours/>

Video Presentations https://www.westworldtours.com/video_presentations



Beach vacations are also in high demand these days! Many of us want a break from the harsh Saskatchewan winters, and a week or two in the sun certainly helps. This winter, there are direct flights from Saskatoon to: Puerto Vallarta, Cancun, Ixtapa, Los Cabos, Mazatlan, Punta Cana, Phoenix, and Las Vegas. Some of the tour operators are

offering Travel Protection Plans on vacation packages. If you're looking for some recommendations, please ask me for advice on a resort that would suit your needs. I have several extended family groups travelling this winter to some amazing resorts, and this is a great way to reconnect! Major resort brands have cleaning and safety protocols in place.

Some of my favourites for an adult only vacation are Unico 20 87, Secrets and Sandals resorts. Some of my family favourites are Dreams Resorts, Hard Rock All Inclusive Resorts, and Hyatt Ziva Resorts.

If you're considering a European tour or river cruise, planning well in advance is a must. Since many travellers were not able to travel last summer, or earlier this year we are finding 2022 dates are already filling. Some of our preferred river cruise lines are AMA Waterways, Uniworld and Viking.

Keep dreaming of your future travel plans, I'm here when you're ready!

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:

Sometimes I wake up grumpy; other times I let her sleep.



September Correspondences

Stone: Sapphire, sardonyx • Animal: Bear, owl
Flower: Aster, morning glory • Zodiac Sign: Virgo

From Llewellyn's Witches' Calendar 2021

September

As the last days of summer begin to fade into the crispness of autumn, the nights lengthen, and we begin to celebrate the first feasts and gatherings of the harvest season. At this time, we look to our communities, friends, and families and to the relationships we have or wish to have with others. There are few better ways to strengthen our relationships than breaking bread with those we care about.

Take a moment to think about the relationship you want to build or strengthen. Is it romantic, platonic, familial, or something else? How do you want to progress? Be honest with yourself; Which aspects of the relationship are already

strong, and which need improvement? What most excites and interests you about the relationship and its potential?

Enchanted Applesauce for Positive Relationships

This recipe makes approximately four servings.

You will need:

- *4-5 large apples (preferably Granny Smith)
- *Apple cider or water as needed
- *1-2 strips orange peel

*1/2 cinnamon stick

*1 teaspoon vanilla

*2-3 tablespoons brown sugar

*Lemon juice as needed

Begin by mindfully preparing the apples. As you peel the skin and trim away impurities, envision the barriers to forming a healthy relationship falling away to nothing. As you quarter the apples, envision the challenges in the relationship being reduced to a manageable size.

Lay the apples in a large heavy-bottomed pot. Add a little apple cider or water (around 1/4 cup) to the pot to keep them from scorching. Heat on medium to medium-high to begin, stirring frequently. As you stir, envision positivity and love flowing from your arm and down your spoon to permeate and strengthen the relationship.

Once the liquid at the bottom of the pot has come to a boil, reduce the heat to medium-low. Add the orange peel and cinnamon stick to the pot while envisioning the excitement and complexities of the relationship. Add the vanilla while thinking of the positive feelings the relationship inspires. Stir the mixture and slowly sprinkle in the brown sugar while envisioning sweetness, love, and positivity infusing and strengthening the relationship. Cover and let the mixture simmer for 20 to 30 minutes or until the apples break down into a chunky sauce, stirring occasionally.

Once the apples have broken down to the desired consistency, remove the orange peel and cinnamon stick. Think about your end goal for your relationship and give your sauce a taste. If it is too sweet, add lemon juice a tablespoon at a time until the flavor is balanced, taking a moment to appreciate how challenges help us appreciate the positive. If it is too tart, add a little extra sugar or honey to taste, envisioning luck being swayed to your favor and challenges being overcome.

Share your finished applesauce with the people you love, and enjoy being together, allowing the magic therein to do its work.

-Emily Carlin

Groaners

An East Indian fellow has moved in next door. He has travelled the world, has swum with sharks, has wrestled bears and climbed the highest mountain. It came as no surprise to learn his name was Bindair Dundat!

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.

Moses led the jews to the red sea where they made unleavened bread, which is bread without any ingredients.

From 365 Zen daily readings by Jean Smith

Mind is the Buddha, while the cessation of conceptual thought is the Way.

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

Inspirational Insults

"He is not only dull himself; he is the cause of dullness in others."

Samuel Johnson

Reflections from the Shaman's Hut

By Trent Deerhorn



A Good Night's Sleep

For about four years my partner and I had been sleeping on a bed that I had long before we got together. I bought it in about 2010, so it was only seven years old. It was one of those that has an extra foam topper on it. What that meant is that we could only rotate it twice a year, but we could not flip it. Well, needless to say, it began to sag and stretch in the wrong places. So, we bought another mattress online. It had a good reputation for being like sleeping on a cloud. And it did feel a bit like that...at first. We got it 2 years ago. It is already worn out and making us wake up with extreme body pain.

So we went shopping for a new bed. We wanted something a little more "Top O the Line." That is what we bought. It is supposed to be delivered next week. We cannot wait. When we lay on it, the lovely young woman who was working the store at the time was very informative. Rod paid very close attention to everything she was saying. I was basically almost asleep as soon as I lay down on it.

We were able to bring home the new pillows that were recommended for our body types. Rod's weighs around three pounds. Mine weights about thirty pounds. I have broader shoulders and, to keep my spine aligned while I sleep on my side, it must have extra padding. Seriously, if we ever get into a pillow fight, I will win. He will go flying across the room. Then I will complain that I threw my back out hitting him.

I could, even with the old mattress, feel an immediate difference with the new pillow. My neck was no longer kinked and when I woke up the next morning it was the first time in YEARS that I did not have extreme shoulder pain. What a relief!

So, this got me to thinking about how often people experience difficulty sleeping, or interrupted sleep because of things like a poor mattress, and inappropriate pillow for their bodies, kids being distressed or sick in the night, pets that interrupt sleep patterns to be let outside, a room that is too hot or too cold...the list goes on and on.

What does this do to us over time?

It is horrible to wake up in the morning feeling like a very elderly person because everything hurts...for no reason. But before we even wake up, what damage has also been done to us? We know that the hypothalamus needs sleep in order to not shrivel, and that when it shrivels it

causes all sorts of problems physically and mentally. Lack of sleep also compromises our immune systems, and, let's face it, our immune systems are ultimately important to our survival. Without proper rest we also cannot reach R.E. M. sleep, which allows us to dream and process things on a deeply subconscious level.

It seems that a proper bed and pillow just might be one of those things that people need to invest in for their own well-being.

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

According to the Farmer's Almanac 2021:



Cabbage Patch

There's nothing quite so satisfying as harvesting big heads of cabbage to add to your larder. Depending on the variety, you'll have to wait between 35 and 180 days to do so. Look for compact, firm heads; if they're springy, they are not mature yet. When nearing harvest time,

keep track of the weather; Rain can split mature heads, so gather your cabbages beforehand. To harvest, use a sharp knife to cut each cabbage head at its base. Remove any yellow leaves and immediately bring the heads indoors or place them in the shade. Alternatively, pull up the plants (roots and all) and hang them in a moist cellar that drops to near-freezing temperatures.

September 6th: Rosh Hashanah begins at sundown/Labor Day/New Moon

Along with apples and honey, beet greens, leeks, and fenugreek are traditional foods prepared for Rosh Hashanah.





September 15th: Yom Kippur begins at sundown

The Celts made tea from dried pansy leaves and used it both as a love potion and to cure a broken heart.

September 20th: Full Harvest Moon

Near the autumnal equinox, the Moon rises only about 30 minutes later each night. When nearly full at this time, it provides extra light after sunset for harvesting.



September 21st: International Day of Peace



Then let me to the valley go,
This pretty flower to see,
That I may also learn to grow
In sweet humility.

-Jane Taylor, English writer (1783-1824)

September 22nd: Autumnal Equinox

Crocuses, daffodils, and tulips can be planted in northern regions until the ground freezes. The day before digging, water the planting site to soften the soil.



Inspirational Quotes by Alan Chazen

Profound statements are not created by man. They are simply discovered by him in the process of trying to live the truth.



Ask the Shaman: With Trent Deerhorn

Q: I have been noticing tattoos a lot of late. I don't have one, but it seems like not having one is now the rebellious thing! I also noticed that you have some, from your photos. Can you enlighten me as to what the "thing" is with tattoos? Is there any spiritual connection? Or is this just a fashion trend? Enquiring minds want to know!

A: Tattoos are different for everyone. Sometimes body art is simply an expression of a person's likes and dislikes. Sometimes it is an expression of something deeper. For example, some folks get a tattoo to commemorate a loved one who has passed on. I, myself, did that with one of my tattoos when my late wife passed away. I also did it in honor of the lives lost at Pulse, the gay bar that was hit by a psychotic shooter. Sometimes people are into things like Anime and decide to have their favorite characters from that art form tattooed on their bodies. Sometimes people are drawn to certain animals and so have things like tigers or snakes or wolves etc tattooed on themselves. For me, personally, I have a variety of tattoos. Some, as mentioned, are commemorative. Some are of Spirit animals who

walk with me in the other realms. Some of them are ancient sacred symbols that have, within them, certain energetic significance.

I should mention that many of my tattoos began as energy tattoos that would appear on my body, but move around as needed. Although I have many tattoos, only a select few of them have been actually anchored onto my flesh with ink. I still have far more that move around my body. People other than myself have also seen that happen. Yes, it freaks them out. But those ones are special to me because they are more "free spirits" than the other ones. And sometimes in the energy work that I do they energetically leave my body and enter the energy of the person on whom I am working, help to remove whatever blockage is in the way of their well-being, and then come back into my body. That is not something that I specifically intend to have happen. It is a natural flow. And it is also a confirmation to me that ALL my tattoos have within them their own consciousness.

There is absolutely nothing wrong with having a tattoo. And there is absolutely nothing wrong with not having a tattoo. This is one of those things that is nobody's business other than your own. You need not qualify either decision and you need not explain any of the ink that you may have. That is a very personal thing and people need to perhaps consider the fact that grilling a tattooed person on their ink is the same as asking a billion questions about why someone got their hair colored differently. It is completely their choice and is nobody's business other than their own.

Tidbits and Tickles:

Because our husbands, both medical students in their final years of internship, were on call for extended periods, my friend and I were lamenting the fact that we were left alone every fourth night with our young children.

With a toddler and newborn, Allison was especially desperate for help on occasion. Even when her husband was home, he was so exhausted that he never heard the children's cries at night.

But she noticed that he always heard his pager when he was called for an emergency at the hospital. So she did the obvious: When she needed his assistance at night, she paged him.

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:

Anne Wrote: Until I read Rod's article on Jin Shin Jyutsu, I had no idea that this form of healing even existed! Thank you for enlightening me and for the wonderful article and diagram for self-help!

Winston Wrote: I tried the Tantric Tonic. OMG! I had no idea how well it would work!

Mavis Wrote: I loved the Spinny Chair poem! And the yellow chair seemed quite appropriate for the image!

Trevor Wrote: Trent, your ponderings on the pandemic seemed to be quite fitting. Thank you for saying some of the things that many are afraid to say for fear of being banished from their friend circle!

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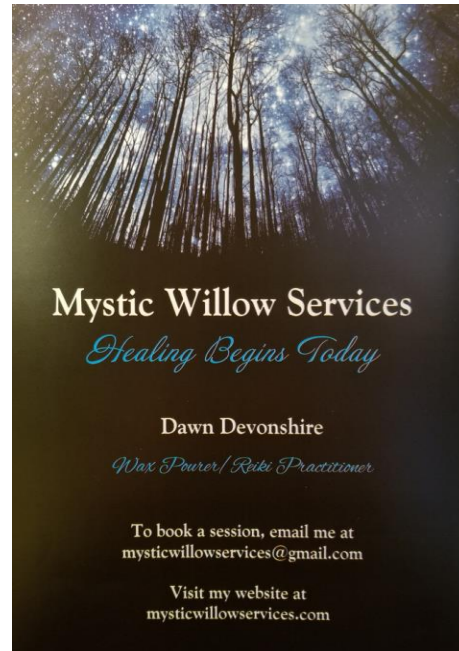
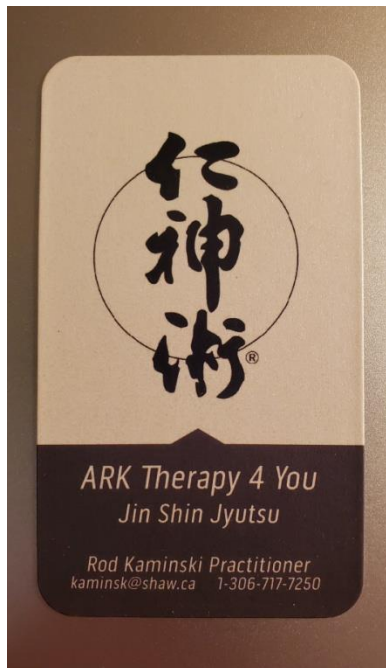
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HEALING, MINDFUL JEWELRY WITH CRYSTALS

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

#123-1222 Alberta Ave.
Saskatoon
306-220-4638
mindfullivingsask@gmail.com
mindfullivingsask.com

Beata Van Berkom MLT

Tinfoil Hat Lady Tinfoil Therapies
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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 or phone me at (306) 978.5300 to make arrangements. Blessed Be!

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