

Flight: A Living, Breathing Document of Consciousness

Volume 10 Issue 112, October 2021



Articles and excerpts that will inform and inspire!

Letter from the Editor



I want to take this opportunity to thank my readers as well as all of my wonderful contributors to FLIGHT. It warms my heart to see how this little newsletter has grown and expanded and become VIRAL.

This month is special to me because October is the month of Samhain/Halloween. That is my favorite time of year and my favorite thing to celebrate. Because of that, I have taken the time to write a bit of a ghost story to include in this issue, and some of my contributors have also written some pretty creepy stuff to share with everyone as well. There is nothing like the heebie jeebies to get the heart racing!

Enjoy the read!

Trent Deerrhorn

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 **Sahwain/Samhain**. It is while the Veil is at its thinnest that we have this Celebration of Halloween. **Our next event is on October 31st at 3 pm, it will be held at 2703 Spadina Cres. East Saskatoon Sask.**

Ceremonies with the Shaman

Join Shaman, Trent Deerhorn of Deerhorn Shamanic Services for a special ceremony once a month, hosted by Heavenly Reiki of Saskatoon. These seasonal and moon-based ceremonies will be centred around going deep and making much needed changes within. Experience the true magic of Shamanic Healing Ceremonies.

Participants will be required to bring a pillow, blanket and a cushion or stool upon which to sit.



Ceremony will begin promptly at 7:30 pm and the doors will be locked at that time. Please come between 7 and 7:15 so you can have time to settle in.

NOTE: If you arrive after 7:30, DO **NOT** KNOCK TO GAIN ACCESS. This will only disturb the ceremony that is already underway. Please just join us next month and arrive earlier.

Price: \$20/ceremony

**Once the ceremony begins, participants will refrain from chit chat as that only serves to distract from the energy of the ceremony. These ceremonies are geared toward adults, so it is important to have childcare in place to attend.*

To access dates of the ceremonies, contact Kiernan Garvie at Saskatoon Heavenly Reiki at (306) 880-3433 or visit the website at <https://www.saskatoonheavenlyreiki.com> .





EVIE

THIS IS EVIE, BUT SOME OF YOU MAY PREVIOUSLY KNOW HER AS LEANNE. EVIE CAME BACK TO US VERY RECENTLY DUE TO ALLERGIES IN HER HOME, BUT SHE IS STILL A VERY GOOD GIRL. SHE IS AN APPROXIMATELY 1 YEAR OLD COLLIE-SHEPARD MIX. EVIE IS ALSO VERY LOVING TO OTHER DOGS AND PEOPLE OF ALL AGES! SHE IS CRATE TRAINED AS WELL. EVIE IS SPAYED, MICROCHIPPED AND FULLY VACCINATED. EVIE IS READY HER FUREVER HOME!



CHECK OUT OUR FACEBOOK PAGE FOR THE SOUP 'N STUFF SOUP MIX FUNDRAISER FOR WANAR! THERE ARE 7 TYPES OF SOUP AND IT RUNS UNTIL SEPTEMBER 30!

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.



U-GENE KRABS

THIS GORGEOUS 3 MONTH OLD BLACK KITTEN IS A BALL OF ENERGY AND WOULD DO WELL IN ANY ACTIVE HOME. SHE'S CURIOUS AND FAST. HER ANTICS WILL KEEP YOU LAUGHING FOR HOURS. SHE LOVES THE CRABBY 3 YEAR OLD CAT IN HER FOSTER HOME WHO JUST ISN'T THAT INTO HER. THIS DOESN'T PHASE U-GENE AT ALL SHE JUST FINDS SOMETHING ELSE TO AMUSE HER. SHE IS A SWEET CAT WHO LOVES HUMANS, INCLUDING KIDS, BUT CAN PLAY BY HERSELF TOO. SHE SLEEPS WITH HER STUFFED TIGER.

SOME OF HER FAVORITE THINGS ARE CUDDLING UP ON YOUR NECK, FEATHERS AND LASER POINTERS. BASICALLY ANYTHING THAT MOVES IS THE BEST THING EVER. NOW SHE NEEDS THE BEST HOME.



ESTIMATED DATE OF BIRTH IS
MAY 29, 2021



IF YOU ARE INTERESTED IN
ADOPTING U-GENE KRABS OR
ANOTHER KITTEN 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 for the future, 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/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

THE MOONS OF 2021

OCTOBER 20, 2021: BLOOD MOON

Consider getting dressed up early this year to celebrate the Blood Moon on **October 20 at 10:57 a.m. Eastern.**

The Blood Moon is also called the Travel Moon, Dying Grass Moon, Hunter's Moon, Harvest Moon, and the Sanguine Moon.

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

Color of the Day: White

Incense of the Day: Marjoram

Charging Spell

On this full moon, charge some of your magical objects (tools, crystals, etc.) in the moonlight. Even if it's cloudy, that's okay. Place your objects outside in a protected place or inside on a windowsill. Visualize the moonlight charging the items with potent magical energy. Chant these words before leaving your items in place for the night:

Moonlight, cast your magic glow

Upon these items that I choose.

Moonlight, with your energy

These items now infuse.

-Ember Grant



Rock Talk

by Ave Riddler

BUMBLEBEE JASPER

Well-known for its unique banding and swirls of colors including of yellow, orange, black, and gray; bumblebee jasper is not a member of the jasper family, it is combination of minerals with inclusions of arsenic and manganese oxides. The banding and layering, is caused by inclusions of sulfur, calcium, aragonite, orpiment, realgar, and pyrite. Since it contains traces of toxic minerals do not make elixirs out of it and it would be wise to wash your hands after handling any pieces of it. This mineral was only recently discovered in the 1990's so there is no information about it in my books as a result, so I have gone to the great magical place of the interwebs and combined write-ups from a few sites (listed at the end of this article)

Bumblebee jasper resonates strongly with the sacral and solar plexus chakras. It is highly energizing to both areas, bringing inspiration and intensity to the realm of one's creative manifestation. These stones are powerful aids for

melding passion and purpose together for the unfolding of one's destiny. They can free blocked energies in the second and third chakras, allowing one to fully manifest the things one feels a deep inner calling to do. In this, they are uniquely valuable helpers. Simply by activating and connecting the solar plexus and sacral chakras, one can become more in touch with the self, and the driving force that motivates and sustains action.

This stone can be useful for one who is about to or has undergone a drastic change in their life. By combining the sacral and solar plexus chakras not only will it enable one to deal with any new challenges that comes from that change, but it will also help one to adapt to their new surroundings quicker. This stone helps maintain a positive and upbeat attitude through the daily stresses of life, while encouraging courage and creativity to see the way through those challenges. This jasper can help one to see their own potential, and overcome subconscious negative self-images, obstacles and falsehoods that are holding one back from achieving their goals. Once those deep-set harmful ideas and patterns are removed one will find they have more energy and eagerness moving forward. Bumblebee Jasper can also help remove harmful thought patterns formed because of past traumas that you might have stuck in the back of the mind holding one back from their true potential. This jasper can help one to accept what once happened, and then move on from that trauma.

The sacral and solar plexus chakra energy can also be used to help bolster relationships. By removing all inhibitions between those in the relationship, one would be able to invest fully into the relationship without giving into the fears or hesitations that it will eventually fall apart. This jasper will help one to start focusing on the future rather than trying to live in the past. These experiences will ease connection between each other, creating a much closer bond with less insecurity to interfere. Bumblebee Jasper will also instigate faith and trust between partners helping build a solid relationship without lies and deceit.

Like most healing minerals, it is not enough to simply hold this jasper and wait for the changes to begin, one must also do the work to support the energy offered by bumblebee jasper. Working with this mineral can help to energize the self, promote complete happiness and joy, encourage the celebration of life's small moments, and free blocked energy from the body. The message of this jasper is that the possibilities are limitless because the only limits are the

ones we put on ourselves. It stimulates courage, assertiveness, endurance, and concentration. While on a path to self-healing, it is an antidote to fear, indecisiveness and hesitation.

Physically Bumblebee jasper may be used as an aid in treatments to strengthen the overall nervous system, the throat, reproductive organs, to improve sleep cycles, and in gaining balance. It may also help ease various abdominal issues, allergies, diseases caused by harmful bacteria, and circulatory system disorders. This mineral can be helpful after long hard day at work helping to alleviate cramps and tiredness. Working with this mineral may help one to recover faster after fracturing a bone as it brings with it the energies of healing.

Information compiled from

<https://thecrystalcouncil.com/crystals/bumblebee-jasper>

<https://loveandlightschool.com/healing-properties-of-bumblebee-jasper-a-crystal-for-happiness-celebration/>

<https://newmoonbeginnings.com/products/bumble-bee-jasper-tumbled-stone>

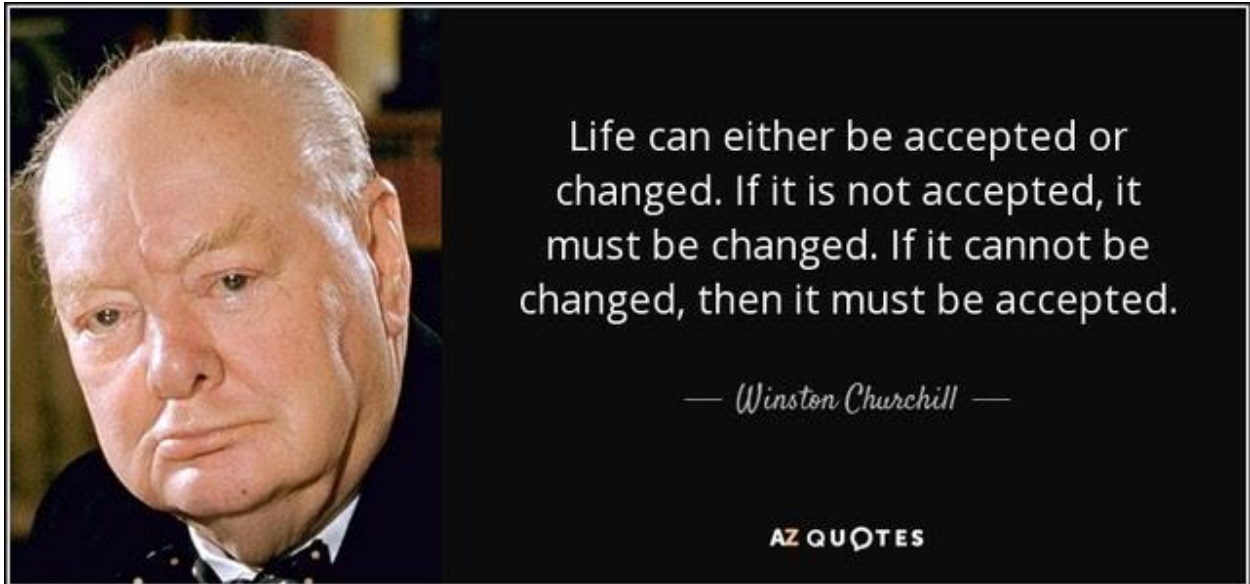
<https://meanings.crystalsandjewelry.com/bumble-bee-jasper/>

I don't frequent these sites so do not know anything about them and am not endorsing them beyond the information I share about this newer mineral.

Higher IQ puns, or just cringe-worthy.

Reading while sunbathing makes you well red

Quotes by Winston Churchill

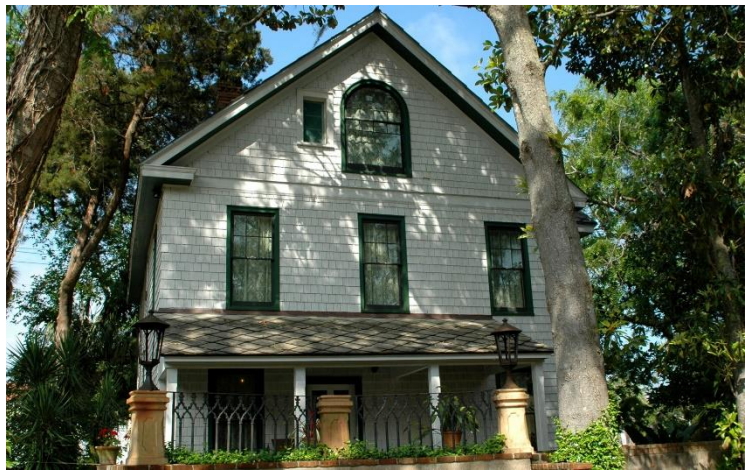


Older Houses Suck

By Trent Deerhorn

It had not been that long since the purchase of the house. In fact, it all started within the first week.

Creaking floors with no one walking across them, the piano keys plunking tunes in the middle of the night with no one playing them, and then, on this particular night, Rachel was awakened yet again to some strange sounds. She looked over at Steve who lay there sleeping so soundly that he was unaware of any noises at all...as usual. Why was it that she was always the one to hear the things and he never did?



She tried to wake him, but he was so deep in sleep that he could not be roused. So instead, she decided that she would go downstairs herself and see what was happening. The clunking from down in the kitchen had stopped, but she felt it was important to investigate anyway.

She slowly made her way down the upstairs hallway to the top of the stairs. She tried the light switch, but no lights came on. She went back into the bedroom and found the flashlight that she kept in the bedside table drawer and then made her way down the stairs. Ever-so-slowly she took each step in a calculated way to not make any sound. Then there was another clunking sound from the kitchen. Was someone in the kitchen? Did someone break into the house?

She made her way through the foyer and down the hall towards the kitchen. She entered the kitchen and beamed the flashlight all around, looking for the source of the sound. At first there was nothing of note anywhere. But then as she proceeded further in, she looked to the left and there she found the kitchen nook was not quite right. All the chairs that were around the kitchen table were stacked on top of each other on top of the table.

She put the flashlight on the kitchen counter, facing the kitchen nook, and proceeded to unstack the chairs, placing each on in its proper spot around the small table. As she placed the last one in its spot, the flashlight went out. Eyes adjusting to the sudden darkness, Rachel slowly moved toward the flashlight and picked it up off the countertop. Were the batteries dead? She flicked the switch on and off a couple of times. Definitely dead batteries. But then with the last flick, the light came on, shining right into her eyes, blinding her momentarily. She quickly moved the light out of her eyes and suddenly there was a gruesome figure standing in front of her only about a foot away.

Screaming, she dropped the flashlight and ran for the stairs. The figure followed her. It appeared to be moving slowly but was actually moving quite quickly. Heart pounding in her chest, she was almost to the bedroom door when she felt something strike her from behind, pushing her to the floor. She scrambled on her stomach for the bedroom door but felt an icy cold grip around both ankles. She tried to scream, but the terror would not allow any sound out from her mouth. She felt herself being swiftly dragged away from the bedroom door, down the hallway. She grabbed for doorways and banister rails, but she could not hold onto anything very long before she was forcefully ripped away from them.

In the struggle the hallway accent table was knocked over and the old polaroid camera that was on display fell to the floor. She quickly grabbed it and flipped herself onto her back so she could see the hideous apparition that was dragging her down the hallway to the attic door. She began snapping photos (thank God there was some film in it from when they were messing around with it before the move!). Each photo that came out was tossed behind her as she took the next photo. Hopefully this would serve as a trail of crumbs for Steve in the morning.

The attic door flew open of its own accord and the figure dragged her up the stairs. The camera was out of film, so Rachel threw it behind her just before the attic door slammed shut. If one

were to have been in the hallway, one would have heard Rachel's screams of terror fade into the distance until they could no longer be heard.

The next morning Steve woke up from his sound sleep to find that Rachel was not in bed with him. He got up, put on his house robe, and made his way downstairs to the kitchen, where Rachel was making bacon and eggs for breakfast. He gave her a kiss on the cheek, and she smiled and said, "Good morning, Hon." Steve poured himself a cup of coffee and asked her, "Did you have a good sleep?" Just before she turned to look at him, her eyes flashed red like the taillights on a vehicle, then went back to normal. She turned to look at him, smiling like the morning sun, and said, "I slept like a log." She then served him up his bacon and eggs, laced with rat poison.

Did You Know...?



Indian Hills



STOVETOP DEMON CASSEROLE

by Gail Fulkerson

Here's a recipe that's been handed down for generations in my family. We like to call it:

Shut Up and Eat It

Ingredients

- 1 large onion, diced
- 2 lbs potatoes, any kind, peeled and diced

2 cups peas, corn, or other vegetable
1.5 lbs of ground demon meat
3 litres of blood (of an innocent if you can find it.)
1 tsp each of salt, pepper, cayenne, oregano, and minced garlic
Oil
Egg noodles
Demon entrails (optional)

Directions

Dump the demon meat into the skillet and cook gently on medium heat, for approx. 4-5 hours.

Peel and dice the onions, add the minced garlic; peel and dice the potatoes.

Add them to the skillet.

Pre-cook the veggies, then add them to the skillet, too.

Finally, add 1L of the blood of the innocent to the skillet and simmer everything for another 2 hours.

Serve piping hot over egg noodles, pasta, demon entrails, or other guts you may have a fondness for.

Serves 6.

Notes

Demon meat is tough and stringy, so you'll have to soak it in milk or blood, to which has been added copious amounts of sulfur. (Two litres is about right.)

Ensure you soak the meat in the milk and sulfur concoction, or remaining 2L of blood, for a minimum 6 weeks or up to 3 months.

Make sure the meat is cooked thoroughly, otherwise the demon may try to reassemble itself on your dinner plate.

Although demons are plentiful in haunted locations, such as old prisons or abandoned psychiatric hospitals, make sure you choose a demon with 'low mileage', i.e., has only been haunting a specific venue for less than a century.

The best thing you can do is to slaughter and butcher any demon you trap at the site of the capture. It makes for fast easy cleanup of your kitchen: no guts or bones or blood to wipe up, only cooking pots, and dirty plates and cutlery.

That reminds me: Ordinary cutlery knives are unable to cut demon meat, so you may want to purchase a chainsaw, if you don't already have one. Use it to cut the meat into bite-sized

pieces, then run those pieces through a meat grinder about 15 to 20 times. You will more than likely have to replace the blades after every 5th pass.

Demon meat casserole does not freeze well.

A word of caution: DO NOT SAVE YOUR LEFTOVERS. TERRIBLE THINGS HAVE HAPPENED TO PEOPLE WHO DID SO.

Paraproisdokians

The following are paraproisdokians. A paraproisdokian is a figure of speech in which the latter part of a sentence is unexpected and sometimes even humorous:

If tomatoes are technically fruit, is ketchup a smoothie?

From Llewellyn's Witches' Calendar 2021



October

As we feel the veil between the worlds thinning in October, many of our thoughts shift to our spiritual ancestors and the oldest celebrations of Samhain. An interesting bit of folklore that comes from Scottish tradition tells of a black cat as large as a dog with a white tuft of fur on its chest known as the cait sidhe (roughly pronounced ket-shee). These giant black cats of the Scottish faerie realm are often portrayed with an arched back and hissing. Could this be the origin of the classic black cat associated with modern Halloween? These cats are also believed to have the ability to transform into the form of a Witch and back, but only nine times. After that they must remain a cat.

October Correspondences

Stone: Opal, tourmaline • Animal: Crow or raven, dove
Flower: Calendula (marigold) • Zodiac Sign: Libra

Many of the legends of the cait sidhe revolve around funerals. Some Scottish funerary folk rituals were designed to distract any wake-crashing cait sidhe who might come visiting. In order to prevent this phantom cat from stealing the soul of the departed, fireplaces were lit and catnip was sometimes sprinkled in every room except where the viewing was to entice the cat away from the honored dead. Guests told stories, played music, and asked riddles that would remain unanswered to further distract the inquisitive cat. There are also tales that refer to a cait sidhe as King of the Cats. There's a story about a farmer who sees black cats with white tufts on their chests carrying a casket with a crown on it. Upon telling his wife the story, their own cat rises from its spot by the fire and exclaims, "The King of the Cats is dead? That means I'm the king!" and disappears up the chimney.

The cait sidhe's association with death was also tied to Samhain lore. On Samhain night it was tradition to leave a saucer of milk out for the cait sidhe as it passed by, thus avoiding a curse from the black cat of the faeries and ensuring its blessings of good luck in the coming year.

Cait Sidhe Offerings

Here's a ritual for making an offering for the cait sidhe on Samhain night to bring good luck and warding against negativity in the upcoming year. You'll need a small dish or saucer of milk, a bit of catnip, and a black tealight candle inside a pumpkin or turnip jack-o-lantern, preferably carved with a cat image. Outside your doorstep, sprinkle the catnip around the pumpkin and leave the saucer of milk near the jack-o-lantern. Welcome the cait sidhe to enjoy your offering:

Cait sidhe, ye old king of cats, bless us all nose to tail.

Cait sidhe, ye old king of cats, as you come through the veil.

Even if the milk is still there in the morning, rest assured that the cait sidhe enjoyed the essence of the offering and will bless you with good luck for the coming year. Pour it on the ground in reverence.

-Mickie Mueller

A Kid's View

The Egyptians were all drowned in the desert. Afterwards, Moses went up to Mount Sinai to get the ten commandments.

EXSANGUINATION

by Gail Fulkerson

The word rolls over the tongue like fine oil, spilling from the lips,
As bright as sun-diamonds glinting on blood.
It conjures crimson darkness, naked terror, rough sex, violence,
Hypnotic eyes, stabbing teeth,
And crushing embraces that never end well.

Body heat rises; blood pounds
As it races through arteries and veins,
Opening the vessels, making them bulge and pulsate
Beneath supple skin, as soft as butter.
A little nick from a razor-sharp tooth releases the bloody elixir;
A slash is killer.
Watch it spew forth,
A blooming red geyser,
Splashing upon shoes, staining hems, fascinators,
Top hats and cobblestones.

Blood runs in a gurgling outpouring from ragged gashes,
Soaking collars, epaulets, and bodices.

Do not waste it; close those cold and starving lips
Over the bloody, life-giving fount and gulp it down.
The blood of night women is a most savory meal.

A young boy, walking through the dark streets of the city,
Glances over his shoulder and jumps.
In the shadows, terrified at the sound of echoing footsteps,
He waits for the person to pass him by.
Instead, a woman slows her walk, then stops in front of him.
She can see him, cowering in the darkest corner of
A shop entrance.

'Where are you going, boy? Are you running away?
Take my handkerchief and wipe your tears.
I am neither the Abbot nor one of his minions sent to fetch you back.
I am, however, the one who can ease your pain.
That's right boy, take my hand.'

It was so easy.

She rises silently on leathery wings into the night,

leaving behind the spent young corpse with the ravaged neck in the black alley,
Purposefully scraping her tattered nails along windowpanes
and roof tiles as she passes.

Her smile is red and dripping with satisfaction.

From 365 Zen daily readings by Jean Smith

Your mind is like the sea. When the wind comes, there are very big waves. When the wind dies down, the waves become smaller and smaller, until finally the wind disappears altogether, and the sea is like a clear mirror.

-Zen Master Seung Sahn, in Dropping Ashes on the Buddha

Inspirational Insults

"He is simply a shiver looking for a spine to run up."

Paul Keating

Reflections from the Shaman's Hut

By Trent Deerhorn

Being Centred

I find that these last two years have been quite challenging. Just when we thought that things were moving along quite well, a pandemic erupts and turns the entire world upside down. And during all the rising concerns and fears, there has become no middle



ground that anyone wants a person to stay on. The divisiveness is tremendous right now, with name calling and accusations flying around as abundantly as sparrows. So how do we get back to centre? How do we maintain our own sense of inner peace in the middle of the turmoil?

Although I, myself, have reached my limit of “Covid talk” I do find that there is nowhere a person can go in our world where that talk is not all around us. As a result, I have, at times, short circuited. I know that this is not healthy for me (or anyone else for that matter), so I decided to take matters into my own hands. Here are some of the things that have worked for me:

1. Less time on social media. Social media is ripe with divisiveness. I do use it for my work, so I won't just dump an app, but I certainly can spend a LOT less time on it. And when I do spend time there, it is to look for humor or to share things about dogs (my personal obsession). I also have weeded out my friend list so that I don't have to even read any snarky comments either to myself or to others from my 'friends' on social media. I also ended up resigning from a couple of groups on social media because some of the “Covid” stuff was beginning to seep into them as well.
2. A “Safe Word” is important. By that, I mean that my partner and myself have decided to utilize a safe word that is an indication that either one of us is DONE talking about Covid, restrictions, mandates, and anything else related to the topic.
3. Meditation.... EVERY DAY. I have always found that meditation helps me to feel more centred and focused, and I definitely notice when I have skipped a day. So, I make extra effort to prioritize my meditation time.
4. Exercise. A regular routine has been essential in establishing my overall sense of well-being. Sometimes this does get skipped with exigent circumstances popping up, but then I make extra sure to get back into the routine by the next day.
5. Proper eating habits. The better I eat, the better I feel. This does not mean that I do not ever treat myself to something special now and then. But it does mean that overall, I am conscious of the quality of food that I ingest. That way I can keep myself as healthy as possible, which then brings about a much better attitude within my being.
6. Proper rest. I have found over the last few months that I am going to bed earlier in the evening so that I avoid that draggy feeling in the morning. We do not value sleep time enough in our culture. And my partner and I also just invested in a very expensive new bed, which makes our sleep time of much better quality overall.
7. Spending quality time with people I love, and that does include my dogs as well (fur babies, as I like to call them). This allows time to connect with people and to begin feeling like we can be human again, with all the natural interactions that this entails.
8. Creativity has become essential to my centredness. Practicing my guitar, taking lessons, creating jewelry and painting are all a part of this.

9. Coffee, for me, is what keeps me on my streak of not killing people. So, I do caffeinate twice a day just to make sure that I don't need to find hiding places for bodies and such.
10. Time in Nature, be it my back yard or a park or the wilderness (which I have not visited in way too long). Just being around trees is something that grounds me and keeps me feeling connected to Mother Earth.

So, there are a few ideas and, yes, I encourage you, the reader, to adopt any of the ideas that resonate with you and discard the rest that do not resonate.

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

According to the Farmer's Almanac 2021:



Fruitastic Forecasting

Captain John Smith wrote this about the American persimmons found by settlers at Jamestown: "If it be not ripe, it will draw a man's mouth awrie, with much torment; but when it is ripe, it is as delicious as an [apricot]." These vitamin C-rich fruit are used to make puddings, breads, cakes, and sometimes beverages. Persimmons are also well-known weather prognosticators. Cut a fruit in half and remove the seed. Then cut the seed open and look closely at its kernel; If it is shaped like a spoon, expect lots of heavy, wet snow; like a fork, light snow, and a mild winter; like a knife, icy, windy, and stormy winter conditions.

October 6: New Moon:

Fall is not the end of the gardening year: It is the start of the next year's growing season.

-The Gardening Year, by Thalassa Cruso, English-born American garden expert (1908-91)

October 11th: Columbus Day, Observed Indigenous Peoples' Day, Thanksgiving Day (Canada)

In a root cellar, determine which areas are best to place various produce: The driest warmest air is near the top; cooler, more humid air is lower.



October 20th: Full Hunter's Moon

A hard frost will sweeten carrots and brussels sprouts but kill pumpkins and squash.

October 24th: United Nations Day

The maples in the forest glow;

On the lawn the fall flowers blaze.

-Sylvester Baxter, American poet (1850-1927)



October 31st: Halloween

According to Greek tradition, a cactus placed by the front door will guard a home against evil.

Inspirational Quotes by Alan Chazen

Life is meant to be hard, for without hardship, there would be no challenge, and without challenge, there would be no achievement, and without achievement, there would be no self-love, and without self-love, you could not be loved.



Ask the Shaman: With Trent Deerhorn

Q: I have been reading your blogs in the last few weeks regarding ghosts. I am just wondering if it is possible for a ghost to “inhabit” a physical object, such as an heirloom or a crystal or anything like that?

A: Actually, yes, it is possible. But when this happens it is important to free the ghost from that object and send it into the Light where it can be at peace. Often people hold onto their deceased relative’s ghosts because of sentiment and nostalgia, not realizing that this practice is harming their loved one. Much better for them to be free to evolve spiritually. This scenario, I must say, is a lot different than the connection with the spirit of a crystal or a tree, etc. Those are supposed to be there and are not “trapped” as such.

Tidbits and Tickles:

A wife returning from a fishing trip with her husband was telling her troubles to a neighbor.

“I did everything all wrong again today,” she said. “I talked too loud, I used the wrong bait, I reeled in too soon, and I caught more fish than he did.”

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:

Chelsie Wrote: Thank you, Ave, for the information on the “Bat Cave Jasper”! I am a huge Bat Girl fan and do Comicon whenever I get the chance. This one seems to “fit the theme.”

Maddisen Wrote: Gail, the Silence of Formlessness is such a beautiful poem! I really enjoyed it. I also go back and read it most days because it speaks to me so deeply.

Jackie Wrote: I LOVE the phrase “Revenge Travel”! I am looking forward to being able to travel again.

Jackson Wrote: I agree, Trent. Sleep is absolutely essential to good health.

Matt Wrote: Love the idea that tattoos can travel through a body! Very cool!

Classified Ads

Deerhorn Shamanic Services

Trent Deerhorn Phone: 306.978.5300
deerhorn007@gmail.com
www.deerhornshamanic.com



Experience the difference a Shaman makes!



Amythyst Therapies
Katherine Dempsey R.N.
Reiki Master
katherine@amythyst.ca www.amythyst.ca
Bay 3 2228 Ave. C. North Saskatoon, SK S7L 6C4
306.371.2889


Vicki Lund
 HYPNOSIS & HOLISTIC
 PRACTITIONER

- Hypnosis
- Reiki Master
- Meditation Facilitator
- Qigong Healer & Leader
- Psychic Guidance

VickiLund.com • 431.276.3417
contact@vickilund.com


 VickiSpiritHaven  vickilundholistichypnosis





ARK Therapy 4 You
 Jin Shin Jyutsu

Rod Kaminski Practitioner
 kaminsk@shaw.ca 1-306-717-7250



Mystic Willow Services
Healing Begins Today

Dawn Devonshire
Wax Power / Reiki Practitioner

To book a session, email me at
 mysticwillowservices@gmail.com

Visit my website at
 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
Holistic Iridologist, Reiki Practitioner Levels
1 & 2, Life Balance Energy Practitioner

#123-1222 Alberta Ave.

Saskatoon

306-220-4638

mindfullivingsask@gmail.com

mindfullivinasask.com

Beata Van Berkom MLT

Tinfoil Hat Lady Tinfoil Therapies
306 291-4706

Turn Yourself Around

Jikiden REIKI Okuden
Healing Sound SOTA
Inversion

Free Consultation

TinfoilHatLady.com

tinfoilhatlady@gmail.com

Natural Wellness Solutions



LORIANN ZUZAK

CARE FOR THE CAREGIVER

EXECUTIVE COACHING

POLARITY PROCESSING JIKIDEN REIKI



INFO@LORIANNZUZAK.COM 306-262-0083

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!

Flight Newsletter Advertising

All ads must be in by 6pm on the 20th of the month PRIOR to the issue that the ad is to be placed in. No exceptions. Send to deerhorn007@gmail.com.

Classified Ads:

FREE for article contributors

\$25 for business card size

\$35 for half page

\$45 for full page

Events: FREE for **Non-profit organizations** and
Article Contributors

\$20 Profit organizations

Workshops/Classes

\$35 half page

\$45 full page

