

Flight: A Living, Breathing Document of Consciousness

Volume 10 Issue 113, November 2021



Articles and excerpts that will inform and inspire!

Letter from the Editor



November is a special month for me. It is not about people's birthdays that are during the month, or about any special holiday. For me, November is about having an opportunity to simply reset. The business of the summer, the fall cleanup of the yard and garden, the excitement of Thanksgiving (in Canada) and Samhain (Halloween, aka my partner's birthday!) are now past us and I have a moment to pause and reflect before jumping into the next aspect of excitement around Yule (Christmas). November is a month that allows me a bit more "me time" and I use it well, meditating, resting, creating, planning, and, especially, grounding. I feel that this month's issue is a bit reflective of that "reset" aspect for us all.

Thank you to all my contributors for your lovely articles, stories, etc. Without you this would be a one-man horse show and would get boring quickly. Thank you to all my subscribers for your faithful encouragements and continued reading. You all totally ROCK.

Enjoy the read!

Trent Deerhorn

Editor

Upcoming Events

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 Date: November 20th at 7:30pm Full Moon 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> or <https://deerhornshamanic.com/>





ZALTANA

ZALTANA IS APPROXIMATELY 3 MONTHS OLD AND A SHEPHERD-COLLIE MIX. SHE LOVES TO PLAY WITH HER SISTERS AND FRIENDS, BOTH HUMAN AND PUPPY. SHE IS SO SWEET AND SMART. SHE HAS ALL 3 REQUIRED DAPP VACCINES, IS MICROCHIPPED AND DEWORMED. WHEN SHE IS OLD ENOUGH HER ADOPTION FEE WILL COVER HER SPAY PROCEDURE. ZALTANA IS A BEAUTIFUL BLACK PUPPY AND SHE CANNOT WAIT TO MEET HER NEW FAMILY.



CHECK OUT OUR FACEBOOK PAGE FOR THE 2021 WANAR FACEBOOK AUCTION, HAPPENING ONLINE FROM NOVEMBER 1-15! ALSO KEEP AN EYE OUT FOR MONTHLY ADOPTION DAYS!

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.



BILL MURRAY

WHEN THERE IS SOMETHING STRANGE IN YOUR NEIGHBORHOOD, WHO YOU GONNA CALL? BILL MURRAY!

WANT SOMEONE TO PLAY FETCH WITH? BILL MIGHT BE FOR YOU. THIS HANDSOME TUXEDO BOY IS A SILLY LITTLE GOOFBALL WHO WILL FLOP OVER FOR A BELLY RUB ANY CHANCE HE CAN GET. WITH MAJESTIC WHISKERS AND A BUTTON NOSE, THIS CUTIE WILL IMMEDIATELY CHARM YOU. HE IS FULL OF ENERGY AND LOVES TO PLAY, BUT ALSO LIKES TO CLIMB INTO YOUR LAP FOR A SNUGGLE. HE LIKES: BUSTING GHOSTS, EATING AND SLEEPING. HE DISLIKES: GHOSTS, ZOMBIES AND GROUNDHOGS.



IF YOU ARE INTERESTED IN ADOPTING BILL MURRAY 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.



ESTIMATED DATE OF BIRTH
AUGUST 6, 2021



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/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

FROM LLEWELLYN'S WITCHES' SPELL-A-DAY ALMANAC

FULL BEAVER MOON

Friday, November 19th, 2021, 3:57 am.

Color of the Day: Coral

Incense of the Day: Yarrow

Lunar Eclipse

Strengthen your Foundation

Early today, the sun is in Scorpio and the moon is in the opposing sign of Taurus. These are both “fixed” signs that prefer a strong foundation and a steady environment. Their near-perfect opposition today, with the earth caught in the middle (the eclipse), can result in a chaotic vibe. We can use magic to transform this condition. You’ll need a small table, a white candle, a black candle, and a chair.

Place the black candle on the left side of the table and the white on the right. Safely light the candles, first the left one and then the right. Sit in the chair, placing both feet flat on the floor and both hands

flat on the table, one in front of each candle. Close your eyes and feel yourself magnetically held in place. Feel solid and strong, fixed in place to the earth, where nothing can disturb you. Say this verse three times:

Chaos, return to calm, foundation steady and strong.

Open your eyes and extinguish the candles.

Michael Furie



Rock Talk

by Ave Riddler

Kambaba Jasper

Once again, my books do not hold any information about this mineral, so I searched the internet and melded a few different sites, links shared at the end of the article.

A rare orbicular kind of jasper Kambaba Jasper is a sedimentary stone composed of microcrystalline quartz and interlaced with Stromatolites. Stromatolites are fossilized colonies formed by blue-green algae and primeval microorganisms. Kambaba Jasper is also known as Green Stromatolite Jasper, Crocodile Rock, or Crocodile Jasper. With distinctive coloring this jasper contains shades of green, with darker to black rings and circles.



This jasper has a strong connection to the heart chakra found within the green, with a bridge to the root chakra as most jaspers carry a connection to the base chakra.

Kambaba Jasper is known as a “growth crystal” a powerful conduit of the earth’s Life Force of birth, development, and creation, and of the power of nature’s constant renewal. It is a potent aid in nurturing, whether of fledgling family relationships or a new business venture. For one in search of tranquility or hoping to find answers in life, Kambaba Jasper can ground them on their journey to discover new insights and release negative emotions that weigh them down and cloud their mind. Kambaba Jasper is perfect for keeping a

venture on course, a project on schedule, and life on track. It is a talisman of physical growth and strength, and safety in travel.

Kambaba Jasper can deepen our connection to the physical, natural world. It brings power and strength, relieving fears specifically associated with the physical existence here on Earth. It offers protection and a retreat, the safety of being hidden from one's enemies. This Jasper is a stone of peace, tranquility, and fertility. It reminds us of the gift of life and our connection to all living things of the present, past & future. Known for providing peace and tranquility, Kambaba Jasper is said to remove blockages in the heart and base chakras to dispel worry and negativity and allow a clear path for clarity and serenity to flow. It invites feelings of compassion and patience, humility, and even generosity. Kambaba is particularly conducive to opening the heart, increasing the ability to love the self and others more deeply, and to be open to receiving love in return.

Because of the connection to the ancient life found within the fossilized colonies formed by blue-green algae and primeval microorganisms this Jasper can help with connections to ancient wisdoms. Taking a piece of this mineral to any ancient healing site, or ancient energetic vortex location would enhance the experience and connection to those sites, helping one to connect with and communicate with the life forms that once dwelt at those sites.

Rich in orbs and swirls of green and black, this stone is commonly used to aid in meditation, this grounding stone offers a sense of emotional protection as one visualizes any worries and negativity being drawn from them, and invites warmth, comfort, and fresh insight into their lives. As an excellent meditation tool, this jasper allows one to let go of any negative thoughts and feelings, especially those that continuously appear in their conscious mind. Whenever one feels trapped in hardship or has a wish to live with less negativity, Kambaba Jasper encourages one to imagine an ebb and flow of energy between ourselves and the earth. This newfound clarity and peace of mind can help one to be more honest with themselves and confidently take positive action into their lives. In the search for tranquility or hoping to find answers in life, Kambaba Jasper can ground us as we journey and while discovering new insights, we can release negative emotions that weigh us down and cloud our minds.

Physically Kambaba Jasper may be used as an aid in treatments towards areas of essential growth and renewal, boosting the immune system, cellular growth, and DNA. It can be used to support treatments to cleanse the body of toxins and may be used to improve conditions of the skin, hair, and nails. Kambaba is also thought to benefit the jaw and teeth, and assist in areas concerning wisdom teeth and in all dental work

An elixir with Kambaba Jasper could be of benefit it does not over stimulate the body, while soothing the digestive system, calming nausea, and vomiting, and strengthening the stomach.

Information compiled from

<https://meanings.crystalsandjewelry.com/kambaba-jasper/>

<https://capecodcrystals.com/pages/kambaba-jasper>

<https://www.crystalvaults.com/crystal-encyclopedia/kambaba-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 mineral

Higher IQ puns, or just cringeworthy.

When two egotists meet, it's an I for an I.

Quotes by Winston Churchill

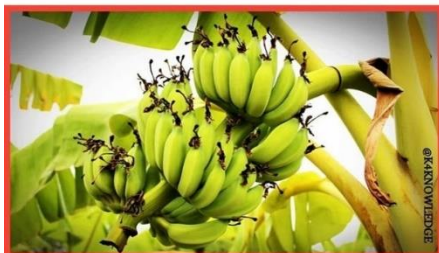


We contend that for a nation to try to tax itself into prosperity is like a man standing in a bucket and trying to lift himself up by the handle.

— Winston Churchill —

AZ QUOTES

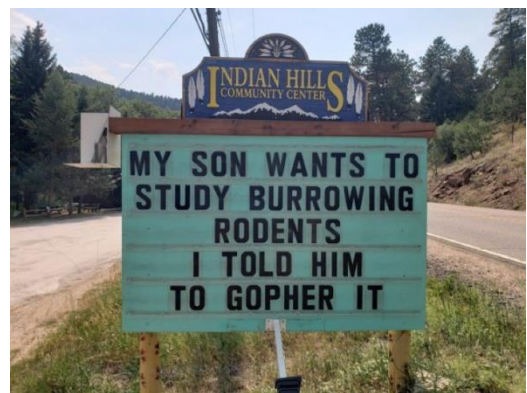
Did You Know...?



DID YOU KNOW?

Bananas are curved because they grow against the pull of gravity. They start off hanging downwards, but as they get bigger, they start trying to grow upwards to get more sun and end up having a curved shape.

Indian Hills



REMEMBER WHEN?

By Gail Fulkerson

I sit in front of a dying fire, reminiscing about a few of the events that occurred my life. Some are happy, some are funny, some are sad, and some are positively horrifying.

Here's a case in point: Many hundreds of years ago, I had been locked away in a cell by an evil mage, intent on ending my life by any means possible. He tried to stab me, shoot me, push me off a high cliff, drown me, and set me on fire. I don't know what I had ever done to warrant that treatment, but none of the aforementioned methods succeeded. I am still here. The mage is no more.

I remember seeing people on a shoreline, who stood in amazement as I and my crew landed our small boat on their beach. We never did see the rest of the island though; the people on the beach slaughtered us all.

I remember a time that I was a vampire, prowling the cobbled streets of eighteenth-century London and feasting upon the young and penniless. They were everywhere, and 'life' was good. It was such fun! There was a moment just prior to daybreak, after an especially filling meal, that I was captured, placed in an iron cage, and made to perform in a travelling circus. After some years had gone by, I took my opportunity and murdered my captor when he'd carelessly left the

cage door ajar, after tossing in a few pre-throttled rabbits for me to snack on. I pounced upon his formidable frame, sank my teeth in his flesh, and sucked the lifeblood out of him.

Renewed, I took my leave. I began hunting down the many snot-nosed kids who had visited the circus to stare at me, wide-eyed and frightened, from behind extremely thick glass. It was at the last house I visited that I met my demise. Blinding lights were paired with a flamethrower that the eldest of the children had become proficient at using. When the floodlights found me, I was on the roof. After the kid with the flamethrower pulled the trigger, I was nothing but ashes. A slight breeze carried me aloft and into oblivion.

One more memory, and I shall leave you to yours. I have been killed for my beliefs so often I have lost count. The powerful ones who run the world could not then, and cannot now, abide people like me: sorcerers, mystics, alchemists, tarot card readers, psychics, channelers, and others of my ilk. They fear what they don't understand. I can feel them closing in and backing off, over and over, until deciding how best to eradicate me this time. I shall, as ever, be waiting. The fire's embers are dimming. *Damn, that house took a long time to burn...*

Paraprosodokians

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

Money is the root of all wealth.

From Llewellyn's Witches' Calendar 2021



In November, as we prepare to sink into the dark time of the year and attend to our inner work, we can hang onto a small, bright star to guide us as we travel our inner landscape. Since those around us will be swept up in the same natural flow and since this time of year can be stressful, we can also shine that small but brilliant light outward.

The act of blessing offers light to the giver as well as the recipient. Blessing is a way of channeling and bestowing (or directing) energy toward another. Blessings can be given formally (as in a ritual) or informally (as in when we say, “have a good trip!”). They can be given silently and secretly. They can take the form of words, songs, rattling, smudging, or touch. Because they are easy to bestow, it is easy to overlook the power of blessings.

A smile or kind word can turn someone’s day around. If magic is creating change in the world in accordance with your will, then those acts are magic. Blessings are just that: powerful magic that can change the world.

This month we can become walking blessings as we move among our fellow humans, spreading the magic of peace (or whatever gift you prefer to give), and we can do it as easily as breathing or flicking a finger. You can create a simple movement that releases a blessing without anyone even noticing, similar to the instant magic techniques taught by Christopher Penczak.

Create an Instant Blessing

I find the blessing, “may all beings be at peace,” very useful (especially when standing in long lines or stuck in traffic), so that’s the example given here, but you can give any blessing you want. You can also make the initial casting more elaborate, using candles or crystals or whatever represents or corresponds to the energy of the blessing you want to give. For the hand gesture, you can research different mudras for inspiration. Just remember to pick a simple gesture that you can do easily and discreetly. Part of the fun and joy of this practice is feeling like a secret fairy godmother.

Stand (or sit) so that you feel comfortable, balanced, and grounded. Think of a short way to express your blessing, like “may all beings be at peace.” Decide on your hand gesture. I hold

my thumb and index in an “okay” sign and then flick my index finger. You could just use the okay sign or the peace sign, or even the Vulcan “live long and prosper” gesture. Close your eyes and draw in the energy to fuel your spell. Say the words out loud as you do your hand gesture, keeping your hands naturally by your side. Do this three times. Now your gesture is charged.

Whenever you sense that those around you need your blessing, silently make your gesture, and feel the good feels that come from doing really useful magic.

-Barbara Moore

A Kid's View

The first commandment was when Eve told Adam to eat the apple.

From 365 Zen daily readings by Jean Smith

“Though the reflections of the moon are many, the real moon is only one.”

-Ma-Tsu (709-788), in Sun Face Buddha: The Teachings of Ma-Tsu and the Hung-Chou School of Ch’An

Inspirational Insults

"In order to avoid being called a flirt, she always yielded easily."

Charles, Count Talleyrand

Reflections from the Shaman's Hut

By Trent Deerhorn

How to Heal the World



When I was a child, my mother would often tell me that it was incredibly important to keep family close. Nothing was more important than family. This, to me, was a contradiction of reality. When someone hears this but, even as a very young child, sees that their own family is full of dysfunction, it gives the message that the dysfunction is acceptable or even normal. It is not.

As I grew up, I found that there were many families that had dysfunction. I also found that there were many families who functioned very well in comparison. I decided that I wanted to model “family” after the more functional ones. But I also found that in order to have functionality, there had to be consensus on what that would look like. This means having to be honest with the self and one’s other members of the family about what dysfunctions there are right in front of our noses. We cannot call ourselves functional if, for example, it is alright to maintain a lie that protects someone’s poor (even abusive) behavior. The mixed messages become a dysfunction in and of themselves.

So, each person needs to be able to look at their own baggage and behaviors that contribute to the dysfunction. And then each person must be willing to do the work to correct their course. This is not something that comes easy to anyone. Those who think it should or will be easy are simply fooling themselves. These are the people who will most often criticize others who are in their pain, trying to correct their course, and condemn them for the process they are going through. This is, to say the least, not helpful. It is another form of dysfunctional abuse.

If we can approach things from a heart level, however, then we make a world of difference. Sometimes in the process of having a heart level approach, we are told that we are enabling someone or coddling them instead of giving them the kick in the keister that they need. Ignore those messages. You know in your heart what is the right course of action. You know how much patience and understanding makes a difference in someone’s life. You also know how to create healthy boundaries when someone is taking advantage of your kind heart. So do what is right for you and for the other person. Know that when boundaries are set, they are set not just for you but for the other person as well. Communicate that you are always there with open, loving arms for when they are ready to try again in a different and better way. They will love and respect you for that.

As we practice this in our own families, it has a contagion factor. It spreads like a virus. I truly feel that as we heal our own selves and our own families the ripple effect with one day heal the world (our extended family) as well.

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

Thought for the Day:

We can only be here now when we accept instantly our moment-by-moment emotional experience.

According to the Farmer's Almanac 2021:



Fungus Among Us

Oyster mushrooms get their name from their flat, curly-edge cap and very short – and sometimes absent – stem. They prefer high humidity and warm temperatures, so indoor growing kits are ideal. Although available in several colorful varieties, such as the yellow oyster, none is quite as striking as the vibrant pink oyster. Pink oysters whiten with age and lose their color once cooked, but they offer a delicate texture and savory flavor. Particularly thick caps can be dipped in beaten eggs, rolled in breadcrumbs, and pan-fried for a tasty treat.

November 11th: Veterans Day/Remembrance Day (Canada)

In ancient times, rosemary was thought to strengthen memory.

November 19th, Full Beaver Moon

The more red berries on bushes, the more frost and snow in winter.

November 25th: Thanksgiving Day (U.S.)

What moistens the lip and

What brightens the eye?

What calls back the past,

Like the rich pumpkin pie?

- John Greenleaf Whittier, American poet (1807-92)

November 28th: Chanukah Begins at Sundown



Inspirational Quotes by Alan Chazen

Your countenance will always radiate who you really are.



Ask the Shaman: With Trent Deerhorn

Q: I am a seeker of various magical practices. I am constantly being told by one person or another that I am doing it wrong because that is not how they were taught to do it, or that I am committing cultural appropriation because I AM doing it the way they were taught. Do you have any advice on this?

A: While it is very important to receive proper training in magical practices, we also must acknowledge the vast similarities between

various magical practices. To assume that one tradition holds the key over all other traditions is completely of ego. My suggestion is to continue your journey of discovery, do what magical practice(s) resonates with you, receive proper training from a VARIETY of skills practitioners (this only serves to increase the number of tools you have in the bag) and ignore the “gate-keepers” who have nothing better to do with their time than critique someone who is doing their own thing.

Tidbits and Tickles:

When my brother-in-law was on leave from national service, he brought home a heavily tattooed friend. We all sat down to Sunday lunch, and my four-year-old nephew couldn't take his eyes off the man's colorful arms. Curiosity finally got the better of him. Politely, he asked the visitor, “Didn't your mother give you paper to write on?”

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:

Rick Wrote: Trent, I am happy to see that you are doing public events like your Shamanic Ceremonies once again!

Jennifer Wrote: I must get me some Bumblebee Jasper!

Laura Wrote: Older Houses Suck gave me the willies!!!

Alex Wrote: Stovetop Demon Casserole sounds exquisite!

Brit Wrote: Trent, thank you for the tips on staying centered.

Classified Ads

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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
Holistic Iridologist, Reiki Practitioner Levels
1 & 2, Life Balance Energy Practitioner

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Video Chat 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, Skype, or Telegram, 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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