

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

Volume 10 Issue 114, December 2021



*Articles and excerpts that will inform and inspire!*

## Letter from the Editor



As we come to the end of the 10<sup>th</sup> year of FLIGHT, I am so filled with gratitude for the entire process that was experienced in the creation of this online newsletter. This, for me, is a labor of love and a form of service to our community. I spend a lot of time each month creating and editing, and it warms my heart to know that there are so many around the world who enjoy this product. I am so thankful for all those who contribute to this newsletter, be it monthly or more sporadically. Without your contribution, this would simply be the Trent Deerhorn show, and I don't want that.

My wish for you, our reader, is that you have a New Year filled with wonder and that you can pursue your dreams and stick to your vision of what you would like your life to be. May you release fears that stand in the way of your greatness and become your own hero in your life. May you experience connections with the important people in your life and let go of the distractions that take you away from those people.

I look forward to seeing what 2022 will bring for all of us, as well as for this newsletter.

**Also, to view my keynote presentation for Questers of Canada, copy this link and put it into your search bar:**

[https://youtu.be/O7-XUcfiz\\_I](https://youtu.be/O7-XUcfiz_I)

*Enjoy the read!*

*Trent Deerhorn*

Editor

# Upcoming Events

## Full Moons of the Year

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

**December 18, 11:36 pm**

**Color of the Day: Blue**

**Incense of the Day: Pine**

#### Protection Cactus

**Cacti are available in stores all year round. These tough little potted plants can survive the harshest conditions and are covered in prickles and spikes. This makes them excellent for use as protection or defense charms. Take advantage of this full moon to create a protection cactus for your home. Gather these items:**

**1 teaspoon salt**

**A small potted cactus**

**Black paint**

**A Paintbrush**

**Sprinkle the salt in the shape of a circle onto a surface in front of you. As you do, say:**

***Full moon, full protection, full defense.***

**Imagine that the circle of salt and the moon in the sky are connected by lunar rays.**

**Using the black paint, draw a protective symbol on the pot, such as a pentacle or the shape of a shield. Place the cactus inside the salt circle. Leave it there overnight to absorb the protective powers of the full moon. Now you have a protection charm disguised as a cute little cactus! Place it in your home to ward off negative energy. Dispose of the salt.**

**-Kate Freuler**

## rites by the water



I have decided for this month to return to online world and host an online event for you all. This will be happening on Facebook Live on December 21<sup>st</sup> at 7 pm Saskatchewan time, you can check with me if you are not sure what time that will be in your time zone

Spirituality is a very important thing in one's life so I will publicly be sharing mine with the world during this holiday season.

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

This month's Rite is to Celebrate YULE. The Winter Solstice It is the shortest day of the Year and the return to Light. Join me as celebrate our Holiday season with a few Pagan Carols and Welcome the Rebirth of the Sun God. So Mote it be.





## **TURQUOISE AND SIENNA**

**TURQUOISE (TOP) AND SIENNA (BOTTOM) ARE TWO PRETTY GIRLS FROM A LITTER AT WE ALL NEED A RESCUE. THEY ARE APPROXIMATELY 3.5 MONTH OLD LAB MIXES THAT LOVE NOTHING MORE THAN TO SNUGGLE AND PLAY. EACH DOG HAS THEIR 3 DAPP VACCINES, IS MICROCHIPPED AND DEWORMED. SPAY PROCEDURE IS COVERED IN THE ADOPTION FEE. COME MEET THESE LITTLE LADIES OR ANOTHER PUPPY AT THE RESCUE!**



**CHECK OUT OUR FACEBOOK PAGE! COME MEET THE DOGS AT ENS TOYOTA ON DECEMBER 4 FROM 11AM-3PM! ENJOY SOME BAKED GOODS AND BUY A 2022 WANAR CALENDAR!**

**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.**



## **MAI TAI**

**THE M KITTENS ARE A GROUP OF 11 KITTENS FOUND BY A CONCERNED MARTENSVILLE CITIZEN AND BROUGHT TO PAWS REPUBLIC (THE STRAY HOLD FOR THE CITY) FOR SAFE KEEPING. AFTER POSTING AND HAVING NO ONE CLAIM OWNERSHIP, PAWS GOT IN TOUCH WITH SCAT AND THE KITTENS HAVE BEEN ACCEPTED INTO THE FOSTER PROGRAM. ALL THE KITTENS ARE VERY FRIENDLY AND LOVE ATTENTION, EVEN IF THEY'RE A LITTLE BIT SHY ABOUT IT AT FIRST. IT'S CURRENTLY UNKNOWN HOW HE IS WITH OTHER ANIMALS OR KIDS. MAI TAI IS READY FOR A HOME WITH LOTS OF TOYS AND ATTENTION!**



**IF YOU ARE INTERESTED IN ADOPTING MAI TAI OR ANOTHER KITTY PLEASE VISIT US AT [HTTP://WWW.STREETCAT.CA](http://www.streetcat.ca) OR EMAIL US AT [CONTACT@STREETCAT.CA](mailto:CONTACT@STREETCAT.CA) FOR MORE INFORMATION.**

**ESTIMATED DATE OF BIRTH  
JULY 2, 2021**

## 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: January 8, 2022, at 7:30pm Waxing Moon Ceremony  
Strengthening Our Inner Resolve**

*\*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/>**



**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



## Rock Talk

by Ave Riddler

### Brecciate Jasper

I wanted to end my year of Jasper with one of my favorites and was surprised to find neither of my favorite books talks about it! So once again I will dive into the interwebs and meld together write-ups from a few of the sites I find in my search. It can also be known as poppy jasper, it can be found in speckled shades of white, yellow, black, or brown, and is well recognized by its brecciate gray and red colors. It is slightly different than red jasper, as it contains other minerals not found in red jasper, which are hematite and quartz.

This stone resonates strongly with the sacral and root chakras, providing vitality, calmness, focus, earthy as well as vibrant energy.

Due to the energy of hematite and red jasper, Brecciate Jasper is an excellent grounding stone that can help keep one feeling grounded, while enhancing feelings of wholeness and tranquility. It promotes a feeling of calmness and focus. When faced with challenges that can cause confusion or mental anguish this jasper can be of support by promoting a more organized



approach to life, helping one to see the way through those challenges, and providing an energetic boost to get through those challenges. Working with this stone can be helpful while attempting to have better time management skills, and can provide more endurance, vitality and energy to complete any tasks for the day. [It's the perfect stone to work with if one is](#)



[feeling overwhelmed](#) by work or personal matters. It can also promote a feeling of joy even while dealing with tasks that are unpleasant, helping one to see the brighter side beyond the shadows. Brecciate Jasper is incredibly supportive during times of stress, bringing order and clarity to those who feel overwhelmed, by improving concentration and focus. It inspires bravery and helps one to take action with unpleasant tasks, while giving us the confidence to achieve goals.

Brecciate Jasper encourages one to be honest and to live honorably, and with humility. Brecciate Jasper can help develop creativity and unlock imagination, promoting energies that will inspire thinking out of the box by unlocking natural talents, and turning fantasy into more concrete ideas. This could be a great stone for artists who want to make their passion a career, acting as a support and aid in creative self-expression.

This jasper can be a boost to relationships as well. This stone can infuse a partnership with feelings of happiness and serenity and a complete appreciation of love. It can provide feelings of wholeness and completeness within the relationship and feelings of nurturing and being nurtured, mutually within the relationship. It can strengthen communication, and it makes one more receptive to accept messages from those they are in a relationship with. Working with this stone can help one to remember the good times, and even the tough times, which got the relationship to where it is. This stone can encourage cheerfulness and vitality that will emphasize the good traits that made their partner fall in love! Brecciate jasper can also help one to recognize the things about themselves that they love, which are often the same things their partner loves. This jasper can also help one to recognize patterns from their past, and to cut ties with past traumas that could be causing turmoil in their current relationships. This stone may also infuse the relationship with fiery passion and romantic intensity, increasing physical compatibility, and improve intimacy. Brecciate Jasper unites courage and strength with love and gentleness. It can help us feel safe and secure so that we are able to commit to the relationships we are forming more fully.

Physically as a stone of vitality this mineral can help increase your physical endurance and help prevent dehydration (though do not make an elixir with it.) Brecciate Jasper is reputed to help restore physical strength after an illness. Brecciate Jasper is believed to have detoxifying properties; it may help get rid of the toxins in the body and boost overall health.

Brecciate Jasper can be used as a support in the treatments to strengthen the stomach, the digestive system, the pancreas, spleen, and liver, as well as address issues that concern the female reproductive system. It is believed to be a good stone in preventing or treating allergies. The healing energies of this stone can also help with Postpartum Depression.

Information compiled from

<https://dejavudesigns.com/metaphysical-stone-properties/brecciated-jasper-meaning/>  
<https://meanings.crystalsandjewelry.com/brecciated-jasper/>

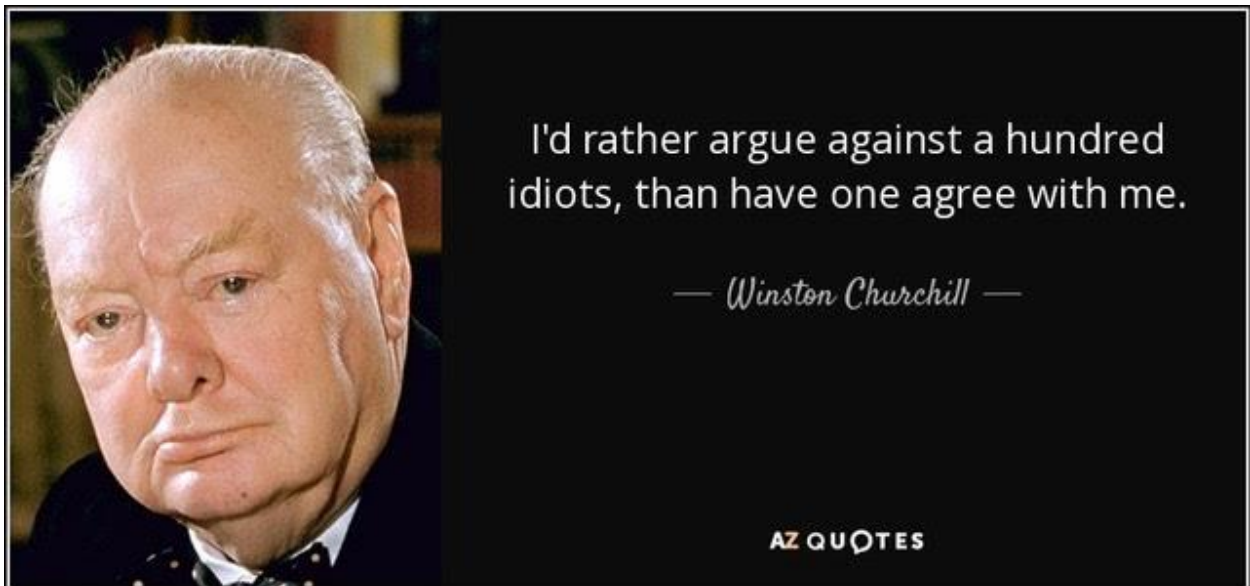


I do not frequent these sites so do not know anything about them, and am not endorsing them beyond the information I share about this mineral

## Higher IQ puns, or just cringeworthy.

A bicycle can't stand on its own because it is two tired

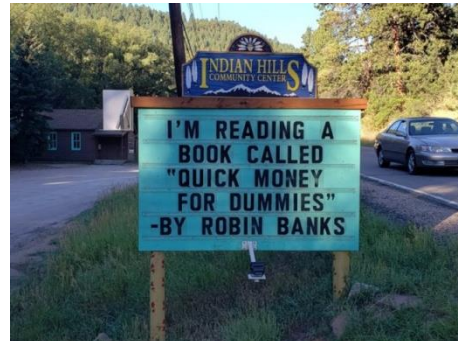
## Quotes by Winston Churchill



## Did You Know...?



## Indian Hills



## From Llewellyn's Witches' Calendar 2021



Just as our ancestors did, as we enter the darkness of winter, we look for assurance that the bleak gray days are only temporary. This is what we do when we decorate our homes with evergreens as the holidays draw near. This ancient tradition practiced by Pagans and Christians is known as “hanging the greens.” With every garland, wreath, or Yule/Christmas Tree we hang or decorate, we are reaffirming our belief in tomorrow. The pines and their kind help us realize that no winter lasts forever – the green of spring and summer will return.

Imagine if you can the Decembers of long ago when our planet was young. Early humans gazed upon a frozen landscape. The earth appeared dead and barren. But the pines, already ancient, stood erect

and green. The other trees appeared lifeless as their bare branches rattled in the howling wind. The wind, however, seemed to whisper as it stirred the branches of the magnificent evergreens. The pines, remaining green and alive, seemed magical to Earth's early people.

Eventually, the ancients began to honor these eternally green trees as the winter solstice approached. They began to decorate their dwellings with evergreen branches. Soon the branches were made into garlands and wreaths. Finally, small evergreen trees known as Yule trees were brought into the house. The evergreens reminded people of life everlasting at the dark time of year before the span of daylight began to lengthen at the winter solstice.

Use the following ritual as part of a Yule observance or just to protect and purify your home.

### **Hanging the Greens Ritual**

Our ancestors understood that pine as well as all evergreens are purifying and protective herbs. Used in the home, they form a protective shield. When our forebears took part in the hanging of the greens, they were spreading magical energy.

To perform this ritual, place a gold pillar candle on a table or altar. Light the candle; it represents the increasing power for the Sun. Gaze at the flame and visualize the Sun's power growing – see the seasons turning. Place the evergreen decorations you're going to use around the candle. Say this blessing:

***Pine, fir, or hemlock, ancient plants so green,***

***Purify this space and keep it clean.***

***Protect our home and family as we hang the greens.***

***We honor them, as the ancients did, when they were first seen.***

Before decorating, remove a small twig from the evergreens. Ignite it in the candle's flame. Let it burn in a heatproof container. Allow the ashes to cool and extinguish the flame. Set the ashes aside to use later in this ritual.

Now begin to decorate and hang the greens. As you do, think about the significance of the greens. Think how it must have comforted our ancestors to see the evergreens during the dead of winter. To them the evergreens represented eternal life and hope.

End the ritual by scattering the pine ashes you set aside outside your home. This creates extra protection.

-James Kambos

# Jin Shin Jyutsu – Thoughts from the Attic!



**By Rod Kaminski**

The name Jin Shin Jyutsu means, “The Art of the Creator through the person of compassion “. This is a gentle non-invasive art that enables a person to bring about a sense of balance to their life. Jin Shin Jyutsu (pronounced Jin Shin Jit-Sue) can be best described as a light touch acupressure and because of the nature of the reality that we live in called duality, it is imperative that we arm ourselves with simple tools that we need to navigate through the peaks and valleys of life. Make no mistake that the highs and lows will come, but how extreme the energies will get is a conscious choice made by each person that can determine the severity of the shifts. The goal is to harmonize the body to a balanced state by enacting a conscious strategy to ride with the waves of life in a more neutral/harmonious state of mind and being.

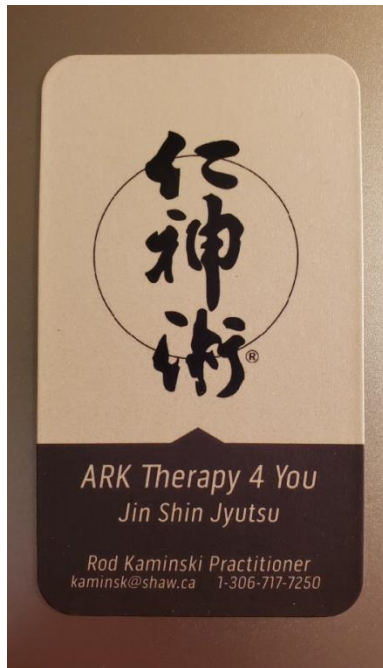
The client lays on their back on a comfortable massage table, fully clothed. Through a process, the practitioner determines what flows to use and, through light touch, links up these points into what we call a “flow.” Sometimes the effects can be felt instantly, or it can take time to manifest and there are times when there is no physical feeling, but an a-ha moment is realized! (An unexpected moment afterwards where one realizes that something has shifted and what would have been an expected or normal reaction to an event or situation, resulted in an unintended reaction to that situation.) The person wasn’t triggered, remained neutral and that is what we call balance. For myself, I describe it as being the OBSERVER! By being less emotional, calmer, and more neutral, a person can make better decisions not based on being emotionally, physically, or mentally compromised. A session continues for eight hours once the client leaves the massage table and that is why some people will only notice changes hours or days later. The innate wisdom of the human body is truly remarkable and all we must do is start the process and trust the result.

I like to think of human bodies as accumulation jars. For each person this varies, but every person has a limit to the amount of trauma, stress, injury, anxiety, and emotional angst that one can hold UNTIL our jars are full and start to pour over. For most people, this is usually the point where they realize that something is up! As a human species we tend to be reactive rather than proactive and effects of letting our jars fill up now takes centre stage. This results in a shift of healthy living to a chronic decline in health if action is not taken. We have the tools



available to us to make sure that we are consciously aware of our personal jars, the process that happens, and what we can do for maintenance. This is where I can help!

I was talking to a client the other day and he was pleased with his session and prior sessions he



has had. But he commented that he found it a little difficult to get to get his head around the concept of receiving less information than he was used to with other modalities. Even though he was getting the end results that he was hoping for from the sessions, his monkey mind wanted details, details, details! This is not an art that conveys a lot of information being passed on to the client. Relevant information is indeed passed on, but as a Jin Shin Jyutsu practitioner, I am acutely aware that some individuals can resonate with their projects on various levels and in some instances can manifest their project to its truest extent. In Jin Shin Jyutsu we refer to disease, health conditions, emotional states, as projects. We do not use labels (e.g., cancer, COPD) because some individuals have the tendency to take on the project "AS THEIR OWN". This can set individuals up for a growth acceleration phase of their project and this is a

road that should be avoided. Jin Shin Jyutsu is perfectly simple and simply perfect! With my hectic busy lifestyle, I wanted a modality that I would be able to incorporate under any situation that I was experiencing. Who would believe that simply touching two points on a body can bring about such a harmonious state? Who can believe that by grabbing your thumb, you can ease the emotion of worry? With Jin Shin Jyutsu it is possible!

Going forward I will be presenting a monthly self help hold in FLIGHT to offer real life strategies that will help you move forward in a balanced light. If you need more information or are interested in a session, please feel free to contact me.

## A Kid's View

The seventh commandment is thou shalt not admit adultery.

## From 365 Zen daily readings by Jean Smith

Zen's favorite analogy is: to point at the moon a finger is needed, but woe to those who take the finger for the moon.

-D.T. Suzuki, Zen Buddhism

## Inspirational Insults

*"He loves nature in spite of what it did to him."*

Forrest Tucker

## Reflections from the Shaman's Hut

By Trent Deerhorn

### The Bonding Process

Just today I learned about the Bonding Process one must go through if one owns two or more rabbits that are from different litters. I should mention that if they come from the same litter, they will already be bonded. But, unlike, say, dogs, who will usually bond immediately, being pack animals and such, rabbits get vicious and will kill one another. So, this bonding process is essential if one is going to have a peaceful home.

Stress bonding is one of the things that is done. This sounds bad, but it isn't. In stress bonding, the two rabbits are placed into an animal crate together and taken for a car ride. The theory is that the car ride will be stressful enough that the two "prisoners" in the crate will find comfort in each other. This process can take weeks or months.



Once the stress bonding is complete, there is also the cardboard box bonding. In this, the two are placed into a cardboard box in their home. One must be watchful as they could immediately turn the event into WWF Wrestling and kill one another. It helps to have something like a large dustpan to wedge between them should they begin to fight. Then separate them and try again later or go back to stress bonding.

This information made me realize that I never want to own a rabbit. But it got me to thinking about how humans could use the same types of techniques...with each other. Humans often get aggressive with one another just because they don't like something about the other person. What would happen if we put the two in a crate and loaded them onto, say, a train and took them for a trip? Would they kill one another? Would they bond over the unknown and the stress of the unknown? And if they bonded, would that bond last and cross over into a different circumstance, such as the crate to the box theory?

Often when thinking about human bonding, we think about the positive things such as bonding in a loving relationship, or bonding through a common interest such as sports, music, art, and so on. Some people bond when there is a child involved, such as two sets of grandparents I happen to have known who were at odds until the grandchild arrived and then were more of a team on behalf of that grandchild.

There are, however, aspects of bonding that take place when under stress or duress. I think about soldiers who are in the same unit and in a war zone. There cannot be much higher stress levels than that. And when they come home, their unit is like family to them. I think about how some people bond with one another when they "do time" together. I think about how sometimes we traumatically bond with our abusers. Those types of bonding happen so subtly that we may not even realize that we have bonded at all, but we have. And if we can bond so well through trauma, imprisonment, and war, why can't we do that as a normal state of being? If we can figure this out, perhaps we can then get one step closer to that world peace that so many talk about wanting. December is a time when Peace on Earth is touted as being the goal. I say, prove it. Show the world that you are capable. Then talk about it. Don't just talk about it and then do nothing whatsoever towards achieving it. Don't live your life as a theory. Live your life as an example.

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

## Thought for the Day

**We are not here just to survive and live long...**

**We are here to live and know life in its multi-dimensions, to know life in its richness, in all its variety.**

**And when a man lives multi-dimensionally, explores all possibilities available, never shrinks back from any challenge, goes, rushes to it, welcomes it, rises to the occasion, then life becomes a flame, life blooms.**

**-Bhagwan Shree Rajneesh, The Sacred Yes**

## According to the Farmer's Almanac 2021:



### Plant a Winter Wonderland

For a delightful winter color, plant cold-hardy Cyclamen Coum. This beautiful winter-blooming plant emerges in autumn with heart-shape, mottled foliage ranging in color from dark green to creamy green to silver. Flowers of pink, magenta, or white appear as early as December and continue into February and March. Blooms peek through snow even before snowdrops. Hardy cyclamen prefers hot, dry summers and cool, wet winters; choose a dry area with some shade. Sow seeds ½ inch deep in the spring, after soaking them for 12 hours. Or plant tubers 1 ½ to 2 inches deep in late summer and cover with mulch for overwintering.

### December 4<sup>th</sup>: New Moon



Christmas Cacti are available in a kaleidoscope of colors, including white, cream, pink, fuchsia, and red.



### December 18<sup>th</sup>: Full Cold Moon



Between every two pine trees is a door leading to a new way of life.

-John Muir, Scottish-born American naturalist (1838-1914)

### December 21<sup>st</sup>: Winter Solstice



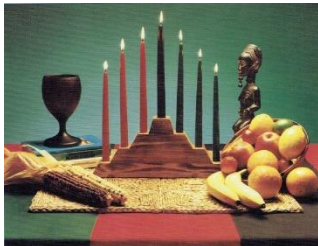
December's flower, the holly, means foresight or defence in the language of flowers.

### December 25<sup>th</sup>: Christmas Day



Snow on Christmas night foretells a good hop crop next year.

### December 16<sup>th</sup>: Boxing Day (Canada) and First day of Kwanzaa



Most flowering houseplants need to be within 3 feet of a sunny window and require 9 – 12 hours of light per day.

## Inspirational Quotes by Alan Chazen

**If you are striving for happiness, then make sure that each day, you uplift those with whom you come into contact.**

## Ask the Shaman: With Trent Deerhorn



**Q:** There is something that I have had in the back of my mind, niggling at me, that I have always wanted to do for a career, but right now I am completely tied down in a job that I don't like but that has benefits that serve me well. Do you have any thoughts on how to make the transition?

**A:** Transitions are challenging. One of the things we need to consider, beyond the "benefits" is whether what we are doing right now is feeding our souls or draining our souls. Often, we end up in soul-sucking situations and either believe we have no way out or don't think that we are worthy enough to leave that situation and create for ourselves something that would feed our souls. The trick is to start with small, but significant, steps. We don't need to completely compromise ourselves financially to dive into what we have always wanted to do. But we do need to believe in our ability to make that transition and make some sacrifices towards our goal. After all, we are not going to accomplish anything if we have no skin in the game. So, begin with the small steps that are manageable, and keep the long game in play. Gradually those small steps will turn into larger, more bold steps. Before you know it, you will be looking back at this transition time and know that, if you can make it through that, you can make it through anything and you can achieve anything you put your heart into.

## Tidbits and Tickles:

**A wife texts her husband on a cold winter's morning: "Windows frozen."**

**Her husband texts back: "Pour some lukewarm water over it."**

**The wife texts back 5 minutes later: "Computer completely messed up now."**

## Forum:

We want to hear from you! Your feedback is important to us. Email your comments to [deerhorn007@gmail.com](mailto:deerhorn007@gmail.com) and they will be published in the Forum Section!

## Of the previous Issue:

**Dustin Wrote:** Thank you, Trent, for your article about overcoming dysfunction within the family. I do believe that everyone is responsible for their own healing. If only everyone would understand that and get on with it!

**Melanie Wrote:** I so enjoy the spells that are shared through the Witch's Calendar!

**Roxanna Wrote:** Once again, Ave, you have educated me on a stone that I had no idea about. Your knowledge is vast, and I appreciate all the time you take to research each one that you have shared in each issue.

## Classified Ads

**Deerhorn Shamanic Services**

Trent Deerhorn



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**Vicki Lund**

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PRACTITIONER

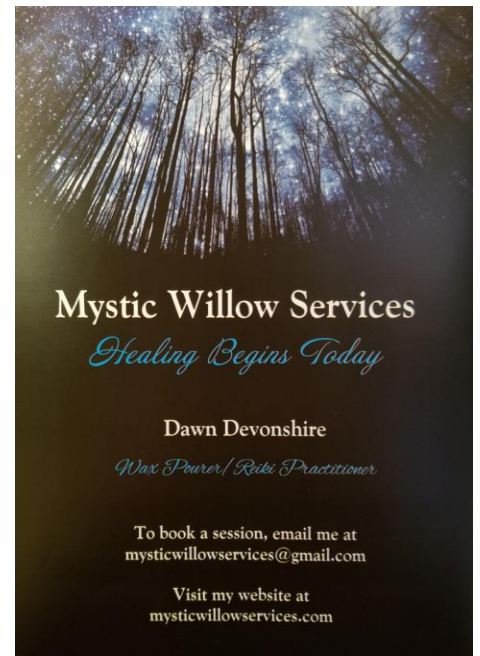
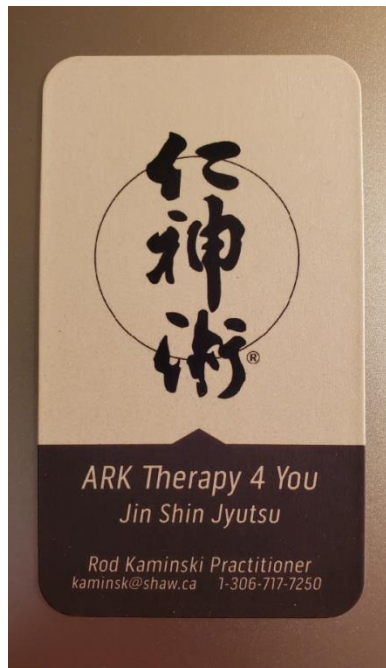
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## Video Chat with the SHAMAN!



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](mailto:deerhorn007@gmail.com) or phone me at (306) 978.5300 to make arrangements. Blessed Be!



## 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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