

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

Volume 11 Issue 115, January 2022



*Articles and excerpts that will inform and inspire!*

## Letter from the Editor



The Wheel turns and the seasons pass, leaving us, every year, wondering how it could go so fast. I do believe that time is speeding up, but that could also just be my age speaking. I prefer the calm and steady pace of life over the hustle and bustle. That allows me the much-needed breaks and the time it takes to prepare for various events. Now that we are entering a new year, I am looking forward to shifts and changes (for the better, thank you!) that are coming down the pike. The positive vibes will definitely be felt in the ripple effect that happens, much like when one tosses a stone into the centre of a pond, and the water ripples outward in every direction.

I would like to thank my faithful worker bees who provide submissions for the newsletter every month. You guys totally ROCK my world. Everything from articles to poems and short stories and even information on animal rescue! It is an honor to have you be part of this.

I would like to also thank my readers! Without you there would not be much point to this newsletter. It is here to serve as a source of information and to provide insights into events in our community...be it local or global.

And on that not, I should probably let you get on with a great read! Happy New Year one and all!

**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*

**Monday, January 17, 2022**

**Time: 6:48 pm**

**Color of the day: Ivory**

**Incense of the day: Hyssop**

### **Prayer to Mildgyth**

**The youngest and least famous of a trio of saintly sisters, St. Mildgyth is linked with the theological virtue of hope – which is sometimes all we have when things go amiss.**

**Look into tonight's full moon (the same that Mildgyth looked on herself) and invoke her:**

*Maiden*

*In the cloister*

*Living by the sea,*

*Divine intervention*

*Give unto me.*

*Yearning for peace when I cannot cope,*

*There is your presence, there is*

*Hope*

**Chant this prayer to St. Mildgyth when hope is lost. Say her name – she will help you find it.**

**-Natalie Zaman**

## 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/>**



## rites by the water



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

This month's Rite will be the first is the of the Year, come and join me as we Celebrate Imbolc. It will be cold outside come and share your warmth with the world by shaking off the cold of winter and fill our hearts full of love and light. The next event is on Sunday January 30th at 3 pm, it will be held at 2703 Spadina Cres. East Saskatoon Sask.





## TITANIUM

TITANIUM IS AN APPROXIMATELY 6 MONTH OLD TERRIER MIX! THIS LITTLE TANK IS LOOKING FOR A PERFECT FAMILY FOR A BIG LUG. HE IS CUDDLY AND PLAYFUL! TITANIUM HAS 3 DAPP VACCINES, IS MICROCHIPPED AND DEWORMED. NEUTER PROCEDURE IS COVERED IN THE ADOPTION FEE. COME MEET THIS LITTLE GOOF OR HIS HULKY SIBLINGS! THE DOGS CAN'T WAIT TO SEE YOU!



CHECK OUT OUR FACEBOOK PAGE! WE HAVE FUNDRAISERS IN DECEMBER TO HELP FEED THE RESCUES OR PURCHASE A CALENDAR AND YOU ARE ENTERED TO WIN A GIFT BASKET!

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.



## URJA

MEET URJA (MEANING ENERGY, OF WHICH SHE HAS LOTS). URJA HAD LITTLE HUMAN CONTACT PRIOR TO COMING INTO SCAT'S CARE AT APPROXIMATELY 8 WEEKS OLD, SO SHE IS SKITTISH BUT SHE IS ALSO THE BRAVEST OF HER SIBLINGS. SHE WAS THE FIRST TO DISCOVER THE YUMMINESS OF TREATS AND WAS WILLING TO OVERCOME HER FEAR OF HUMANS TO GET CLOSE ENOUGH TO EAT FROM HANDS AND BE PETTED WHILE DOING SO, EVEN GOING SO FAR AS TO CLIMB ONTO HER FOSTER'S LAP TO EAT. SHE WILL REQUIRE A PATIENT HOME THAT WILL CONTINUE TO WORK TO BUILD TRUST WITH HER AS SHE STILL SHIES AWAY FROM BEING APPROACHED.



IF YOU ARE INTERESTED IN ADOPTING URJA 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  
AUGUST 4, 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/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



## Rock Talk

by Ave Riddler

I was at a total loss what I was going to use as my focus this coming year, then I realized I could write about stones that I either had dreams about or became fixated with and had to hunt out a piece of to work with! I will use pictures of the stone or crystal I ended up

with as a result of my quest to find one also. If it was a dream stone, I'll even include the dream! That will make this set of articles unusual and a bit unpredictable! After over 20 years "knowingly" working with crystals I've had a few interesting stories. While I have always had rocks in my head, the book knowledge offered confirmation of what I had always understood later.



The first stone I will write about was one I fixated on, and it took me a good long while to finally get a piece. I honestly don't know how I first even heard of this stone, I do recall I was new to the idea that what I had intuitively known my whole life was true, crystals and rocks are magic! I do recall once I learned about this mineral, I wanted only one color! Purple. My piece has changed over the years, becoming more of a lilac/pink shade, unfortunately the photo I took is not true to the color in person. Introducing....



## SMITHSONITE!!!

Most commonly found in botryoidal curved crystals, (they look like a cluster of grapes all melted together) smithsonite often forms in crusts over other minerals, and has a silky sheen, looking much like boiling bubbles of color. The colors found vary from many shades of pastels, including white, grey, yellow, pink, purple, green, blue, and even browns, the colors can be brighter but more rarely. This mineral was

named for the founder of the Smithsonian Institute! It is not as durable as some minerals with only a hardness of 5 on the Mohs hardness scale. It often has traces of zinc within it.

This is a mineral that inspires pleasantness, providing energy that enhances charm, and kindness. Smithsonite is an excellent tool to use during times of trial, and uncomfortable situations helping to lead one towards more favorable outcomes. It can provide a soothing energy to stressful, or anger causing situations, cooling tempers, and helping one to release resentment and anxiety. With calm clarity, one can then look at those trials with fresh and compassionate eyes, seeing the light even during dark and troubling times. Because of that calm energy Smithsonite would be a good tool to use during meditations, helping to calm and relax the mind.

This mineral can be used to activate each of the chakras, the location it is placed on will affect the way the mineral activates the chakra, if by the root/base it can help promote physical energy and vitality, whereas if by the crown it can be used to activate enlightenment. Placing it by the third eye can help activate the psychic realms, increasing clairvoyance, and clairsentience. The throat chakra placement to open with compassion blocked aspects of communication. (And so



on) The colors of the crystals can give a more direct focus to this aspect, using green or pink for heart chakra work as an example.

Using Smithsonite while doing any kind of readings, or telepathic communications the mineral can act as a bridge and open one up to those more psychic, less physical states. This effect is enhanced even more so if both the practitioner and the client are holding a piece.

Smithsonite shares a strong bond with Kwan Yin, and enhances aspects most strongly associated with her, helping with arguments, interpersonal conflicts, legal troubles, as well as issues of love and healing. An offering of this stone to Kwan Yin or working with this stone while honoring her would help deepen the experiences with her.

Known as a love stone, smithsonite can enhance romance, ease grief of heartbreaks, help one to find love for self by guiding one to see and embrace Universal Love. It can also help one to move beyond ego-based love, and conditional affection into a more holistic and unconditional Divine Love.

Physically Smithsonite can be use as an aid in treatments of dysfunctions within the immune system, skin eruptions, and osteoporosis, sinus, and digestive disorders. It may be used to support efforts to defeat dependency on alcohol. It is believed to enhance the elasticity of the walls on the veins. Smithsonite may also be used as a support of treatments for the reproductive organs, regulating weight, and increasing physical energy. (As always, I offer the physical information to be used as a SUPPORT in treatments, not the CURE)

Paraphrased from “LOVE IS IN THE EARTH – A Kaleidoscope of Crystals by Melody” and “THE BOOK OF STONES – Who They Are and What They Teach by Robert Simmons and Naisha Ahsian. With personal add- ins and details by me (Ave).

## Higher IQ puns, or just cringeworthy.

**What's the definition of a will? It's a dead give away**

## Quotes by Winston Churchill



In the course of my life, I have often  
had to eat my words, and I must  
confess that I have always found it a  
wholesome diet.

— *Winston Churchill* —

AZ QUOTES

## Did You Know...?



### DID YOU KNOW?

Cows have **best** friends and **get** stressed  
when they are separated.

## Indian Hills



## From Llewellyn's Witches' Calendar 2022



A new calendar year is upon us! Although many of us celebrate the start of the spiritual new year at Samhain or the winter solstice, the beginning of the Gregorian calendar year brings yet another opportunity to start fresh and to kick to the curb the things that are holding us back from the previous year.

Resolutions are rarely kept, often amounting to simple declarations that end up dead in the water. Deciding what you want to work on eliminating or to get under control and then commit to working on over time is a much more favorable tactic of execution. Many banishments, even magically assisted, aren't instantaneous. They manifest by waning over a period of time (short or long), so it's important to measure success in the form of progress and not by the instantaneous reaching of an "end point."

Fire, the element of passion, is wonderful to work with for harnessing power to banish something that has held you back previously. With many magical practitioners celebrating the spiritual new year at another time, this is a good time to use the secular New Year's celebration to begin the process of sending packing any straggling and annoying energies that don't serve you as well as working to stop letting them control or define you.

As magical practitioners, we know that there is nothing like a good ritual to give that extra "oomph" to kick-start a process. This is the time to work with the element of fire without in order to stoke the fire within!

### Mission Ignition: Burning Bowl of Banishment

The burning bowl is a basic ritual performed in many variations by spiritual practitioners of many traditions for multitudes of reasons, including banishment. The supplies are simple:

- Deep fireproof vessel, such as a cast-iron cauldron or steel pot.

-Lighter or matches

-Slips of paper (Consider magician's flash paper, which adds a fun element of theatrics to the process.)

-Pen or felt-tipped marker

Set up a simple altar in any composition you wish and make the fireproof vessel the central focus. Create sacred space according to the procedures of your tradition. Meditate for a few moments upon what has held you back in the previous calendar year.

Next, participants write the energies they'd like to banish on the paper while focusing on their intent. Once the paper has been scribed, fold it in half. Hold the piece of paper between your palms or to your third eye and further charge it with intent.

Approach the altar, hold your petition paper over the fireproof vessel, light it, and drop it in, focusing on your intent as the paper safely burns completely out.

A nice way to finish the ritual is to chant a meaningful power-raising chant or sacred word from your tradition to seal in the work. Next, reinforce your ritual with the support of real-world action! In the coming year, let progress be the measure of your success. Blessings!

-Blake Octavian Blair

## Jin Shin Jyutsu "Thoughts from the Attic"

By Rod Kaminski

*"There is a vast difference between treating the effects and harmonizing the cause".* Unknown author

I saw this quote at a medical office, and I thought how appropriately it applied to the art of Jin Shin Jyutsu (JSJ). The goal of JSJ is to get to the core of the project (disease, issue, etc.) and to harmonize the root cause that is responsible for the undesirable effects. Sometimes with alternative modalities, you end up treating symptoms and that is enough to harmonize the project. But what if the reason that you have a project runs much deeper? That is why symptoms come back because we did not resolve the issue at hand. We treated the symptoms, created relief, and we leave the office thinking we are finished. But imagine all the aspects of your being as an "onion". We can peel back a couple of layers to treat the symptoms, but a complex project requires personal work (peeling back many layers). What is required is a desire



to drudge through the mud/muck/grime of this process and this requires intent, courage and a thirst for self growth. This is called DOING YOUR WORK and why you are HERE!!! This is where a Jin Shin Jyutsu practitioner's expertise comes into play as an objective observer of the client's body and world. What is really going on in the body? How deep does this project run? What is the most efficient path to harmonization? As a practitioner and student of this art, I am conscientiously on a path to find the simplest solution so that I do not "chase symptoms" and this saves my clients time and resources. Mary Burmeister, who brought this wonderful art to western civilization said, "The more complex the issue, the simpler the solution".

The self help hold for the month of January is for insomnia and a better night's sleep. In my opinion, a good night's sleep is as equally important as nutrition and exercise and this element of our health is sometimes taken for granted when it comes to our vitality. Studies have shown that for night workers, shift work can take as much as ten years off of a shift worker's life. In Jin Shin Jyutsu, self help treatments are considered 60% effective in comparison to a session with a JSJ practitioner. This is because when a person is doing self help, a person's hands are not always facing the proper direction, and this slows down the effectiveness and results to a degree. A practitioner uses flows designed to have the hands facing in the right direction to facilitate the full potential of the treatment and that is why it is more powerful and profound. But isn't it wonderful to have tool and coping mechanisms to find solutions or get relief until you can get to your friendly neighbourhood Jin Shin Jyutsu practitioner?

Here are several self-help holds for insomnia. For myself, holding my thumb and index fingers upon waking is enough to send me back into the slumbers of deep sleep. Whether it is a hour into sleep or six hours, upon awakening, every time I wake up, I intuitively grab a finger, go with the first impulse and drift off into dream time. What is important with self help is the realization that this process is an accumulation, a building/strengthening up of the energies so that we can take advantage of the holds to maximize our time and energy. When holding a finger is not enough, then we can try different variations that dig deeper and can harmonize the issue.

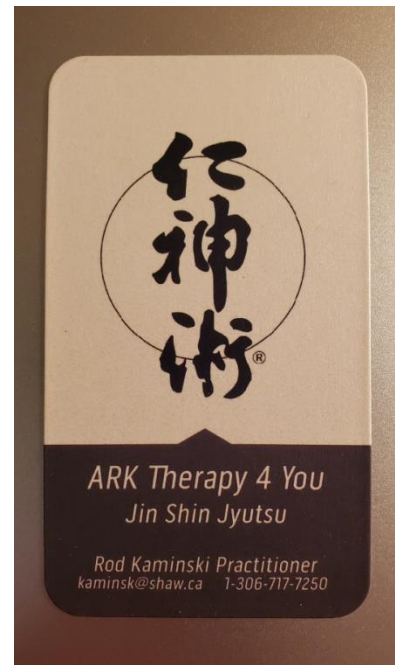




Fig. 1. Holding the thumb to harmonize the attitude of WORRY.



Fig. 2. Holding the index finger to harmonize the attitude of FEAR.



Fig. 3. Hold at the elbows. This hold helps to clear stuff we are hanging on to and clears thoughts from the mind



Fig.4. Right hand on crown and left hand on third eye (Pineal). This hold clears the mind and improves memory. It also helps to balance the pituitary gland which is considered the master gland. This hold is the anchor step to the Main Central flow which is the birthplace of all flows. It is recommended for comfort to do this hold while lying down utilizing pillows for support.

With self-help there is no limit to the length of time one can hold a position. So, enjoy!

## The Way By Ave Riddler

Sometimes we just have to get out of our own way.  
 The head says toxic  
 Poison things,  
 Whispering lies into the deepest corners...  
 Bringing you down,  
 Generating a spiraling dance with doubt.  
 You spin and sink  
 Lost.  
 Shadows a strange comfort.  
 Distant there is light,  
 Scary  
 Hard to look at light...  
 You *know* this dark place,  
 Those shadows,  
 The whispered toxic lies are KNOWN.  
 Yet that light beckons  
 Warm,  
 Gentle  
 Waking.  
 It does not whisper,  
 It sings.  
 Melodies you do not know,

But yearn for.  
Drawing you up,  
Beyond that dark dance of doubt...  
Leading a different kind of dance,  
If  
You can just get out of your own way.

## A Kid's View

Kids were asked questions about the old and new testaments. The following 25 statements about the bible were written by children. They have not been retouched or corrected. Incorrect spelling has been left in.

**Moses died before he ever reached canada then Joshua led the hebrews in the battle of geritol.**

## From 365 Zen daily readings by Jean Smith

**For me, zazen is an activity like sleeping, eating, drinking, and going to the bathroom: if I don't take care of these natural functions, I feel a difference in myself.**

**-Bernard Glassman and Rick Fields, Instructions to the Cook**



## Inspirational Insults

***"Why do you sit there looking like an envelope without any address on it?"***

**Mark Twain**

## Reflections from the Shaman's Hut

### My Hope

**By Trent Deerhorn**



I am not one who makes New Year's resolutions. I frankly find those to be a joke, considering that very few people ever succeed with them. But I do have wishes and hopes for the coming year. These are for me, yes, but they are also for everyone else who resonates with them. So here goes:

I hope that you allow yourself to forgive whatever part of yourself from your past that is holding onto any form of shame or guilt.

I hope that you allow yourself to let go of any negative thoughts and beliefs that are not resonant with the divine and sovereign being that you truly are.

I hope that you take the appropriate steps to create a vast and beautiful life for yourself.

I hope that you learn to love yourself more deeply every day.

I hope that you find fulfillment in life, in relationships and in your work.

I hope that you recognize that what you do for a living is *not* who you are.

I hope that you come to know yourself better each day and that you are happy with who you know.

I hope that you pursue your dreams with as much vigor and resilience as you have been using in a job that does not value you as a person.

I hope that you avoid, at all costs, the temptation to sink into mediocrity.

I hope that you see your dreams as valid opportunities that you only need to put effort into to manifest.

I hope that each day you take at least one step toward what your life's goals are.

I hope that you adjust your life's goals to weed out the materialistic and plant the humanitarian aspects.

I hope that you will be someone's hero and that you will also be your own hero.

I hope that you will feel a deep connection to the Earth and all her creatures.

I hope that you will feel a deep connection to the divine.

I hope that you will recognize all that which only serves as a distraction from what you truly want, and that you will eliminate it from your life.

I hope that you will allow yourself time in silence, for it is in silence that true inspiration takes place.

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

## Thought for the Day

**Your pain is the breaking of the shell that encloses your understanding.**

**-Kahlil Gibran: The Prophet**

## According to the Farmer's Almanac 2022:



### Jungle House

A native of tropical regions, calathea plants are famous for their bright green or multicolor patterned foliage. They do well in low-light areas of the house but are finicky about temperature. Calatheas enjoy a temperature range of between 65 - 80 degrees F – perfect for the indoor office or home setting – but need a humid environment, so take care to avoid dry air.

Slow growers, calatheas seldom exceeds 2 feet in height, making them easy to manage. Fertilize sparingly from spring through fall.

## January 1: New Year's Day

Peruse seed catalogs and place your orders soon to avoid sellouts of select varieties.



## January 2: New Moon

The Mexican sour gherkin is a grape-size heirloom vegetable that resembles a mini-watermelon on the outside and a cucumber on the inside. For a sweet and tangy treat, grow the vines up a trellis or in a hanging basket.



## January 17: Martin Luther King Jr.'s Birthday, observed Benjamin Franklin's Birthday, Full Wolf Moon

We must use time creatively, in the knowledge that the time is always ripe to do right. -Martin Luther King, Jr.

## Inspirational Quotes by Alan Chazen

**Don't be afraid to commit to a relationship because of fear of loss. If you don't commit in the first place, haven't you already lost?**

## Ask the Shaman: With Trent Deerhorn



**Q:** Do you have any tricks up your sleeve that can help a person move past fears around change in their life that is unexpected?

**A:** Embrace it wholeheartedly. Change is inevitable. Growth is optional. But if we are ever to express our excellence, we must allow ourselves to feel the fear and move through it anyway. That way we can discover new and vibrant opportunities. We can blame circumstances till the cows come home for all our failures. But when we look at each roadblock and find a way around it, we allow ourselves to continue our journey of discovery of who we truly are and what we are truly made of. So often people become defeatist in their approach to life. But every time we get a “no” from someone, we have yet another opportunity to get a “yes” from someone else. This is what separates the successful from the unsuccessful. If we are to determine what happens in our life, we must be determined to make it happen.

## Tidbits and Tickles:

**A wife had suffered for a week from a nasty virus, and it left her feeling completely wiped out. On the first day that she could crawl out of bed, she discovered a “silver lining.”**

**Pulling on a pair of jeans, she called out to her husband, “These jeans fit! They finally fit!”**

**“That’s great,” the husband replied, “but they’re mine.”**

## 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:

**Penny Wrote:** Really enjoyed Rod’s explanation of Jin Shin Jyutsu – thanks Rod.



The picture of the Bess in winter was spectacular. Very calming and lots to look at.

Your "Letter from the Editor" is FULL of positivity! – we can all use right now.

And of course, the cartoons and humorous quotes are always priceless.

**Trinity Wrote:** I liked your thoughts on peace. Reading it I was thinking of a concept in psych where, when you have two groups there's competition and often is escalated with more aggression and division. Then when these groups were put together, and they had a shared goal, they saw the positive aspects of each other. It highlighted the importance of not just exposing one group to another group- history has shown that doesn't work. But a shared goal where they had to work together made the difference. Then I look around and see all the weather change etc. and think it's all so obvious.

## Classified Ads

**Deerhorn Shamanic Services**

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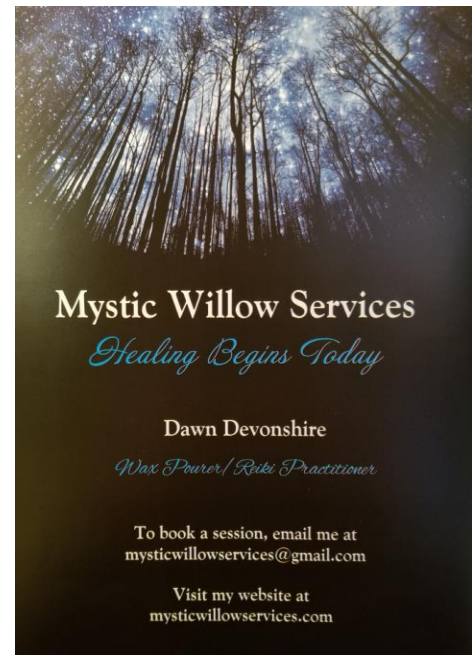
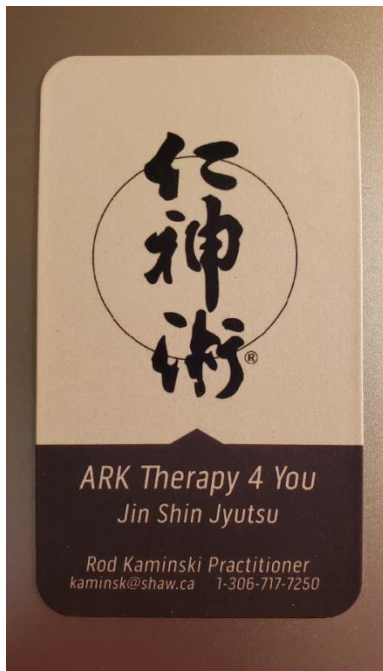
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## Video Chat with the SHAMAN!



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

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[mindfullivinasask.com](http://mindfullivinasask.com)

# Flight Newsletter Advertising

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

## Classified Ads:

FREE for article contributors

\$35 for business card size

\$45 for half page

\$50 for full page

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

\$25 Profit organizations

## Workshops/Classes

\$40 half page

\$50 full page





