

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

Volume 11 Issue 117, March 2022



*Articles and excerpts that will inform and inspire!*

## Letter from the Editor



And so March is upon us. I always wonder to myself whether it will come in like a lion and go out like a lamb, or come in like a lamb and go out like a lion? This always bring to mind the program “Little Bear” that my children would watch when they were very young. There is a scene in which the family of bears get snowed in at Grandma’s house and Moose has to shovel them out and then gives them all a ride home on his back as they recite a poem:

*Whether the weather be cold*

*Or whether the weather be hot,*

*We’ll weather the weather,*

*Whatever the weather,*

*Whether we like it or not!*

We have some awesome articles and creative writing in this one! Check it out! Thank you to all of my wonderful contributors! You guys really make this newsletter what it is!



**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*

# Upcoming Events

## Moons of 2022

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



**March 18<sup>th</sup>: Full Worm Moon 3:18 am**

**Color of the Day: Rose**

**Incense of the day: Orchid**

**Rainbow Positivity Charm**

The Virgo full moon arrives early this morning, and it coincides with the popular Indian Holiday known as Holi, when festivalgoers celebrate love, laughter, forgiveness, and the arrival of spring by taking to the streets and gleefully coloring other people with colored powder as well as color-filled water balloons. Today, empower seven 6-to-8-inch ribbons in sunlight (or candlelight, if the sun isn't out, but be careful to hold them a safe distance away from the flame). As you empower them, feel that they are absorbing the energies of joy and positivity. Braid them together and see yourself weaving bright light into them as you braid. Bunch or coil the braid and hold it to your heart with both hands. Feel even more bright light at your heart and send it into the charm. Hang it above your front door for all-around positivity or place it near a photo of anyone you'd like to bless with positive energy.

***Tess Whitehurst***

## 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: February 26, 2022, at 7:30pm Waning Moon Ceremony, The Release of Obstacles**

*\*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>







**K2 IS AN APPROXIMATELY 1.5 YEAR OLD COLLIE MIX. THIS BIG BOY CAME TO THE FACILITY AFTER BEING RESCUED FROM LIVING CHAINED UP ALL HIS LIFE. HE HAD SEVERE NECK WOUNDS THAT HAVE HEALED WITHOUT LASTING DAMAGE. K2 IS SO LOVING, WHICH IS AMAZING AFTER WHAT HE HAS ENDURED IN HIS SHORT LIFE. HE IS LOOKING FOR A HOME THAT IS FIT FOR A LARGER BOY AND WHERE HE WILL BE LOVED LIKE HE DESERVES. K2 IS NEUTERED, MICROCHIPPED AND FULLY VACCINATED.**



**CHECK OUT OUR FACEBOOK PAGE! WE ARE DOING OUR CHANGE FOR CHANGE CAMPAIGN! BUCKETS ARE FOUND IN THE CITY AT BOTH EARLY'S FARM AND GARDEN CENTRE LOCATIONS AND ENS TOYOTA.**

**ALSO BE SURE TO CHECK OUT OUR NEXT ADOPTION DAY!**

**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 AND THE RESCUES LOOK FORWARD TO MEETING YOU.**



## **DANI & DEVYN**



**LIKE BEING JUDGED FOR EVERY DECISION YOU MAKE? DANI MIGHT BE THE GIRL FOR YOU! SHE ALWAYS HAS A LOOK OF JUDGEMENT OR SUSPICION ON HER FACE AND IT IS INCREDIBLY CHARMING. SHE IS STILL PRETTY SHY AND WHEN SHE IS NERVOUS SHE WILL LET OUT A GENTLE HISS. BUT, IT IS ALL FOR SHOW & JUST A NERVOUS REACTION. SHE LIKES TO PLAY AND HER CONFIDENCE BLOSSOMS WHEN SHE IS CHASING A WAND TOY.**

**DEVYN IS VERY SHY AND SHAKES WHEN YOU LOOK AT HER, BUT GIVE HER TIME TO COME OUT OF HER SHELL AND SHE IS A SWEETIE. SHE LOVES HER SISTER DANI AND WILL OFTEN SEEK OUT COMFORT IN HER. I THINK SHE WOULD DO WELL WITH ANOTHER CAT TO HELP HER FEEL CONFIDENT.**



**IF YOU ARE INTERESTED IN ADOPTING DANI, DEVYN OR ANOTHER KITTEN 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.**



**DATE OF BIRTH:  
SEPTEMBER 16, 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



## Rock Talk

by Ave Riddler

### TANZANITE

This month I will be focusing on another mineral I obsessed about and hunted for a long time before I was able to work with one, we will be taking a look at Tanzanite. It took me a while to get my first piece after I learned about this unusual gem, because much of it is reserved for jewelry use, raw, or tumble stones are more challenging to find.



It is a rarer mineral, mined only in one location, Tanzania, within a fairly small area of land, and they believe there is limited time left for these mines to exist. In the past there has even been talk about shutting down these mines. Tanzanite while not a new mineral is fairly new as a recognized “gem”, originally named Zoisite (blue/violet variety) which is part of the epidote family of minerals. Tiffany Co renamed the gem to Tanzanite only in the late 60s. This mineral is unique from many others in that it can

appear to change colors depending on the lighting it is viewed under, in fluorescent light it will look to be shades of blue, yet seem to be violet when viewed under incandescent illumination. These brighter colors are a result of heat treating, without the heat treatment the mineral has a burgundy, to brown hue with flashes of the blues and violets, this heat treatment can happen naturally while still underground and in the forming of the crystal, or once brought above ground in a lab. It does have a Mohs hardness of 6.5 so is a fairly durable gem. The crystal’s structure is much like tourmaline, with striations on the surface of the crystals, and prismatic faces at the points.

This mineral works best with the throat, third eye, and crown chakras, enhancing communication, psychic powers, intuition, and visions. This is a great tool for anyone looking to focus and develop their gifts and magical workings, assisting in manifestation work, helping to actualize the vision. It does offer a tethering to the heart, tempering the flight of the mind with compassion and the steadiness of the heartbeat. This results in a more centered journey through the higher vibrational states. The exchange of energy from heart to mind is also beneficial from mind to heart offering the joy and beauty of the higher vibration into the heart center. While these exchanges are happening, the combined energies are affecting the throat causing one to speak their mind more clearly with compassion and heart.

It is believed in ancient times the Celtic chiefs would use this mineral to help bring clarity in the choosing of a new successor. Tanzanite can be a good stone for counsel, and counseling.

This gem can be used to facilitate communication with other-worldly beings, spiritual beings, including the divine.



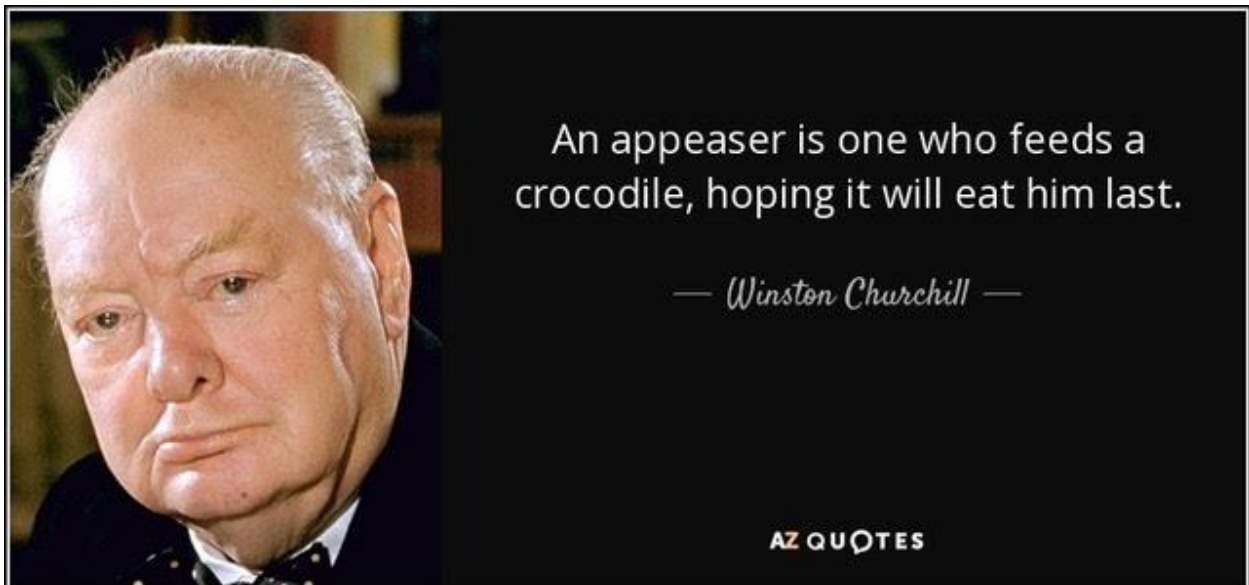
Physically Tanzanite may be used as an aid in treatments of skin or eye disorders. Wearing tanzanite while treating misalignments of the spine may enhance the results of the adjustments. Working with this mineral on another's behalf, may help reduce a comatose state. It can be used as a support during treatments of overactive Thyroid, or exhausted adrenals.

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.

**In democracy your vote counts. In feudalism your count votes.**

## Quotes by Winston Churchill





# **BUT THEY WERE HANGING AN OLD MAN!**

**By Gail Fulkerson**

His name was Frank. He'd chosen the name for himself after hearing it uttered during a conversation between two beings in Hell, about someone named Anne Frank. The Devil desperately desired to possess Anne's soul.

Frank was assigned to watch the Frank sisters, Anne and Margo, as they suffered in the Nazi Concentration Camp in Bergen-Belsen. But as Anne was dying, Angelic Realms surrounded her and snatched up her soul. Frank watched over the sisters as his dad had decreed. Once they were dead, he thought, his job was done. Boy, was he wrong.

He'd been given exact instructions to procure Anne's soul, but the day she died, Frank had been distracted watching the hanging of an old Jewish businessman and arrived too late to reap her soul. Thinking nothing of it (after all, girls die all the time) Frank shrugged and carried on with the rest of his daemoniac day.

Later that night, when Frank was tucked into his bed and snoring like a banshee, he had an unscheduled visitor. Frank awoke in time to see the Devil materialize at the foot of his bed. He rose up from the floor as a black, swirling mist, then solidified into a terrifying form. His stature was impressive; his horns scraped the ceiling; his cloven hooves stamped the floor. He breathed clouds of fiery Sulphur into the bedroom. Frank wiped the sand from his eyes and sleepily greeted his father.

"Hey, Dad, what brings you here? I haven't seen you in eons. How have you been keeping?" he asked.

The Devil greeted his boy, enveloped him in a warm, fatherly embrace, whispered in his ear how much he loved him, then bit off Frank's arm. Frank screamed as the blood

spurted, ran onto the bed and floor, and spattered the walls. In his heightened emotional state, Frank imagined he saw his severed arm slide down the Devil's throat.

"The next time I tell you to reap a soul for me, don't dawdle. Anne Frank's soul was going to be the final ruby in my horns. I had plans to parade her around Hell, introduce her to Hitler, Goering, and all the rest of those pathetic little Nazi pukes, then observe her reactions. Then, after a time spent horrifying the goodness out of her, I was going to unleash her upon the peoples of Earth. But none of that matters now because *you had to watch an old man get hanged*." The Devil was so incensed he started to sweat blood and his skin smoldered and burst into flames.

"I'm sorry, Dad. I didn't think it was that important to get her soul. I figured that once you reap one girl's soul, you've reaped them all. I had no idea that Anne Frank's soul was so valuable to you," Frank said.

"That's the problem with you, Frank. You don't think. If I had gotten Anne Frank's soul, I could have signed up for split hoof tap-dancing lessons, visited death row inmates to make sure they were still causing chaos and riots in the prisons, encouraged women to kill their husbands, create tsunamis, and make super volcanoes erupt. Instead, I have to keep dispatching daemons by the fricken' boatload until Hell is nearly empty. I used to be able to sneak a daemon or two onto the boat on the River Styx, but the Watchers caught wind of my stunt and shut me down," the Devil spat. His blood pressure was rising to dangerous levels.

Frank was beside himself. He'd seen what his father could do to someone who disobeyed him, and it wasn't pretty. He watched his dad move toward him in slow and measured steps. Frank began to whimper, but the Devil ignored his son's gibbering fear; his bulging red eyes were focused on his prey, a one-armed daemon named Frank.

In a voice dripping with evil, the Devil told his terrified son not to worry, that what he had planned for him would be over in a flash. Backing up against his bedroom wall,

Frank realized there was nothing he could do to stop his dad from doing him in. He wished fervently that he could be anyone other than Frank, the one-armed daemon.

## Did You Know...?



## Indian Hills



## “Thoughts from the attic!”

### A brief history of JSJ.

#### By Rod Kaminski

Jin Shin Jyutsu, “The art of the creator through the person of compassion”.

A man named Jiro Murai is responsible for taking a nearly lost spoken tradition of energy medicine/thought that has been around for thousands of years and developed that knowledge into an all-encompassing art form. Today this ancient knowledge is known as Jin Shin Jyutsu!

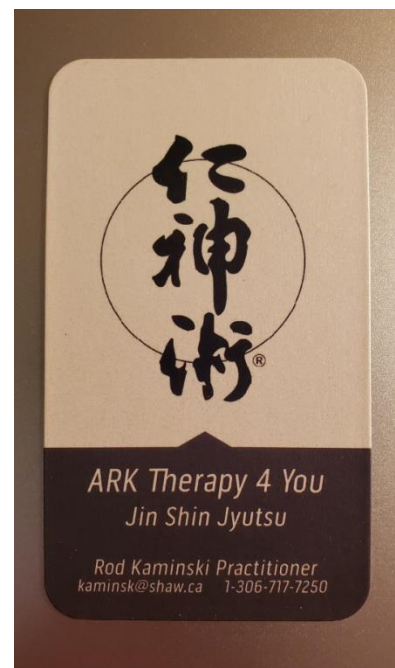
Jiro Murai was born in 1886 in Taisei Mura, Japan and as Japanese tradition stimulates, the first born follows into the footsteps of his father’s occupation. In this case, his brother being the first born, had to become a medical doctor, and this afforded Jiro the freedom to choose whatever path he wanted. He took advantage of this and experienced life in various ways like entering eating contests (for ingesting the most food) for prizes/cash. When Jiro was 26, he became gravely ill and even with the attention and help from the best medical resources that were available at the time, he was considered

terminal. His last request was to be brought to the family cabin in the mountains and to be left alone there for seven days and that they return on the eighth day to retrieve him. Jiro meditated, fasted and utilized ancient energy healing techniques during this time and on the seventh day his body's temperature grew very cold and he drifted in and out of consciousness. Being tested to its limit, his body went from conditions of feeling extreme cold, to feeling like he was burning up in the throws of a fire. Unknown to Jiro as to why, he felt much relief, peace and calmness after passing through his dark night of the soul. He was grateful to be alive!

Working with the homeless population in Wano park in Tokyo, Jiro began his lifelong study of Jin Shin Jyutsu. He would look for specific projects (diseases, conditions, etc. ) and would come up with flows or various ways to treat these people and then he would move on to another project. It is believed that Jiro did not leave Japan during his lifetime but felt an urge to introduce the old traditions to the West. Jiro would mentor a hand-picked student who would be instrumental in bringing this modality to the West. He met a woman named Mary Lino who was born in Seattle, Washington in 1918. Mary moved to Japan in the late forties for work and met Jiro at a mutual friend's house. Jiro asked Mary, "Would you like to study with me to take a gift from Japan to America? ". With little awareness of what Jiro was asking of her, she felt a great urge to say YES! Mary studied with Jiro for twelve years and at one point she became very ill, and Jiro cured her illness (project) and she gleaned much from her ordeal and used that to carry her forward in her studies of this art. Mary moved to the United States in 1954 and began to practice this art and worked diligently to promote and educate Jin Shin Jyutsu worldwide till her passing in 2008. The institute for Jin Shin Jyutsu is located in Scottsdale Arizona and continues to promote this modality by training thousands of students all over the world.

Legend is told that Jiro and a good friend went on separate spiritual paths. One came down the mountain with the art of Jin Shin Jyutsu while the other friend came back with the modality of Reiki. An instructor told us about this legend in class, and it is interesting to think about their relationship, what they were seeking and how they ultimately found what they were looking for!

If you have any questions or are interested in booking an appointment. Please contact me at 306-717-7250 or [kaminsk@shaw.ca](mailto:kaminsk@shaw.ca)





# Pause

By Ave Riddler

The day might have had teeth,  
That chewed you up.  
Left you ragged  
Jagged  
Mind swimming in murky angry depths.  
Perhaps the day had a steamroller  
That flattened you,  
Left you pummeled  
Deflated  
Mind limply exhausted.  
Perhaps it was a day with a starters gun  
Left you racing off the mark  
Going  
Mind a blur of speed.  
What you need to do is Pause...  
Take a breath,  
Close your eyes,  
Place your palm to your chest,  
Breathe.  
Pause  
Let the pulse of your heart,  
The filling of your lungs be your focus.  
Drift away from the day that was,  
Slow your racing anxious mind.  
Eyes closed,  
Hand to chest  
Air flowing...  
When you feel that calm bloom  
Letting your breath and heartbeat  
Sooth the edges left by the day...  
Pause.



# Reiki: A Cultural Gift to the World

By Dolphyn Boschman

When I decided to take a course in Jikiden Reiki back in 2011 I had no idea that it would take me on such a wonderful cultural journey. Reiki originated in Japan back in 1922 when

Mikao Usui was given the gift of healing after going into the mountains to find enlightenment...or die whichever came first. He went on to heal thousands of people and teach 22 men to carry on his lineage. This was nearly destroyed after Japan lost in WWII. Thanks to a Japanese American woman named Mrs. Hawayo Takata Reiki found a re-birth in the West and found its way back to Japan where my teacher Tadao Yamaguchi discovered that other people knew about Reiki. You see his mom had learned directly from one of Usui's teachers, Chujiro Hayashi (she was his youngest student at age 15) and Tadao Sensei had grown up with Reiki in his home. As he says, "We weren't medicine people, we used Reiki".



Not long after that discovery, people wanted to learn from his mom, Chiyoko Yamaguchi. She resisted for a long time as in the Japanese tradition you must have permission from your teacher to share and teach and she had not received permission. But she finally agreed as it was pointed out that if she did not share her knowledge, it would be lost forever. Thus, the Jikiden Reiki Institute was created. The word Jikiden means "Directly passed down" or "Original Teachings"

In older Japanese traditional arts like Sado (Tea Ceremony), Kado (Flower Arranging), Shodo (Calligraphy) etc., the Founder or Successor is called Iemoto. In Jikiden Reiki we do not call Tadao Sensei Iemoto because Jikiden Reiki is too young (only 100 years old) compared to the other arts listed that are 800-1000 years old.

However, Jikiden Reiki follows the Iemoto teaching system, just like the other traditional arts.

There are 5 levels in the Iemoto system. I will list the Jikiden Reiki names here. As I said, they are slightly different words in the other traditional arts.

1. Daihyo (Representative/Successor)
2. Dai Shihan (Teachers Teacher)
3. Shihan (Teacher: can teach Shoden and Okuden)
4. Shihan Kaku (Assistant Teacher: can teach Shoden)
5. Okuden (Student Level 2)

6. Shoden (Student Level 1)
7. Okyakusama (Client)

This is not a hierarchy. It is about “walking ahead of you”. In Japanese traditions they do not use the term “Master” because it is always about getting better and better, always learning. It is only in death that you are considered to be a Master. Chiyoko Sensei practiced Reiki EVERYDAY for 65 years! Sensei is a term of respect to someone who has greater knowledge/experience than you – loosely translated it means ‘Teacher’

As a Shihan and especially as a Westerner I must stay diligent of respecting the system. The more I learn about Japanese culture, the more it helps me understand and appreciate the great responsibility that the Jikiden Reiki Institute has taken on to preserve this cultural heritage so that it too can become a traditional Japanese art form for 1000+ years.

Whether you have taken Western Reiki courses or are completely new to Reiki, Shoden (First teaching) in Jikiden Reiki is a wonderful opportunity to have an authentic Japanese cultural experience. You will learn to speak some Japanese, you will get the full history of Reiki including some rare interviews directly from Usui Sensei, you will receive 3 Reijus (opening up the Reiki energy channel) and how to give Reiki as well as some energy circulation techniques.

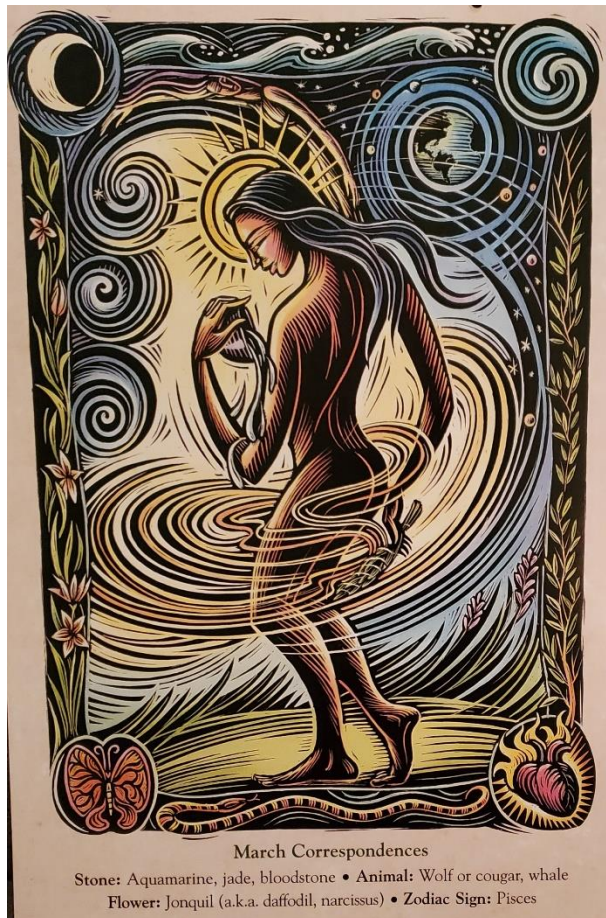
If you have taken Western Reiki courses, this is an opportunity to go even deeper into the history and learn some new energy circulating techniques.

ANYONE can learn Reiki! It is simple, yet so effective for self-healing or sharing with others (including pets!).

I will be offering Shoden in March (and other times throughout the year) so please contact me for more details: Dolphyn Boschman 306 291 8968 or [info@dolphyn.ca](mailto:info@dolphyn.ca)

You can learn more about Jikiden Reiki on my website (Air element and Events):  
[www.dolphyn.ca](http://www.dolphyn.ca)

## From Llewellyn's Witches' Calendar 2022



The equinox is a time of balance: when day and night have become equal in length. However, we miss the point of balance if we simply view it as a state of being equal, static, or even – especially when it comes to magic and ourselves.

The equinoxes are midway points between the solstices, which mark the conjunctions of lonest day and shortest night as well as shortest day and longest night. Although they signify extremes, there is still balance inherent in these days. These notable points of balance are all made possible by the orbit and axial tilt of our planet as it rotates around the Sun. Our very solar system underlines the truth that balance is the result of and is maintained by movement. In order to find and maintain balance, we must be in motion.

This important fact is crucial to keep in mind when working magic. As humans, we often

have a tendency to resist change, to want things to stay exactly how they are – but the world is constantly in motion around us. The more we try to keep things the same, the more out of balance everything can become. When we embrace movement, we can flow with change and let it help direct our paths.

Our bodies are our greatest and most accessible tools for magic. From the blood flowing through our veins to the muscles and bones that move us, while we live, we are magic in motion. While as Witches we often focus on the metaphysical, mind and spirit rely on the body to keep us rooted. Therefore, it is essential that we acknowledge and honor our bodies to keep them moving in a balanced way. The equinox is an excellent time to take stock of where we have been and where we would like to go – physically, emotionally and spiritually.

### Body Balance Ritual

On or near the equinox, perform a cleansing shower or bath – use whatever tinctures or salts call to you. As you finish up, douse yourself lightly with cooler water to invigorate yourself, then



dry off. Bless the whole of your body with cleansing smoke or incense. Then close your eyes and take three slow, deep breaths. Focus on the sensation of being present in your body; the feeling of air on your skin, your heart beating, the rise and fall of your chest as you breathe, your feet making contact with the earth.

Once you feel aware and present in your body, chant the following poem, gently moving, touching, or anointing each area as you come to it:

*I balance spirit, body, and mind*

*Three sacred bodies in one combined*

*Feet, which gently kiss the ground*

*To ankles of pillars sound*

*To the knees, which flex and bend*

*Rising up the thighs, power send*

*Cradling hips of life and seat*

*Serpent rising up to meet*

*Air in chest and heart do pound*

*Voice and self within are found*

*Flowing from shoulder to hands*

*Guiding mind to spirit lands.*

**-Laura Tempest Zakroff**

## 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.

David was a hebrew king who was skilled at playing the liar. He fought the Finkelsteins, a race of people who lived in biblical times.

## From 365 Zen daily readings by Jean Smith

To move from being selfish and greedy to trying not to be that way is like taking down all the drab and ugly pictures in your room and putting up pretty pictures. But if that room is a prison cell, you've changed the decorations and they look a little better, but still the freedom you want isn't there; you're still imprisoned in the same room. Changing the pictures on the wall from greed, anger and ignorance into ideals (that we should not be greedy, angry, or ignorant) improves the decoration, perhaps – but leaves us without freedom.

*Charlotte Joko Beck, Everyday Zen*

## Inspirational Insults

These glorious insults are from an era "before" the English language got boiled down to 4-letter words.

*"Some cause happiness wherever they go; others,  
whenever they go."*

Oscar Wilde

# Reflections from the Shaman's Hut

## Ash Wednesday

By Trent Deerhorn



Although I had experienced Ash Wednesday celebrations in the local Protestant Church that I grew up near, my most memorable one was when I attended with a dear friend in university. I was registered through a Catholic college on campus, not because I was Catholic but because it was a smaller college and I felt more comfortable with that than I would have being one of THOUSANDS of students who would be registered through the general program. I like smaller group settings and the largest class that was experienced through this college was made up of perhaps 30 students. Most of them were under 20 students in size.

So when my friend asked me if I would attend the Ash Wednesday celebration with her, I said that I would. I had no idea what to expect. But what I found interesting was the similarities that it had to the Ostara celebrations that I was brought up with. After all, it is a time of rebirth, be that of Jesus or of Nature Herself! So a lot of the same terminologies were used to describe the significance of the day. And they even went so far as to place an ash cross on everyone's forehead.

This, to me, was interesting because the ash cross that was placed on my forehead during Ostara celebrations was not just a cross but was a four directional cross with a circle around it. This represented the turning of the Wheel of Time and that all of Nature goes in cycles of birth, life, decline, death and rebirth. The ash itself was gathered from incenses that were made from Holy Wood of various forms. Once placed on the forehead, I could feel the energies open my third eye and blast open the gates to a higher consciousness.

Although I did not have that same sensation when the priest placed the ash cross on my forehead, I did appreciate the symbolism. When I expressed my interest in the similarities to my friend after the service, she was both interested and repulsed by the fact that a Catholic service should have so much in common with one that was Pagan in origins. I tried to explain that it is not really a big surprise, considering most Catholic rituals were based upon those of the Pagan rituals before them, but she would have none of that. It was not until YEARS later that she admitted that she did some digging and found that I was right about that.

I do find it interesting how often people don't see the bridges between different faiths and philosophies. I also find it disturbing. If people would just look for the bridges now and then,

there would likely be a lot less hate in the name of religion out there. If they could take the human ego out of their faith, they could possibly see that we truly are all ONE.

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

## Thought for the Day

Men are disturbed not by things that happen, but by their opinion of the things that happen.

*Epictetus*

## According to the Farmer's Almanac 2022:



### Banana Bonanza

Enjoy the lush foliage of banana trees? Grow the hardy banana tree *Musa Basjoo* as far north as Zone 4. While the fruit of this species is inedible, the leaves will give your yard a distinctly tropical look. Despite being called a tree; it is actually the world's largest herbaceous perennial. The trunk isn't a trunk at all but instead a mass of tightly bound banana leaves. In full sun with well-draining soil, the "tree" can grow to between 12 and 18 feet tall. Cut it to the ground before winter, and it will sprout in spring.

## March 2<sup>nd</sup>: Ash Wednesday/New Moon



Wherever the wind lies on Ash Wednesday, it continues during all of Lent.



### March 13<sup>th</sup>: Daylight Saving Time begins at 2:00 A.M.



White asparagus, slightly sweeter than green, results from covering the growing green spears with black plastic or burying them in soil or hay. The cover prevents chlorophyll from developing.

### March 14<sup>th</sup>: Commonwealth Day (Canada)



### March 17<sup>th</sup>: St. Patrick's Day



According to the Chinese practice of feng shui, a rubber plant brings good luck.

### March 18<sup>th</sup>: Full Worm Moon

*Now with young Wonder touch the sliding snail,*

*Admire his eye-tipp'd horns and pointed mail.*

"The Loves of Plants" by Erasmus Darwin, English physician (1731-1802)

## March 20<sup>th</sup>: Vernal Equinox



Plant summer-flowering bulbs in spring for landscape interest when the weather warms. Choices include begonias, caladiums, calla lilies, cannas, dahlias, gladiolus, lilies, and shamrocks.

## Inspirational Quotes by Alan Chazen

When you give of yourself or of your substance to others, be these gifts great or small, you are only giving to yourself, for whatever you give out, comes back at least ten-fold.

## Ask the Shaman: With Trent Deerhorn



**Q:** I have, of late, found myself struggling in terms of belief systems and the faith in which I was raised. I have found that much of what I used to get out of it now just falls flat. I have lost my way and I am wondering what you might have to offer me in terms of how to get back on track?

**A:** Let's begin with some questions for you to ponder. 1. What attracted you to your faith in the first place? 2. What are the gems that you have experienced from your faith? 3. What are the parts of it that you find fall short when it comes to your needs? 4. Considering that any faith or spiritual path is one of reciprocity, how are you giving back to your faith? 5. Are you limiting yourself in any way in order to fit into your faith? 6. Are you limiting yourself to just this one faith?

I personally find that there is a big difference between religion and spirituality, but that both have the factor of faith woven into them. People often refer to their faith when what they are referring to is actually their religion. But there would be no religion without faith. And there would be no spirituality without faith. Both of these things are available to anyone who is

interested. But the primary factor is actually something that comes from within us, not from without us, and that primary factor is our personal ability to connect to what we have faith in. That does not necessarily mean that we have to have faith in anything external to ourselves. It means that if we have faith in ourselves, it becomes easier to develop faith in external things, such as spirituality, religion, or even science.

When we are looking closely at our faith, we are looking closely at ourselves, with all the beauty and all the warts and flaws. We are doing our “shadow work” and allowing ourselves to look deeply into what terrifies us and what brings us peace. Yes, we can do that on our own. We can also do that with the help of medicine plants. And yet it is also better if we do that with the assistance of helpers, which community does offer. But to be part of any community, we also have to be willing to participate in and give back to that community. That is what actually tends to bring us the fulfillment that we seek. And if we do that and still feel empty as a result, then we may be getting the message to start exploring other options. And although many a community will discourage you from doing that, especially religious communities, it is safe to explore and to keep exploring until you find something that fits where you are right here and now. People are not meant to become static in their energies. Energy is supposed to be able to flow freely. And allowing it to do so sometimes circles you back to where you began. Embrace many things, and many things will embrace you back. And, let’s face it, we all need to be held now and then.

## Tidbits and Tickles:

Garbage collectors were picking up our trash as my wife walked back into our house. A particular barrel was very heavy.

“Lady, we can’t take this,” on man called out. “It’s way over the weight limit.”

My wife turned her eight-month-pregnant figure toward him. “It didn’t seem that heavy when I carried it out,” she said.

Without another word, the man emptied the barrel into the truck.

## 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:

**Mavis Wrote:** Trent, I really like your idea of celebrating love for the entire month in which Valentine's Day falls! What a fabulous idea!

**Jennine Wrote:** I really like the notifications of animals that are available for adoption. What a wonderful thing to do!

**Mark Wrote:** I have some Celestite. That stuff really works!

**Betty Wrote:** Gail, I just love the way you can take something as simple as a snowstorm and turn it into a horror movie quality piece of literature!

**Bill Wrote:** Trent, your article on Fur Babies made me cry AND inspired me to find my next fur baby; something to which I have been a bit closed since my last one died 5 years ago. Wish me luck!

## Classified Ads

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## *Mindful Jewelry with Healing 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. 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 much patterns to make designs. I like to "connect" with crystal intuitively 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. I have big variety of colours, shapes, and sizes of crystals. You will like your new little "friend"! Each pendant is charged with Reiki energy, cleansed and blessed for protection and wellness. Also I can create bracelets, earrings and rings. I am taking custom orders on wrapping your own crystals also.

Check my website <https://www.mindfullivingsask.com/shop> for stock variety at the present time.

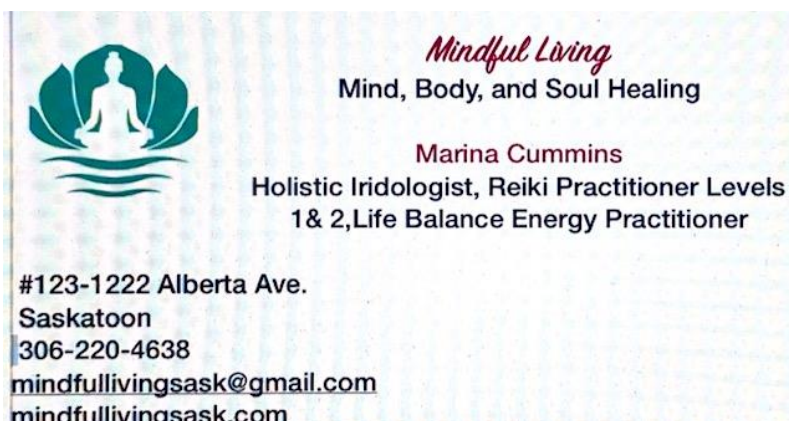
If you'll have questions and requests feel free to contact me through text, email or phone call: 1-306-220-4638; [cumminsmar@gmail.com](mailto:cumminsmar@gmail.com)

Regards,

*Marina Cummins*







## 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!

## 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).

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