

Flight: A Living, Breathing Document of Consciousness

Volume 11 Issue 118, April 2022



Articles and excerpts that will inform and inspire!

Letter from the Editor



I don't know about anyone else, but I do know that I am extremely happy that Spring is finally here! I know that the weather here can still change and be blustery and cold, but at least now we all know that this shall, indeed, pass! The melting is delightful to see. Soon the seeds will be being placed in the soil and lush plant life will arise!

Thank you to all of my faithful contributors! You have made this online newsletter much more interesting as a result of your articles and information sharing!

If someone has forwarded this newsletter to you (which I completely appreciate) and you would like to receive your free subscription on a monthly basis, please let me know at deerhorn007@gmail.com and I shall make it so!

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

Enjoy the read!

Trent Deerhorn

Upcoming Events

Moons of 2022

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

April 16th: Full Moon 2:55 pm

Color of the Day: Indigo

Incense of the day: Rue

Scrying with the Moon:

On the night of the full moon, fill a dark-colored bowl with fresh water and place in a spot where it will reflect the light of the moon. This can be outdoors or near a window. Once you see the image of the moon in your water, take the index finger of your dominant hand (or a wand or athame) and gently stir the water in a clockwise direction. As you stir the water, relax your visual focus and say:

Power of the moon, shining bright,

Let me see the future tonight.

In these waters grant me second sight,

Visions powered by the moon's light!

Let your mind wander as your unfocused eyes look upon the swirling water. The power of the moon should charge your water and help you peek into the future. After any vision received, stir the water once again to reset your scrying.

-Ari and Jason Mankey

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: April 16th, 2022, at 7:30pm Full Moon Ceremony

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

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





FLICKER

FLICKER IS APPROXIMATELY 16 WEEKS OLD AND SOME TYPE OF HUSKY MIX! SHE IS A DELIGHTFUL YOUNG LADY WHO LOVES A SNUGGLE, BUT ALSO LOVES TO GO FOR A BIG ROMP IN THE PARK WITH HER FRIENDS! SHE IS LOOKING FOR A FAMILY TO GIVE HER ALL THAT AND MORE. SHE HAS 3 DAPP VACCINES, IS MICROCHIPPED AND DEWORMED. SPAYING WILL BE COVERED IN ADOPTION FEE. SHE CANNOT WAIT TO MEET YOU.



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](http://www.k9countrylodge.ca) AND THE RESCUES LOOK FORWARD TO MEETING YOU.



OOPSIE

OOPSIE IS A FRIENDLY COMPANION WHO LOVES SPENDING TIME WITH HIS BROTHER, OONIGIRI. IF HIS BROTHER IS CUDDLING WITH YOU, OOPSIE IS HAPPY TO JOIN AND CREATE A CUDDLE PUDDLE! WHILE IT MAY TAKE A COUPLE DAYS LONGER THAN HIS BROTHER, HE WILL WARM UP TO YOU IN NO TIME. THIS SWEET BOY IS VERY FOOD MOTIVATED - YOU CAN EASILY WIN HIS HEART WITH A SNACK TUBE. OOPSIE LOVES HANGING OUT WITH HIS BROTHER, OONIGIRI - THEY RARELY LEAVE EACH OTHER'S SIDE! WHILE HIS BROTHER USUALLY LEADS THE PACK, OOPSIE IS QUICK TO FOLLOW ONCE HE KNOWS HE'S SAFE. HE LOVES PLAYING WITH HIS BALL TRACK AND MICE TOYS. HIS SWEET NATURE, CHIRPY MEOWS, AND BIG HEART MAKE OOPSIE THE PERFECT ADDITION TO YOUR HOME. AND HOW CAN YOU RESIST THOSE CHUBBY CHEEKS!



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

DATE OF BIRTH:
JUNE 17, 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

This month I will be doing things a little differently. I have been sharing certain stones I have either dreamt of or learned about and spent a long time looking for. I will return to that theme next month, but this month I will be telling you about a dream, this dream is not about a certain crystal or mineral though. I have been having a reoccurring dream for as long as I can remember, since I was a little girl in fact. It is now to the point where if I start to dream it, I recognize the dream even while deep in the dream state. It is a comforting feeling to find myself returning to this dream. It is also exciting because I know where and what the dream is about!

It always starts the same. I am in a car, as a passenger in the early dreams, as the driver as I grew up. We stop at the side of a HUGE STEEP hill with a set of stairs leading to a hotel. I don't recall ever actually needing to go up to that hotel, just needing to leave the car by that hill (almost mountain). From there I walk down a narrow, cobbled road, too narrow for cars to drive on, so foot traffic only. In these dreams I am always with someone I know, love and trust. We walk along this street, window shopping, and I am stopped in my tracks by a bay window in

what seems to be a narrow shop. The window is big enough that it is basically the store front, with a glass door beside it. There is always an awning over the window and door, real fabric, very period looking, always a solid color, but different colors in various dreams. The display in that window is always some amazing huge mineral of some type, sometimes a full dinosaur skeleton fossil, sometimes a massive geode of crystals, or some other amazing huge item. Tucked in the corner of that window is a small sign that says, "Aggie's old stuff." Sometimes the spelling and font is modern, other times not, but it is always Aggie's. I of course HAVE to go inside! I mean don't you just see how awesome that display is? The rockhound in me is over the moon excited. Here's where the real magic happens, inside this seemingly narrow shop is isle upon isle of minerals, gems, crystals, fossils, raw metals, and the isles seem to go on forever. If you have ever watched Dr. Who it's like the Tardis, or how in the Flintstones when Fred runs though the house it seems to go on forever. It's like that inside Aggie's. The outside size does not match the interior. Everything in those isles is just sitting there, no obvious method of sorting or organizing, no jars, no baskets, no glass doors protecting the minerals from being touched and handled. In fact you sort of feel encouraged to touch, to explore, to admire, to interact with these amazing minerals. I can and DO pick items up, eager to show them to the person or persons I came with; a person who can randomly change while we are in the shop. It's not at all weird for me to come up to the person I'm there with only to find it's not the same person I came in with. "Oh, you're here now! Cool!" I'm always excited to show them these pretty things and share some bit of info about the piece I'm holding, but I have NEVER left with anything. It does not feel like a store in fact, or even a museum, more like a library. Not once in these dreams have I ever met a shop owner (if there is one) nor have I found any person or entity named Aggie while exploring this amazing place. The dream basically ends there, with me wandering around Aggie's with someone I love, exploring the wonders of the place.

It has been a while since I was there, dreamed of that window, that sign, those isles of wonder, but I do know when I go back it will feel as known and exciting as it always has. I have theories about what Aggie's really is and am honored that I have had access to this magical resource for most of my life. I can hardly wait to see who comes with me next time I walk through that door!

Higher IQ puns, or just cringeworthy.

She was engaged to a boyfriend with a wooden leg but broke it off

Did You Know...?



Indian Hills



From Llewellyn's Witches' Calendar 2022



Autumn and winter are cold, dark seasons. Boots track in leaves, snow, and mud. The holidays leave behind bits of paper, glitter, and pine needles. As people come and go, they give off bits of energy – some good, some not so good. All that stuff builds up around the house until it needs a good cleaning.

Then spring comes. The days begin to lengthen, the Sun comes out – when it's not raining. A fresh breeze stirs the trees, hurrying the clouds along. The ground thaws, frozen earth turning to mud. Buds swell on the trees.

The first spring flowers appear: snowdrops, crocus, daffodils, and tulips. They are followed by hyacinths, lilacs, honeysuckles, and lilies of the valley. Their beautiful colors and sweet fragrances uplift the spirits.

Now is the time for spring cleaning. By matching practical actions to magical intent, you can purify your home both physically and metaphysically. Use the symbols of spring – rain and flowers – to harness the cleansing powers of the season.

The same process helps refresh your life. Wake up from your winter hibernation. Think about the clutter of old ideas and expectations that get in your way. Consider what you want to get rid of and why. The act of cleaning house supports that. Imagine what you would like to replace these things with. Nature abhors a vacuum, so it's much easier to banish things if you have something to put in their place.

Spring Cleansing

This ritual for spring cleansing focuses on mopping hard floors, but the wash liquid works on most smooth surfaces, such as sinks, or countertops. You need a large bucket, a mop or a sponge, and ingredients for a batch of floor wash. Plan a time when you will not be interrupted, depending on the size of the area you wish to clean.

Begin with five minutes of meditation on the refreshing energy of spring. Draw its power into yourself. Think about how the rain washes everything clean and the sweet scents of the flowers perfume the breeze. Then mix a batch of enchanted floor wash.

You will need:

1 bucket hot water

1 cup rainwater

1 cup rubbing alcohol

1 cup distilled white vinegar

1 cup baking soda

10 drops tea tree oil

10 drops spring flower essential oil (hyacinth, lilac, honeysuckle, etc.)

Sweep the floor or dust other surfaces to remove dust and loose dirt. Then dip the mop or a sponge in the floor wash to wipe things clean. You may want a second bucket of plain hot water to rinse your mop. Work from the front of your home to the back. Work from the far side of each room toward the door. Visualize all the negative energy breaking up and washing away with the dirt.

To finish, throw the dirty water out the back door or pour it down the toilet bowl. This gets all the crud out of your home. Finally, wash your hands to remove any lingering traces. Now everything is spring clean!

-Elizabeth Barrette

ALL THE GUTS WERE IN A JUMBLE

by Gail Fulkerson

Frank awoke with a start. He sat up, rubbing his head with his remaining hand. Looking around, he could make no sense of his surroundings. Nothing was familiar. Where the hell was he? Knowing how malevolent his dad could be, Frank wouldn't have put it past him to have flung him to the farthest reaches of the Universe.

He had no idea how to get back to Earth, but Frank wasn't too worried. He had a daemonic beacon, which he activated, so that any daemons in the vicinity might see and hear it and come find him. He desperately hoped his dad wouldn't notice it and find him first, especially after the last time He'd dropped in unannounced.

While he waited for the others, Frank dug a small, daemon-sized depression in the ground, laid down in it, and placed rocks over his body so he wouldn't be disturbed while he slept.

The daemons arrived with the dawn. "Hey, guys. Hey, Larry! Am I ever glad to see you.

Where the hell are we? Do you have anything to eat or drink? How soon can you get me back to Earth? Does my dad know you're rescuing me?" Frank chattered, as the others laid out food and drink.

“Hey, check out Frank’s arm bud you guys! Looks like you’re gonna have a strong replacement arm when it finally grows in.” (Daemons, like some reptiles, can regenerate limbs...) Larry McDaemon, Frank’s best friend, screamed in Frank’s face and to the mob of daemons as they ate, drank, belched and vomited, welcoming their lost compadre back into their ranks. (Daemons do a lot of screaming, howling, screeching, growling, and wailing, whenever they converse.)

When Frank asked, none of the daemons recalled seeing his dad recently. They figured he must be off in another dimension placing ‘tags’ on the souls he wanted to reap later when their hosts finally died. Frank was visibly relieved, especially after the last time he and his father had met. Frank’s hand reached for the growing arm bud; he gently touched it with his fingers. It was still quite tender.

After the meal, he helped the rescue party strew the leftovers all over the moon’s dusty face. Most daemons are slovenly, and Frank was no exception.

Searching for something enjoyable to do after supper, Larry queried the mob before him, “Who wants to do battle with puny humans, the ones who think they can get rid of us by calling a priest who throws ‘holy water’ at us?” Frank’s hand was the first to shoot up.

“Oh, oh, pick me, pick me!” Frank bellowed. “There’s this guy named Zach, and he travels with three other guys, scouring the countryside looking for places to investigate where daemoniac infestations or terrifying ghost sightings are reported. We could easily trap him and his lame entourage inside one of the abandoned psychiatric hospitals or old hotels they are so fond of investigating. Surround them and terrorize them until they’re all dead. It’ll be a hoot!”

The daemons screamed in full-throated agreement with Frank’s plan.

“Fantastic! We can easily track down the four of them as soon as we land. And remember, if you don’t kill them outright, they WILL rat us out.” Frank was fairly shaking with anticipation.

The pack of marauding daemons easily located the ghost hunters in a diner across the street from the old Cecil Hotel, just finishing a hearty vegan meal. Once the men crossed the street and entered the hotel, the daemons surrounded them; they toyed with the men’s emotions, terrified them with visions of their own deaths and the deaths of their loved ones, lifted them up repeatedly and slammed them down onto the floor, screamed and shrieked into their ears and minds, made the air smell like rotting flesh, and pretty much had a high old daemonic time. The blood was flowing fast, and some of the daemons decided to dip their hands in puddles of it and leave their dripping, bloody handprints on the walls. All in all, the night’s festivities were a bloody success.

The next day, Frank surveyed the site of the previous night’s hilarious and horrific events. He watched as the police and detectives from the local precinct pored over the scene and tried to make sense of what had taken place. When he leaned over and whispered into the ear of one of the detectives, the guy almost had a heart attack. Frank had never seen a human jump back so fast or so far, and it made him snicker. He made a mental note of it and continued observing the police working the scene.

Yes, he and his daemoniac cronies had had quite a night. Most of the daemons had left Earth before the sun rose, leaving best friends, Frank and Larry, to rehash the events of last night’s party over a steaming cup of diced guts and tomatoes.

“See you next week Larry?”

“Sure, Frank. See you next week, but I want to be the one who takes off and hides next time, okay?”

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.

Solomon, one of Davids sons, had 300 wives and 700 porcupines.

From 365 Zen daily readings by Jean Smith

Some of you may know the story of the Zen master who was asked by a student how long it would take him to get enlightened. The master said, “About fifteen years.”

The student said, “What! Fifteen years?”

“Well, it might take twenty-five years in your case.”

“It would take twenty-five years in my case!”

“On second thought, it would probably take fifty years.”

How vividly this illustrates the fundamental point. Pains and pressures often come up because of an over eagerness in practice. Not an over eagerness for the Dharma, but an over eagerness to get something out of Zen. And get it very quickly. To get it and run, so to say.

-Philip Kapleau, *Awakening to Zen*

Inspirational Insults

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

"He uses statistics as a drunken man uses lamp-posts... for support rather than illumination."

Andrew Lang (1844-1912)

Reflections from the Shaman's Hut

Hanging On

By Trent Deerhorn



Life is in a constant state of cycling from conception to birth to life to death and decay. When we allow ourselves to get comfortable with the cycle of life, we also give ourselves a gift, one of grace. With this gift we no longer have the need to hold on too tightly to things whose time has passed, be that situations, relationships, or people. Something I have noticed popping up in the spiritual community now and then is a fascination with living in a “haunted house.” This ties into the concept of hanging on in that when people hang on to spirits, they are preventing those spirits from moving on in their spiritual evolution. This does the spirit harm just as much as it creates disruptions in the home that is being haunted.

There was an acquaintance that I had years ago who lived in a haunted house in the city. When visiting her, there was a man who entered the kitchen through the basement door, holding an axe that was dripping with blood. He was pretty solid as opposed to transparent, like some spirits tend to be. I turned to her and said, “So how long has your house been haunted?” She laughed and replied, “Oh, ever since we moved in there have been visitations. I think it is quaint and absolutely love it.” This man in the doorway, however, was not friendly, nor was he impressed. I tried to let her know that it would be best to get that stuff cleaned up instead of letting it fester. She would not listen to me. Years later she contacted me, having moved to another province, and asked me to clear the house because it was not selling, which they needed it to do, because the current tenants were being harassed by “dark entities.” I declined at that time for a couple of reasons. First, she had her chance when she lived in the city, and I offered. She declined. Not only did she decline, but she made fun of me for suggesting that there was an issue in the first place. Second, she was not even responsible enough to have it cleared before she left for another province,

assuming that future tenants would find it as quaint as did she, and that there would be no problem whatsoever. Thirdly, she was no longer a resident, therefore had no authority spiritually over the property. She may have owned the property, but she had no spiritual authority. I would technically have to also have the permission from each of the tenants to go into their abode and do a clearing. They never gave that permission, but instead opted to just move out. To my knowledge, this house remains haunted.

The problem with this type of thing is that the person does not “get it” when it comes to responsibility on a spiritual level. The spirits in the house were in distress. If they were not, they would not have stayed, for one thing, and would not have harassed anyone for another. It does not matter what modality one uses to clear a house, but the fact is that when someone hangs onto spirits who are in distress they are not allowing the cycle of life to continue. Those spirits need to cross over into another reality where they can continue their spiritual evolution, not be trapped in a vortex of misery. This stuff is REAL, and it needs to be addressed in a proper manner, not used for cheap entertainment. Had she not been hanging on for nefarious purposes, this could have been resolved easily and quickly. But instead it was more fun to just take a childish approach to it all. I hope the spirits find their way through the Veil. Because when tormented spirits don't cross over, they can become extremely hostile and dangerous.

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

Thought for the Day

Gratitude helps you to grow and expand; gratitude brings joy and laughter into your lives and into the lives of all those around you.

-Eileen Caddy, *The Dawn of Change*

According to the Farmer's Almanac 2022:



Pet Protection

Looking for ideas for a pet-safe garden? Try pansies: They're easy to grow, edible by humans, and safe for dogs. Snapdragons offer a variety of colors – pinks, purple, orange, and pale yellow – and are also nontoxic to pets. Other nontoxic flowers include nasturtiums, petunias, sunflowers, and zinnias. With these, you can let your dog run free in the yard!

April 1st: New Moon



April 15th: Passover begins at sundown.



April 16th: Full Pink Moon



April 17th: Easter



April 22nd: Earth Day



April 29th: National Arbor Day

Inspirational Quotes by Alan Chazen

When you are accepted, people listen to what you say. When you are respected, people do what you say.



Ask the Shaman: With Trent Deerhorn

Q: Knowing you on a professional and personal level, I am wondering something...you are an incredibly gifted person in a variety of ways. Your skill sets are vast. But what would you consider to be your most valuable gift out of all of them?

A: Why, thank you for those kind words (blush). Although many gifts that I have were passed down to me through my bloodlines, there is one that has nothing at all to do

with bloodlines. It has more to do with attitude and with the capacity of one's own heart. That is the gift of the ability to love. Without that, none of the other gifts would matter whatsoever.

Tidbits and Tickles:

My older son loves school, but his younger brother absolutely hates it. One weekend the younger one cried and fretted and tried every excuse not to go back on Monday. Sunday morning on the way home from church, the crying and whining built to a crescendo. At the end of my rope, I finally stopped the car and explained, "Honey, it's the law. If you don't go to school, they'll put Mommy in jail."

He looked at me, thought for a moment, then asked, "How long would you have to stay?"

Forum:

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

Of the previous Issue:

Justine wrote: Tanzanite is one of my all-time favorite stones!

Becky wrote: Gail, I love the character of Frank, the one-armed daemon! I hope you write more about him!

Brian wrote: JSJ sounds fascinating!

Jessica wrote: I love the cultural history behind Reiki!

Michael wrote: Trent, I really like how you bridge traditions!

Classified Ads


Deerhorn Shamanic Services

Trent Deerhorn



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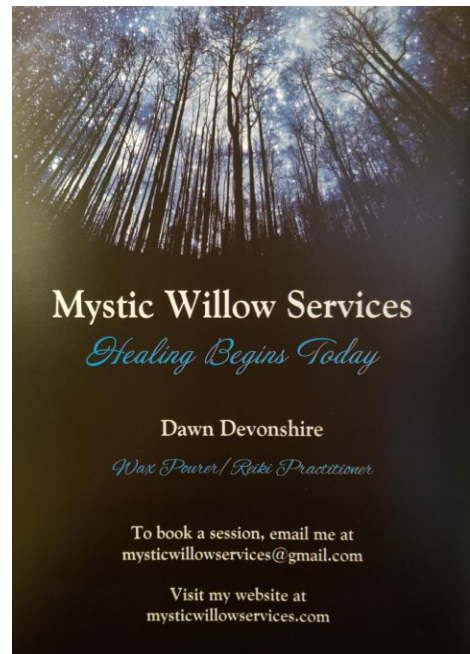
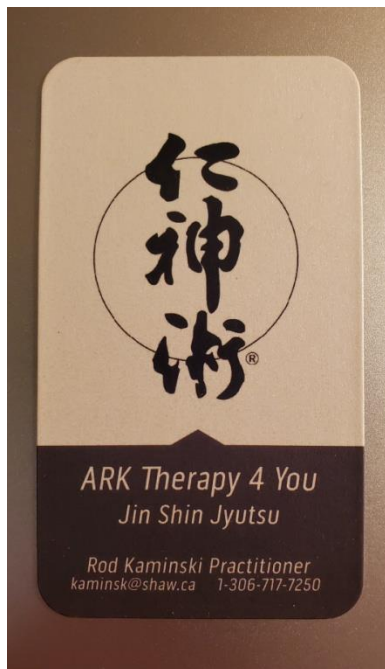
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Vicki Lund
Hypnosis & Holistic Practitioner

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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.

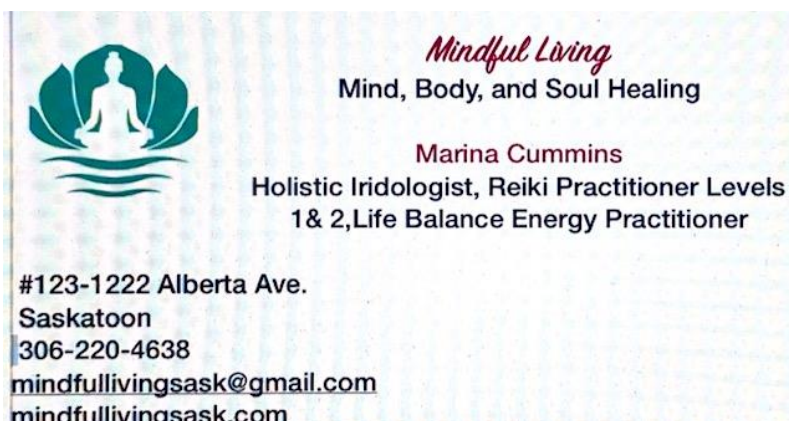
Check my website <https://www.mindfullivingsask.com/shop> for stock variety at the present time.

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

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 or phone me at (306) 978.5300 to make arrangements. Blessed Be!

Flight Newsletter Advertising

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

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