

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

Volume 11 Issue 119, May 2022



*Articles and excerpts that will inform and inspire!*

## Letter from the Editor



As the buds begin to form on the trees and the plants begin to peek out of the ground, I find that I am beginning to get the gardener's itch. I look forward to getting my hands back into the soil and creating an array of beautiful nooks and crannies in my yard. I can hardly wait for the smell of the rain on the earth and the warmth of the sun on my skin.

I want to thank my contributors who so faithfully send me their offerings for this newsletter. Each of you is an important part of the variety of informational offerings and without you the newsletter would

just not be the same.

If you are receiving this as a forwarded email from someone and would like to receive your own monthly free subscription, please drop me a line at [deerhorn007@gmail.com](mailto:deerhorn007@gmail.com) and request that, and I will be sure to make that happen for you.

**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

**Full Moon:** May 16<sup>th</sup> 12:14 am

**Color of the day:** Ivory

**Incense of the day:** Narcissus

#### Lunar Eclipse

#### Dream Processing and Remembrance

It's a well-known fact that our subconscious mind communicates messages to us in the dreamscape. Additionally, our time of rest allows our brain, our mind, and our consciousness to assimilate previous experiences. Sleep also allows the body to repair itself on a cellular level.

The full moon is a time of illumination and insight. Before going to sleep tonight, meditate with a large piece of amethyst in the dark. Speak nine times to the stone (nine being the esoteric Qabalistic number of the moon) the following words:

*I remember and feel my dreams tonight.*

*They will provide me healing insight.*

Put the stone in a glass of water on your bedside table. It's even better if the water can receive some moonlight!

Upon waking, meditate while slowly sipping the water. Make note of any dream insights or memories and consider repeating the spell on other full moons.

-Raven Digitalis

## 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: May 14th, 2022, at 7:30pm Full Blood 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>







## FIONA

FIONA, IS AN APPROXIMATELY 4 MONTH OLD HUSKY MIX. SHE IS AN AMAZING LITTLE GIRL WHO IS SO MUCH FUN. SHE LOVES TO PLAY WITH PEOPLE AND OTHER DOGS. SHE IS ALSO QUITE A SNUGGLE BUG. WE HAVE ENJOYED WATCHING HER EARS GROW TOO! FIONA HAS 4 REQUIRED DAPP VACCINES, IS MICROCHIPPED AND DEWORMED. HER SPAY PROCEDURE WILL BE COVERED IN ADOPTION FEE. SHE CANNOT WAIT TO MEET YOU!



CHECK OUT OUR FACEBOOK PAGE! OUR NEXT BBQ AND ADOPTION DAY IS AT CABELA'S APRIL 30, 2022 FROM 11AM-3PM AT 1714 PRESTON AVE. COME HAVE LUNCH FOR A GOOD CAUSE AND MEET A NEW FAMILY MEMBER. THE DOGS WOULD LOVE TO SEE YOU!

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.



## HARROW

HARROW HAS A LOT OF LOVE TO GIVE AND EXPECTS CUDDLES AND FOOD IN RETURN. ALTHOUGH HIS HISTORY IS UNKNOWN, HE IS A GENTLE CAT AND MAY DO WELL IN A HOUSEHOLD WITH CHILDREN AND OTHER PETS. HE PREFERS TO BE WITH PEOPLE AND SOMETIMES MEOWS WHEN HE THINKS HE IS ALONE. HE WILL FOLLOW HIS FOSTER MOM AROUND THE HOUSE AND BE CURIOUS ABOUT WHAT HIS FOSTER MOM IS DOING. HE CAN BE A BIG CUDDLE BUG BUT CAN ALSO BE QUITE ENERGETIC. AT HIS FOSTER'S HOUSE HE LOVES PLAYING WITH STRING AND MOUSE TOYS! HE IS A BIG FAN OF CATNIP AND IS ALWAYS CURIOUS ABOUT WHAT THE HUMANS EAT. IT IS ALL ABOUT THE FOOD, CUDDLES, AND TOYS FOR THIS GUY!



IF YOU ARE INTERESTED IN ADOPTING HARROW OR ANOTHER KITTY PLEASE VISIT US AT OUR WEBSITE [STREETCAT.CA](http://STREETCAT.CA) OR EMAIL US AT [CONTACT@STREETCAT.CA](mailto:CONTACT@STREETCAT.CA) FOR MORE INFORMATION.

DATE OF BIRTH:  
JULY 7, 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

Last month I wrote about a crystal dream, so now it's time for something I fixated on. I wanted to talk about one of the most challenging to acquire minerals I looked for...Lightning struck quartz. It is fairly rare, often very costly, because as you can imagine if quartz is struck by lightning it can shatter! There are differing theories on how this happens, and why the minerals survive the volts traveling through the crystal body. Some even argue that it is in fact not possible, claim the quartz found on the market as lightning struck is fake. This can make it even harder to find any; I know I sound like I am stressing this fact, but I wanted to make sure you are prepared for the challenges involved in finding this mineral if you choose to try get one for yourself. Lightning struck quartz are rare and costly, but well worth it if you can find it via a reliable source.

I don't recall where I first learned about it, but I do know it took many years of looking, asking at various stores, and even searching online before I finally found not one but TWO! I was lucky enough to find them at a traveling mineral selling event; they come through twice a year and often have minerals I have been looking for, or even more exciting; ones I haven't heard of yet!

The moment I touched these two I could tell they were a pair, and I tend to work with them both at the same time. Luckily because I have two, you can see the effects vary, and while I have not thrown them at the ground, nor stacked heavy stuff on them, they seem fairly sturdy and solid. The photos I attached are the same two crystals, just viewed from two sides. One of the other reasons it took so long to find these stones is that some less than honest people will market other types of crystals as lightning struck quartz, so research where they are coming from!!

This type of crystal isn't written about in my trusty books, so I will share information found on a few websites (Links shared below though I don't frequent these sites)

Also known as "flash stones", Lightning Struck Quartz are found in the Serra de Espinaco Mountains of Brazil. This area of Brazil has a unique climate where orographic thunderstorms are frequent. Lightning from these storms, travels through the earth to the underlying quartz deposits. The effects of the orographic lightning are evident in these high vibration crystals. The high pressure, rapid heating and cooling process can create a zigzag or lightning pattern on the surface of the quartz.

For those who are sensitive to crystal energies, this is one crystal you can certainly feel on many levels. It is an effective crystal to use with the entire chakra system to help draw stagnant energy out of the physical and energetic bodies. Lightning Strike Quartz has a high vibration that balances energy and aligns all chakra systems and energy fields, cleansing all of the energy fields of negative energy and raising one's vibrations to a higher level. This crystal directs energy so that it can be moved and transferred causing a rapid energetic response. Crystal healers have determined that lightning-struck crystals exhibit a number of desirable and unusual energetic properties. These crystals have an enhanced ability to receive, amplify and transmit Universal Life Force Energy, also known as prana or chi. Lightning Strike Quartz is known to promote positive change within one's life. It is used to destroy negative patterns and replaces them with healthy habits. Acting as a beam of support, Lightning Strike Quartz assists in breaking the bonds of fear.

When doing a clearing on a house, workplace or property, Lightning Struck Quartz can assist at zapping out negative energies and entities from a space, transforming lower energies to a higher frequency. A unique ability of Lightning Strike Quartz is that it can be used to help remove ghosts from homes. This crystal transforms one into their more divine self, and wards away evil of all kinds. The clearing energy can enable one to connect to others by focusing one's thoughts, so that their thoughts and feelings can be understood by others. Providing an increased and elevated energetic flow enhances the individual's ability to meditate, to connect with Higher Mind and to concentrate when performing arduous tasks requiring mental discipline.

[Clear Quartz](#) is the master healer of the crystal world; combining this with the immense energy of lightning, further amplifies its healing abilities.





It is a powerful crystal for transformation and manifestation in all areas of life. It can help one release feelings or fears around being stuck and creates clarity for the next steps forward on your journey. It can help to change paths and patterns. If you are having a hard time moving forward, this crystal can assist with becoming unstuck. Lightning Strike Quartz is supportive in releasing any negative effects caused by traumas of any kind.

Meditating with Lightning Struck Quartz can help transform old patterns and habits into new waves of thought and creativity. It assists in releasing fear created by outdated beliefs passed down from ancestors and old beliefs created in childhood. The energy of [Lightning Struck Quartz](#) allows one to be open to higher dimensional energies so they can easily acknowledge and release deep emotional patterns at a cellular level. This helps one to be able to move forward on one's path in this lifetime.

Metaphysical healing lore says that Lightning Quartz can help you heal more quickly and is also used for cellular purification. Lightning struck crystals can be used in treatments to help equilibrate the energy bodies of individuals who are suffering from low energy conditions, and "chi deficiencies" of all kinds.

<https://www.earthcrystals.com.au/striking-properties-lightning-struck-quartz/>

<https://www.loveforcrystals.com>

**Higher IQ puns, or just cringeworthy.**

**A chicken crossing the road is poultry in motion**



# Sacred Space

By Rod Kaminski

I had an epiphany the other week and it made me stop and realize something about myself. As I build my part-time business into a fulltime enterprise, I needed a dedicated space to practice. This journey has led me for the first time in my life, to claim a space that is truly mine. Yes, for the first time in my life! If you could imagine a space that is not only yours on a particle/earthly level, but also on a deep profound energetic level. A space where you feel so grounded that nothing could unseat the deep connection you have for the earth and creating intense peace and harmony through meditation or self reflection. A room that provides exactly what is needed in that moment. What an awesome gift I gave to myself!

I am no expert on how to increase the energy/frequency of a space, but I have worked diligently on my healing space because I believe and know it benefits my clients and myself. I have fallen in love with salt lamps and my space is full of them. (Eight of them to be exact!) The meaning of number eight is harmony, peace, and balance. The negative ions that are produced from a salt lamp brings a sense of relaxation and peace because the negative ions produced by the lamps is the same feeling that one gets sitting next to a body of water. When the waves rap against the shoreline, negative ions are produced and instinctually that is why many people are drawn to bodies of water. It feels so good, and most people don't know why. The visual glow of the orange salt lamps brings about a visually calming sensation for the client as well. The eight salt lamps on a numerology level break down to a number one. ( $8 \times 8 = 64 \dots 6 + 4 = 10 = 1+0=1$ ) The meaning of number one is about power, independence and a confidence that we can look at our current circumstances in our lives and know that we can make any changes we desire. In a one year we have the fortitude, will and intent to set the foundation for the nine-year cycle that everyone experiences on this journey.

I have also integrated selenite crystal grids on the ceiling and floor and selenite is all about purification, clearing and positive energy. Associated with the higher chakra's and in particular the crown chakra, this partnership raises your energy and vibration, and this is important for the client to feel calmer, more peaceful during the session to maximize their treatment time. Selenite is also used for protection from darker energies because we all accumulate grease, grim and dirt and the ending result is an accumulation and a layering process of darker energies. This is nothing to be concerned about because every human experiences this process and self maintenance is key to stemming this progression of the layers building up over time. A fortress of armour that is like a thief in the night, lurking in the background, shyly waiting for an opportunity to present itself. When it introduces itself to you, it is in the form of discomfort, pain, or emotional angst, and this is a sign to pay attention and ultimately do your work on an individual base. As a practitioner I am here waiting for people to have this epiphany, and to assist the client on a corrective course in their healing journey until it comes to a time when my services are no longer required.

As a result of working with crystals, salt lamps, and a daily smudging, my clients walk into my space and feel instantly cleansed on an energetic/physical/spiritual level. Often it is an experience of feeling lighter, more peaceful and one does not need to necessarily know the why of it, but just feel the innate benefits of this interaction with these earthy elements that are at our disposal and discretion to use. The intention should be to get to a point in one's healing journey where "general maintenance" of the body, mind and spirit is the normal health line at which one is existing. Less effort is needed because crisis, chaos, and drama are lessened to a degree where one can keep on top of their healing journey and the ebbs and flows of life are less extreme and prohibitive to the human experience. At this point freedom is realized and all the effort that was going to those energies is replaced with energy focused on areas of your life where you are passionate, driven and ultimately will THRIVE! In a previous blog I wrote that I see humans as "accumulation jars". When our jars (bodies) fill to the brim from stress, injury, emotional trauma, etc., and starts to flow over and make a mess, that is the point where one has a decision to ignore it or look at it in the face and take the necessary steps to make the corrective adjustments. Sometimes we don't know what to do or where to go for help and that is where I come in.

Jin Shin Jyutsu is a modality that works with the whole person on a mind, body, and spirit level. No effort is required, just an open attitude, a change in perception, to take the first step on your healing journey. Some clients need one session, some require more and that is fine as your road is as unique and beautiful as the vessel you reside in.

Please visit my website at <http://www.arktherapy4you.ca> for more information.

## Did You Know...?



## Indian Hills



# HYPNOSIS & HYPNOJOURNEYING

By Sharon Whitethunder Baldock



Hypnosis has been around for an exceptionally long time. Many areas of hypnosis have their own idea of where the practices started. The one that connects to me comes from Ancient Egypt with the Pharaohs Zoser's around 2980 - 2900 BC. The ancients would visit the Temple of Imhotep for "sleep therapy." These temples can still be found in Africa and the Middle East even to this day.

Ancient Greeks and the Romans would use self hypnosis techniques or visit healers, where they would chant or perform what today we call breath work exercises. By doing this self hypnotic trance state they would heal many mental health, physical and spiritual ailments.

Hypnosis has evolved extensively over the years. Many institutes, including medical colleges, have included forms of clinical hypnotherapy in their psychiatry and psychology courses and requirements. It was only during in the 19<sup>th</sup> century that the term "hypnosis" was used. The Psychology Association approved hypnosis to assist with psychotherapy for a number of different issues.

I was told by many people that my voice was very calming when facilitating meditations. Eventually the time and opportunity came to become a Certified Hypnotist. People always commented on how soothing my voice was and how safe they felt around me. Even in regular conversations people could feel calmed by my voice. Others have commented how they could listen to me all the time. When Hypnotherapy came along, I knew this was the right fit for me. I still use other forms of energy healing in my services, but hypnosis or hypnotherapy is the main focus of my practice.

My hypnotherapy services do not include “stage hypnosis” and there are a few misconceptions regarding hypnosis that I have come across:

1. One misconception is that ANYONE can be hypnotized. It is similar to how words work in spells and other energy healings in that if you say you can't...then you won't be hypnotized.
2. Also, you are in complete control. You are aware of everything around you, and you never reveal secrets that you don't feel comfortable sharing.
3. You do not get “stuck” in hypnotherapy or do anything you do not want to do.
4. It is like deep trance meditations; however, hypnotherapy goes deeper in the subconscious or superconscious.

### How does hypnosis work ?

Hypnosis is a natural state we go into throughout the day. When the critical area of the mind becomes overloaded with messages, it triggers our fight or flight response. This creates a hyper-suggestible state, giving access to the subconscious. Hypnosis puts the conscious part of the brain into an altered state the same way it does just before we fall asleep. Once your conscious is calm and relaxed, we access the subconscious and use that hyper-suggestibility to create positive changes. Hypnosis has the ability to alter your consciousness by creating a different story and helping to let go of the old one.

### The Conscious Mind

This is a part of your mind where your five senses enables you to consciously experience the physical world. It is how we operate during our daily activities while we are awake. The conscious mind represents a small part of our consciousness and awareness.

### The Subconscious Mind

This is the place below the level of conscious awareness. This part of the brain is in the lower brain and spine. The subconscious records everything we experience and everything we do; nothing is ever forgotten by this part of the mind and stays unseen from our routine awareness.



Our subconscious has an enormous authority over how we think and act during our conscious state of being. Hypnosis helps us to relax that conscious part of the brain so we can access the subconscious. We connect to the subconscious to break unhealthy habits, retrieve outdated negative beliefs and safely reprogramme. These outdated thoughts and experiences are reprogrammed with a new purposeful mindset that is healthy for our current needs and desires.

### The Superconscious Mind

The superconscious mind encompasses the state of awareness that sees outside physical existence. In this state, it taps into the energy and consciousness behind that reality. This hidden physical realm is referred to as ether, the cosmos, atmosphere, or heavens. The superconscious is where true creativity is found like art, music, poetry, or deep spiritual experiences. Those spiritual experiences can access information from past lives, akashic records, ancestors, spiritual guides, other dimensions etc.

Since incorporating hypnosis into my services I created my own “Hypnojourneying,” which involves shamanic methods to help you to do your own healing work with hypnosis. Maybe you would like to find your spirit animal or answers to questions about events that simply don’t make sense in this lifetime. I guide you with unique and extraordinary hypnosis to travel to upper, middle, lower worlds, and dimensions. It also may be that you have already had out of body experiences or done astral travel and are having a challenging time recalling what exactly happened while you were there. We also work with past life regression and regression therapy to help give better understanding to the present life.

It is important to understand that hypnosis is NOT a one-time experience. Hypnotherapy or Hypnojourneying may take more than three or four sessions to see the results you desire. The time it takes to change your mindset depends on the severity of the challenges experienced and it may take several sessions, as well as supportive counselling.

Hypnosis works on a variety of issues including trauma, fears, grief, anger, depression, ADHD, anxiety, panic, stress, confidence, insomnia, and almost any behavioural issue you may be struggling with. Hypnosis can ease the fear of dying, for people in palliative care, and help ease someone during their final days. It works for all ages, for all reasons and seasons.



## Sacred Source Medicine Mission Statement

My mission is to guide you through the challenges and difficulties where life has prevented you from achieving your life purpose. My intention is to aid the removal of obstacles that prevent you from living your own truth and allows your heart to speak. I hold a co-creative space that is waiting just for you to nurture, grow and live your purpose with strength and courage. We utilize hypnotherapy and holistic methods that support your unique healing process mentally, emotionally, physically, and spiritually.

I have a lifetime of holistic experiences with various modalities, including shamanic methods to assist you on your healing journey.

I also offer metaphysical or charged tools and items for you and your home such as Nature Energy Mobiles, Protective Energy Necklaces and Whitethunder Photography. The latest with our enchanted items is Valhalla & Witches Ladders.

If you have any questions or want to schedule an appointment, please contact me directly

Sharon Whitethunder Baldock

Holistic Therapist

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## From Llewellyn's Witches' Calendar 2022

One summer, as y family camped in southern Indiana, I saw my first-ever meteor shower. I lay on a blanket, afraid to blink, watching for each burst of white in the dark. I wondered at that quick white fire bursting through the sky as I spied my first falling star – and then another and another. I counted about twenty-five falling stars that I had “caught” that night before returning to camp. Ever

since, when I need to reconnect with wonder and curiosity, I go outside and look to the stars.

When we see a shooting star (a.k.a. a falling star), we see a bit of dust or rock blazing through Earth's atmosphere. It is, ultimately, star stuff – something that never before touched this world that, through the forces of gravity and motion, found its way here.

Most meteor showers come from comets, and we can, for the most part, predict their visits. The Eta Aquarids meteor shower, for example, occurs in late April and early May. This shower comes from particulates that escaped the pull of Halley's Comet. Ancient astrologers saw comets as signals of disaster: first climate-based, and then political. Meanwhile, Herodotus and Pliny the Elder, among others, recorded tales of objects falling from the sky just as humanity needed divine aid. Comets might bring dry conditions, but meteors often brought the exact thing someone needed. Based on that, it makes sense that we wish on falling stars now.

If you look at meteors from a magical pragmatist perspective, they are energy that has broken free from an old pattern. To work with them, truly desire something new. To succeed in this, you must break away from old influences. Just remember that you need to plan to release what you catch from them – meteor energy likes to keep moving.

## A Spell to Catch a Falling Star

### You will need:

1. A place to watch a meteor shower. If the weather is too cloudy, work other magic. Meteor showers come around often enough you can catch one later. NASA keeps a calendar here: [eclipse.gsfc.nasa.gov/SKYCAL/SKYCAL.html](https://eclipse.gsfc.nasa.gov/SKYCAL/SKYCAL.html).
2. Compact mirror or hinged locket with a reflective surface on the inside.

As you see the flashes of light from falling meteors, hold the open locket to the sky. Catch as much of that light as possible. Speak the following spell. It creates an agreement with what you catch.

*Burn a path*

*Blaze a trail*

*Broken free*

*From others' trail.*

*Come to me, stuff of stars*

*You and I have come so far.*

*When it's time to call the new*

*I'll open the way and let you through.*

*Bring to my life the new and fresh.*

*I promise to release you when the time is best.*

Close the locket. Please note that you have promised to release that energy. Bring out the locket when you next cast a spell to bring change into your life. The Contained energy will join what you raise and seek out what you have asked.

-Diana Rajchel

## From 365 Zen daily readings by Jean Smith

Human lives go along with circumstances. It is not necessary to reject activity and seek quiet; just make yourself inwardly empty while outwardly harmonious. Then you will be at peace in the midst of frenetic activity in the world.

-Ch'an Master Yuanwu (1063-1135); in Zen Essence

## Inspirational Insults

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

*"He has Van Gogh's ear for music."*

Billy Wilder



# Reflections from the Shaman's Hut

## “Being Held”

By Trent Deerhorn



Over the course of my life, I have had a LOT of traumatic things go down. Some say that this is a part of what makes a healer and healer. I find that sometimes this is true and other times it is a bit off the mark because the person that had the stuff happen is not in any way a healer but turns more into a bit of a chaos creator with others in life. That is something that I always wanted to avoid and sometimes I have been successful in avoiding that, while other times I have not. I feel that we are all on a learning curve and there are times that the curve is pretty much vertical in nature. I do much better now than I used to in, say, my 20's.

But that is part of what growth and development is all about. We live, we learn and we, hopefully, grow. Something that I did learn about through life is that there is not always going to be someone there to have you back, to support you through the tough times, and to hold you when you are feeling so down that you might actually prefer if life just ended.

What I discovered, though, is that in my personality structure there is a part of me (a fairly large part) that resists asking for help. I was brought up to stand up and buck up. That is toxic in many ways. But it is something that nonetheless managed to hard wire into my system. It has only been in the last few years that I have been able to override that programming and ask for help. What I have noticed is that my ask is sometimes not heard. That is not the fault of anyone. People get busy, and sometimes are too preoccupied with their own mental clutter to actually hear when someone is asking for assistance. I have always tried to be acutely aware of those subtle asks, and then respond to them. But not everyone has that in their wheelhouse. So sometimes my ask is unheard.

What does one do with that situation? I have found that if my request for help is not heard by those around me, it is certainly heard by Spirit. So I have come to a practice of asking Spirit to assist me through difficult times. That is often worded like, “Please hold me through this, and support me however you can.” Spirit has never let me down. It has always brought to me the circumstances and the people that I have precisely needed in order to get the love and support that has been required. And, believe me, I have always launched prayers of gratitude to Spirit for doing this for me, because that is the other part of receiving well...gratitude.

I encourage my readers to try this sometime. Do not try to dictate how the support of Spirit has to look. Simply as for support and to be held through whatever it is you are struggling with. It works so well.

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

## Thought for the Day

**If one desires a change, one must be that change before that change can take place.**

**-Gita Bellin**

## According to the Farmer's Almanac 2022:



Well known for its tart flavor, rhubarb is a great addition to cobblers and pies. Harvest when the stalks are at least 10 inches long, then cut or pull them out at the base. Remove and discard the leaves, which contain small amounts of oxalic acid, a poisonous substance. To delay bolting (going to seed) in late spring and encourage the plant to put energy into growing more stalks, pinch off the seed heads as they begin to develop.



### **May 8<sup>th</sup>: Mother's Day**

Mother of thyme thrives in sun and tolerates drought and poor soil, making it perfect for growing among stepping-stones.



### **May 16<sup>th</sup>: Full Flower Moon**

Ants are attracted to the sugary nectar secreted at the base of every peony bud. They do not hurt the plant but will drive off harmful insects while they collect the food.



### May 23<sup>rd</sup>: Victoria Day (Canada)

To forget how to dig the earth and to tend the soil is to forget ourselves.

-Mahatma Gandhi, Indian spiritual leader (1869-1948)

## Inspirational Quotes by Alan Chazen

**The quickest way to get others to sincerely love you, is to sincerely love them.**



### Ask the Shaman: With Trent Deerhorn

**Q:** I am an intuitive healer and I have been struggling in creating my own business. I am wondering if you have any tips that might help me?

**A:** You will get a LOT of information from one of my blogs on my website. The blog is titled "The Creative Mind" and focuses specifically on the struggles that intuitive folks have with all the left-brain stuff around creating a business model. In the meantime, I will say that absolutely everything needs to be above board. Get yourself and accountant because it is their job to keep you out of jail for tax fraud. Make sure that you stick to your plan, but also make sure that you can put food on the table. It can take upwards of 5 years to get a new business off the ground. So you may have to work at that part time while you have another job to pay the bills. Don't be territorial with clients. If they see other healers, CELEBRATE that instead of allowing any ego insecurities to set in and ruin your working relationship with them. That will only lose you a client. And be realistic in your efforts and aspirations. If your head is in the clouds all the time, you will not be able to attend to the practical things, like how to acquire a debit machine for your business and such. Now...please do go read the blog. It will help you...a lot.

## IT'S A FAMILY TRADITION

### By Gail Fulkerson

It's Sunday, and you know what that means: eating frozen tv dinners and getting polluted on a concoction of Jägermeister and sacramental wine. (For those who do not follow organized religion of any kind, like me, wine becomes sacramental after it has been blessed by a priest.)

"It's a family tradition, right, Frank," said Sister Esmeralda, the requisite family nun. Since the Dark Ages, female daemons have been encouraged to become nuns and their families rewarded handsomely for their generosity. Many male daemons entered the priesthood as well, but families were not so richly rewarded for the boys. Besides, there was already a glut of daemons in the Vatican, so their recruitment campaigns were not as intense as they had been in the centuries past.

"Ah, yes, family tradition," Frank mused, as he leaned across the dinner table and bit his sister on the face, leaving a gaping hole where her nose and mouth used to be.

"Frank, you son-of-a-bitch! I just got my face to grow back the way I like it after the last time you bit me. Now I have to do it all over again. It'll take months!" Esmeralda sobbed, as Frank and his brother, Cecil, grinned maniacally.

These family gatherings were getting on his nerves. Every year without fail, Frank and his two hideous siblings were obligated to make an appearance at family functions that the three of them would rather not attend. Everyone was nasty and in a crappy mood, until the food was flung on the table and the horrible feasting could begin. The Daemons had dispensed with 'dining etiquette' millennia ago, and dove upon the food with wild abandon. "Where's the freakin' wine? I'm thirsty," the evil patriarch screeched.

The Devil was in fine form today. He loved it when his family was together to share a meal, especially when old wounds got torn open and made to bleed profusely, and wanton siblings left off eating and attacked one another. The animosity between them brought a tear to his eye. He had taught them well.

Hastily bringing the wine and pouring his dad a goblet, Frank noticed that his mother was not in her usual place at the table, and he was getting concerned. Had something happened to keep her from joining them?

"Hey, Dad, where's Mom?" Frank asked. The room fell silent, as though Frank had asked his dad to give up something for Lent.

"She's not here, you little puke, so shut the hell up," the Devil snarled.

"Okaaaaaay then." Frank decided his best bet was to shut the hell up, before his dad got really mad.

"Yah, shut the hell up, Frank," his brother, Cecil, intoned.

Sister Esmeralda, speaking as quietly to Frank as she could manage through her facial disfigurement, stated, "Mom got caught up in Easter celebrations and unwittingly imbibed some sketchy alcoholic beverage that partygoers called 'the blood of Christ'. They casually mentioned that they'd stolen it from a local church rectory. Mom had never heard of this wine before, so throwing caution to the wind, she drank the concoction and, when someone passed around a plate of round, pale wafers, she took a few of those and ate them. She hadn't had a thing to eat all day. Realizing too late that she had eaten 'the body of Christ' in the form of tasteless cookies that melted as soon as they touched her forked tongue, Mom



became violently ill and started coughing up buckets of blood and bits of bland cookie. She vomited for days and became so dehydrated that she had to be hospitalized.

The doctor didn't hold out much hope for her survival, but that was before a nurse told him his patient was a daemon. So, he thought, the deep voice and menacing growls that his patient made whenever he came into her room weren't due to any side effects of dehydration or any drug he'd prescribed but were the genuine emotions of an evil entity. The doctor fled the hospital, never to return." Esmeralda paused and took a sip from her chalice. She was winded after all that talking through her gangrenous bite wound.

"And now, she's recuperating in an abandoned coal mine. All the tortured souls who died in the mine will provide her with the sustenance she needs to affect a speedy recovery."

Esmeralda fell back into her chair as she tried to control her breathing.

Disturbed by his mother's distress, and even more disturbed that anyone else's suffering should bother him, Frank's natural reaction was fury. Hadn't Cecil just told him to shut the hell up? Frank shot his brother a stare that would have obliterated a human being. With daemonic blood throbbing at his temples, Frank was about to leap upon Cecil to end him, but his sister the nun stepped in.

"Cecil, you have guts hanging off your bottom lip. Go get your napkin and wipe them off. Frank, your temples are about ready to explode. Remember what happened the last time your temples exploded? Do you? Well then, back off and cool down before it happens again." Esmeralda could be very persuasive when she needed to be. Her speech was garbled and would remain so while her face healed. Ever the vile brothers, Frank and Cecil teased her mercilessly for her facial and speech impediments, but Esmeralda was determined not to be silenced. She would have her say, whether anyone understood her or not. Knowing her brothers slept deeply, like the damned, soulless creatures they were, she would later sneak into their bedrooms and bite off their fingers and toes in retribution for their incessant teasing. Oh, she could be a devious little wraith.

The two brothers retreated; Cecil to wipe the guts off his face, and Frank to take the air outside. Frank spent some time recalling when his temples had last exploded. It wasn't pretty, and Frank shuddered at the memory:

It had also been a Sunday dinner, and the family was together, his mom, too. Everyone was having a great time eating and farting, when, out of the blue, Esmeralda threw a bowl of potatoes in acid sauce at his head. The bowl missed its intended mark and instead, fell into Frank's lap, where the sauce ate a hole through his pants, revealing his secret shame: he was wearing a pair of his mother's pink panties.

"Frank, what's the meaning of this? Why are you wearing my pink panties?" his mortified mother asked. "Those are my 'sexy time with your father' panties," his mother stated.

Everyone gasped as they stared at the spectacle of Frank the one-armed daemon in his shamefulness. Someone stifled a snicker behind their hand, but everyone heard it, and, soon enough, the family had erupted into a cacophony of discordant daemonic laughter. They howled as Frank, ashamed, slunk out of the dining room. The sound followed him down the hall and out the front door. When he could no longer hear their laughter, Frank slid off the offending panties and put them in his pocket.

"I'll show them!" Frank seethed. His ferocious rage had reached a fever pitch. It was at this moment that Frank heard and felt a popping sound at his temples. Daemon blood was pouring in torrents from his head. He fell to the ground and writhed in agony. Then he got up and wiped the filthy black blood, dirt and dead leaves from his face and body, before

returning to the house. He felt so much lighter after the bloodletting. He thought he might float, but then remembered he had to be in a sewer with a red, helium-filled balloon for that. Pennywise, his one-time pal, had taught him that trick.

When he returned home and entered the dining room, Frank looked at his family members still seated around the table, eating a dessert made of battery acid, eyeballs, and lye, called Shut Your Eyes and Eat It. It was a signature dish for which the Daemon family was renowned. Many had tried to duplicate it, but all ended in abject failure. That's because the Daemons used a secret ingredient they never shared with anyone: a takeout container full of disgusting gravy from Kentucky Frightened Chicken, as gelatinous as wallpaper paste and full of peppery grossness.

"Pull up a chair, Frank, and have some dessert. You sure looked stupid in your Mama's pantaloons earlier, but we're past that now," his dad, the Devil, said, as he removed a length of intestine that landed on his horns when the guts were flying around the dining room, and slid a bowl of dessert across the table towards his son.

"Thanks, Dad," replied Frank, as he picked up a spoon and dug into the mess in his bowl.

"Would someone pass the clotted blood, please?"

## **Tidbits and Tickles:**

**It's 2012 and it's the Olympics in London. A Scotsman, and Englishman and an Irishman want to get in, but they haven't got tickets.**

**The Scotsman picks up a manhole-cover, tucks it under his arm and walks to the gate.**

**"McTavish, Scotland," he says, "Discus," and in he walks.**

**The Englishman picks up a length of scaffolding and slings it over his shoulder. "Waddington-Smythe, England," he says, "Pole vault," and in he walks.**

**The Irishman looks around, picks up a roll of barbed wire and tucks it under his arm.**

**"O'Malley, Ireland," he says, "Fencing."**



## 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.

When Mary heard she was the mother of Jesus, she sang the magna carta.

## 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:

**Jacob Wrote:** I really liked the image of the Easter Eggs on the cover page! Those are impressive!

**Mimi Wrote:** I am now going to start practicing scrying with the moon!

**Betty Wrote:** Gail, do you have your stories about Frank in a book yet?

**Jason Wrote:** Loved the article about hanging onto deceased loved ones and how that can mess them (and us) up.

## Classified Ads


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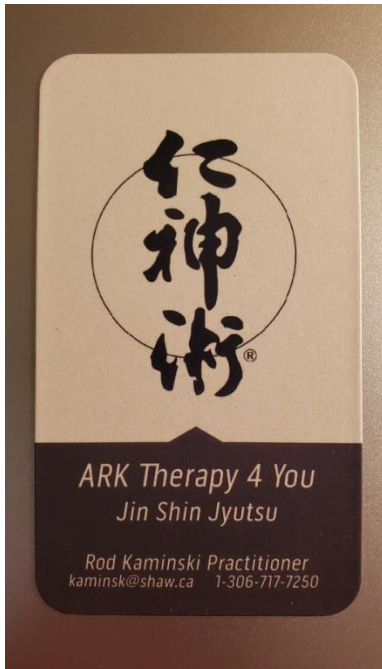


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## *Mindful Jewelry with Healing Crystals*

**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.

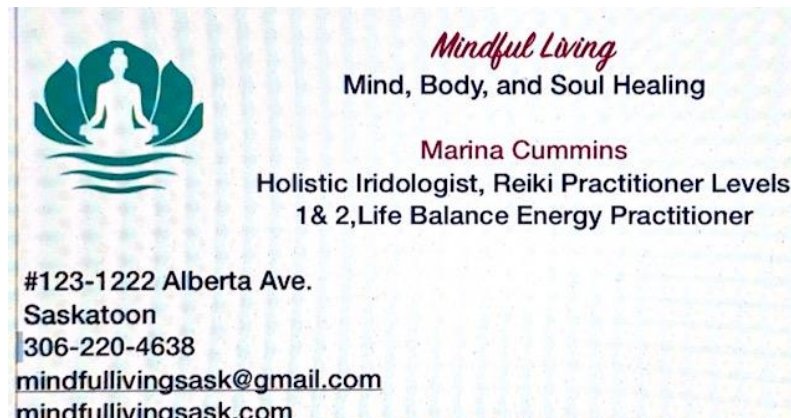
Each pendant is very unique. I don't use much patterns to make designs. I like to "connect" with crystal intuitively and start creating! If you like a certain piece and it was sold out, I can make a replica with your choice of wire, crystal, size, and design. I have big variety of colours, shapes, and 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!

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