

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

Volume 11 Issue 120, June 2022



*Articles and excerpts that will inform and inspire!*

## Letter from the Editor



The first thing that I want to mention is that there will be no July or August issue of FLIGHT this year. I feel that it is important to take some time off over the summer in a number of ways, big and small, and this is one of the small ways in which I can create some more well-earned down time. The September issue will, of course, come out on schedule.

I want to thank each and every one of my contributors for your dedication and willingness to make your many submissions to this newsletter. Your articles, stories, poetry, insights, and community awareness contributions are essential to everyone who reads this newsletter. I encourage all of you to continue to write on your topics of interest and save those writings so that you will have a back up plan for issues when we begin again in the fall.

I look forward to starting up again in late August and preparing the September issue. In the meantime, I wish all of our readers a wonderful summer holiday!

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

Tuesday, June 14<sup>th</sup>

Full Moon 7:52 am (also a supermoon)

Color of the Day: Scarlet

Incense of the day: Cinnamon

Spells of any kind done on this day are supercharged.

#### 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





## SILVERADO

SILVERADO IS AN APPROXIMATELY 7.5 MONTH OLD LAB MIX. THIS YOUNG BOY IS SO SWEET AND GENTLE! HE LIVES AT THE RESCUE WITH SOME OF HIS SIBLINGS THAT ARE ALSO WAITING TO BE ADOPTED. COME MEET YUKON, CANYON, ACADIA AND TERRAIN! SILVERADO LOVES ALL DOGS, LOVES PEOPLE AND CANNOT WAIT TO HAVE A FUREVER HOME. HE IS NEUTERED, FULLY VACCINATED, MICROCHIPPED AND DEWORMED.



GET READY TO MEET SOME DOGS! NOW THAT THE SUN IS OUT WE WILL BE HAVING ADOPTION DAYS AND BBQ FUNDRAISERS ON A REGULAR BASIS. COME HAVE LUNCH FOR A GOOD CAUSE AND MEET A NEW FAMILY MEMBER. CHECK OUR FACEBOOK PAGE FOR DETAILS! 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.



## KILDA

HI, MY NAME IS KILDA! I AM A VERY SWEET, GENTLE BOY WHO LOVES AFFECTION. I ENJOY IT A LOT WHEN MY OWNER IS HOME OFTEN SO THAT I GET LOTS OF CUDDLES AND PLAYTIME.

I AM VERY VOCAL AND LOVE TO TALK! PURRING IS ALSO A HUGE TRAIT OF MINE. I AM GREAT WITH THE LITTER BOX TOO! MY IDEAL HOME WOULD HAVE: LOTS OF TOYS, A FELINE FRIEND AND A HOMEBODY OWNER FOR LOTS OF SNUGGLES. I WOULDN'T LIKE TO LIVE WITH A DOG THOUGH!

KILDA'S FUR IS STILL GROWING OUT FROM A SHAVE IN THESE PHOTOS, SO DON'T OVERLOOK HIS GOOFY 'DO! HE IS GOING TO HAVE SUCH A GLAM UP ONCE HIS MAJESTIC LONG FUR GROWS BACK!

DATE OF BIRTH:  
SEPTEMBER 17, 2020



IF YOU ARE INTERESTED IN ADOPTING KILDA 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.



## 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: June 18th, 2022, at 7:30pm Summer Solstice 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>







## Rock Talk

by Ave Riddler

**It's time for a dream come true story.**

Quite a few years ago I had this awesome dream about swimming in a shallow lake. It was just deep enough to swim an almost front crawl, but as I would pull my hands down into the water I could sift my fingers through the silt and sand. The sand was soft, and silky under my touch, as I swam though I felt something smooth yet pointy, and curiously pulled it out of the sand and water into the sunlight. It was a clear yellow quartz point, not citrine, not golden healer, or smoky, and no aura quartz, but a soft warm yellow. Somehow I knew in the dream that it was 100% natural, not manmade, or enhanced in any way, and it felt nothing like any of the other quartz mentioned. The warmth of the stone surprised me since it had come out of cool sand and water; it felt like I was holding sunshine filtered through trees. In the dream I put the crystal in a pouch I was wearing and kept swimming, I did find a few other crystals and stones, but nothing as memorable or unusual as that yellow quartz.

Fast forward a few years from that dream (which I have only told a few people about, until this article) I was supplying a local metaphysical shop with crystals, a surprise "job" that I learned I had an eye for and a talent at finding decently priced quality crystals. I would get regular shipments in of all kinds of beauties, which I would sort through, price out and take to the shop. It was difficult to not snag many of these lovely treasures. I forced myself to be logical and practical, though there were some that I simply could not sell. I had ordered and received a bulk lot of dark smoky quartz points, unwrapping them from their packing; I was sorting through them when I saw a flash of clear yellow. I can recall the breath stealing rush I felt as I pulled it open and found myself holding in my hand the crystal from that dream.



This dream happened well before the internet was flooded with the term "lemon quartz" my books once again do not have anything in them about "lemon quartz"

and I'm not even 100% sure that is what this dream crystal is. But for the sake of sharing more than just the dream manifest I will pull up some info about Lemon quartz from the internet;

once again warning that I do not frequent these sites and am blending the info provided into one article.

Also known as Oro Verde Quartz, lemon quartz is created by heating amethyst, yellow quartz and iron together at extremely high temperatures. This heating process is what gives lemon quartz its brilliant, yellow color. The reason it has this yellow color is because of the small deposits of iron hydroxide or iron oxides that are included within the makeup of the stone. There is debate about this being possible in nature, or if it has to be helped along by man.

The lemon quartz stone improves on the intellect and helps with faster reasoning and coming to a quicker understanding. This means that it is a useful stone in times when quick decisions are necessary, or where there's an emphasis to remain on track. More importantly, the metaphysical meaning of lemon quartz remains connected with the head and brain area it focuses our thoughts and sharpens our mind. Adding structure and enhancing clarity in all thoughts and information flowing through a more mindful channel. If you battle to make decisions, yellow quartz can help! Similarly, if you struggle from nervousness, fatigue or general lethargy, yellow quartz will work to rebalance these burdens so that they start to feature less and less in your life. The lemon quartz properties filter out unhelpful distractions and confusion within the mind; it can attract energy and guides that can enhance and sharpen our thoughts and our memory.

The power of the lemon quartz stone means that it can strengthen self-confidence and build courage. Lemon quartz is known to create cheerfulness and to assist in overcoming feelings of depression. It brings in [positive, happy energy](#) that stimulates a person's temperament and lifts them out of low moods. These positive energies allow a person to be more welcoming of new experiences. They open up the spirit to allow new experiences in and to find positive energy in these new interactions and activities. Yellow ray energy is concerned with clarity and sheer happiness. Having this essence around you at all times makes way for you to begin to embody the same. Some people find that wearing yellow quartz or lemon quartz during the winter season can help to delay or prevent seasonal depression entirely. Helpful at reducing feelings of guilt, anger and frustration, lemon quartz can aid in clearing blocks and balancing energies within the [subtle bodies and aura](#).

The lemon quartz is associated with the solar plexus chakra.

The lemon quartz crystal stone is often used in meditation practices. It reduces distractions, boosts concentration, and opens a person's memory, making it an ideal companion for meditation. Using the stone with other third eye crystals, it has the ability to reduce anxiety, and decrease negativity.

Lemon quartz is believed to bring [money](#) into a person's life and offers assistance in various forms in certain times of need. This is all achieved through the positive energies it brings into a person's life; many people swear that wearing it attracts financial prosperity.

Physically it may be used as a support in treatments for diabetes mellitus. Overall, it has healing influences on the human body, in particular on the digestive system in its entirety, and building gut health. It focuses on the stomach and also the pancreas. It may help ease any cravings, particularly around food and nicotine. As such, it is ideal for those suffering from diet or eating concerns, or for those working towards ending their habit of smoking. Because of the link to the skin, the lemon quartz stone can promote healing on the skin and can limit inflammation around the skin and bone joints. It can boost our inner health and strength, our physical well being and is known as the “anti-illness” stone.

Information found on

<https://trulyexperiences.com/blog/lemon-quartz/>

<https://www.healingcrystalsco.com/blogs/blog/yellow-quartz-and-lemon-quartz>

<https://www.healthynatured.com/lemon-quartz-healing-properties/>

## Higher IQ puns, or just cringeworthy.

If you don't pay your exorcist, you get repossessed?

### Did You Know...?



**DID YOU KNOW?**

**Humans** have more **empathy** for **dogs** than they **do** for **other humans**.

### Indian Hills





## From Llewellyn's Witches' Calendar 2022



### June: by Jason Mankey

Fairies and other magical beings have been associated with the summer solstice ever since they appeared in William Shakespeare's *A Midsummer Night's Dream* at the end of the sixteenth century. The play's most well-known figure is probably Robin Goodfellow, or Puck (Shakespeare uses these names interchangeably in his play), a mischievous, good-natured, prank-playing fairy. Robin Goodfellow is often portrayed with horns and the hind legs and cloven hooves of a goat. Because of his appearance, he is sometimes linked to the Horned God of Witchcraft.

In most depictions, Robin Goodfellow is a good-natured house spirit who rewards those who work hard and punishes the lazy. In Elizabethan England, he was well known for his mad pranks and merry jests. Because of the joyous energy he brings when he is called upon, I find him to

be a wonderful guest at summer solstice rituals and generally any joyous event taking place outside.

### *A Rhyming Call to Puck*

*To Robin Goodfellow I make this call*

*To bring joy and delight to one and all*

*O puckish fairy of Oberon's court*

*Join us here to dance and cavort*

*Bring us whimsy and a good-natured joke*

*Deliver merriment to all the folk!*

*Share the gift of love to those who'd wish it*

*Complete with flowery words and righteous wit!*

*The gift of laughter, merriment, and mirth*

*As we celebrate on this fruitful earth*

*Delightful Puck, please listen to our plea*

*If you choose, join us here, so mote it be!*

As a merry house spirit, Puck's energy is amplified when people dance, play games, and indulge in any joyful activity. When my coven invites him to our June rises, we all share toasts with one another and require all those toasts to rhyme! If someone is unable to come up with a toast that rhymes, we get to ask them a silly question that they are required to answer.

When your activity is at its end, say goodbye to Robin Goodfellow with these words:

*Our activities now being ended,*

*We pray that dear Puck we have not offended*

*Laughter, love, joy, and delight all were here*

*For Robin Goodfellow chose to appear*

*Our celebration felt just like a dream*

*Merriment and mirth was our evening's theme*

*Jokes were played, but we all leave as friends*

*For our behaviors we have made amends*

*We thank thee for coming, O honest Puck,*

*And that you will bless us with well-earned luck*

*So good night to you, return to Faerie*

*Until next we meet, all say blessed be!*

At the conclusion of your rite, pour Puck a libation of wine or honey and leave him a sweet treat of some sort (such as cake or candy). Be sure to do this outside, because while Puck is a fun visitor to have over now and again, you don't want to make him feel too welcome in your house. He's a lovely guest for a night or two, but he doesn't make for a good roommate.

# BLOOD AND ICE CREAM

By Gail Fulkerson

Frank liked nothing more than biting the ends off of ice cream cones so he could watch the little ones get covered in melted ice cream as it dripped and ran from the bottom of the cone. He'd snicker as the kid he was watching got stickier; more than once he laughed out loud, a dead giveaway, because daemon laughter is grating and discordant to human ears. Then he'd have to run away and hide so he wouldn't be caught. With summer winding down and ice cream sales flagging, Frank had to find another way to amuse himself.

He scoured the city looking for anything that would grab his attention for more than a few seconds. After his exhaustive search, he found what he was looking for, a slaughterhouse just outside the city limits. Frank looked the place over and decided this would be his haunt for the foreseeable future. It had everything he insisted upon: seclusion, few employees, and copious amounts of blood and guts. He settled in and waited for the place to open for business the next morning.

Oh, it was glorious, a daemon's dream come true. Plenty of dark recesses where he could lurk unnoticed as he watched animal after animal meet their death at the hands of a butcher wielding a machete, which he used to slit the animals' throats. Blood poured and pooled on the floor. Frank even observed their souls leaving their bodies, mostly before the killing blade slashed open their throats.

Every once in a while, Frank would lick blood off the killing floor. It tasted like honey that evil bees had collected from vats of acid, with a soupçon of cement and bleach, but since he was trying to slim down, he limited the number of times a week he did that to three. A daemon had to watch its figure, because overweight daemons were good for one thing only; using their heft to smother a person as they slept.

Frank had been enjoying his newfound home for some months before he began noticing the telltale signs that another daemon had found his gem of a residence and was attempting to put down roots. Had this interloper not known that a daemon already lived here? Frank's scent and his daily urination around the building marked this place as Frank The Daemon's digs; what the actual f\*\*k was this upstart daemon playing at? Frank didn't have long to wait to get his answer.

It was a Sunday, and the slaughterhouse was closed. Frank heard a scraping and rustling noise in a far corner of the building and went to investigate. Wedged behind a wooden crate and the wall, a slight, emaciated daemon looked back at Frank, imploring him to have mercy.

Frank let his good arm drop. He was going to slash the bejesus out of this kid, until he heard him pleading for his life. Not one to shy away from a daemon in need, Frank told the kid he could stay, then took him on a tour of the abattoir to familiarize himself with his surroundings. There was something familiar about this daemon that Frank wasn't able to put his finger on, but something the kid said and how he said it, put Frank in mind of his best friend, Larry.

"Larry, is that you?" Frank asked, incredulous.

"Yep, it's me, Frank! How the hell have you been?" Larry replied, as he wrapped his arms around him and hugged him until some of Frank's ribs cracked.

"I see your arm has grown back. How does it feel?" Larry asked.

"I've been exercising it since it grew back last year. It feels like I never lost my arm at all," stated Frank. "Anyways, how 'bout we go back down to the killing floor and have ourselves a pint or two of blood and some guts? I'm starving, and I'm sure you are too, Larry."

The two of them raced each other down a steep flight of stairs to the floor. Larry won, partly because he was skinnier than Frank, but mostly by flinging himself off the top landing, cracking his head on the cement floor.

"Dammit! I hate when that happens. Now I'll have another injury to heal from," Larry lamented. "I just healed a skull fracture last week."

The two friends ate and drank and reminisced, until they were sated, then ate and drank some more. No daemon has ever stopped eating and drinking until they vomit, the sign of a great and horrifying dining experience.

Wiping a smear of bloodied liver off his bottom lip, Frank said he still felt a bit peckish, so he suggested the two of them head downtown for an ice cream cone. Larry agreed, so off they went.

"Isn't ice cream the best dessert to end a fantastic meal, Larry?" Frank asked his best pal. "Make sure you get a cone without the bottom bitten off," he cautioned his best friend.

"Sure thing," intoned Larry. To the ice cream vendor, he asked for chocolate ice cream, with a sprinkle of kidney stones on top.



## From 365 Zen daily readings by Jean Smith

When we throw a banana peel into the garbage, if we are mindful, we know that the peel will become compost and be reborn as a tomato or a lettuce salad in just a few months. But when we throw a plastic bag into the garbage, thanks to our awareness, we know that a plastic bag will not become a tomato or a salad very quickly. Some kinds of garbage need four or five hundred years to decompose. Nuclear waste needs a quarter of a million years before it stops being harmful and returns to the soil. Living in the present moment in an awakened way, looking after the present moment with all our heart, we will not do things which destroy the future. That is the most concrete way to do what is constructive for the future.

-Thich Nhat Hanh, *Our Appointment with Life*

## Inspirational Insults

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

*"I've had a perfectly wonderful evening. But I'm afraid this wasn't it."*

Groucho Marx

# Reflections from the Shaman's Hut

By Trent Deerhorn

## Ripple Effects



It is said that everything that we think, say, and do has a ripple effect that will go out for seven generations to come. I personally feel that the ripple effect goes much further than that. There are people carrying multi-generational trauma from events that have taken place many more generations back than just seven. Yes, this can also be healed when doing energy healing and allowing that healing to ripple back as far as it must to heal the core wound. I will get into that another time.

When I was young, I got into a fight with my older brother. Although my mother never said who's fault the fight was, I know that it was HIS fault (Ha-ha!). Nonetheless, after the fight I went out across the land to be by a large body of water. That is where I would often find my inner stillness. After a number of minutes, my mother appeared by my side. She picked up a stone and handed it to me. I took it. She then told me to toss it as far as I could toward the middle of the body of water. I asked her why and she told me to just do what she asked. So I did. The stone splashed into the water. Then she asked me to tell her what I was noticing the stone did to the water. I told her that it made a fairly big splash and that the water was now rippling to the edges. She said that this is how life is. Everything we think, say and do in life creates a splash, and that splash has a ripple effect outward in all directions. I looked at her....and she looked at me....and I said, "Fine. I will go apologize."

That simple wisdom was, years later, shared with my own child after my kids got into a big fight. Fortunately at that time, our back yard on the acreage was flooded with spring run-off and we had a sizeable slough that ended about a foot away from the edge of our back patio. It was ripe for the teaching.

Sometimes people scoff at the concept of the ripple effects of our actions, let alone the ones involving what we say or even think. These days, it is convenient that we are going through a massive inflation of prices because it allows me to use this as an example of the ripple effect. So here goes:

1. Interest rates begin to rise as a method of "saving the economy."
2. As a result of the interest rates rising, the price of gas begins to climb exponentially.
3. As gas prices climb, so does the price on absolutely everything one would need or want to buy in a store, grocery store, marketplace, and even on online shopping sites.

4. The next thing you know, there are strikes happening at various companies who have not been paying their workers well to begin with, and whose workers are now struggling even more to make ends meet.
5. Now even if there were deliveries of food to the grocery stores, there are a lot of bare shelves because certain companies are at a standstill due to the strikes.
6. Meanwhile, as the price of diesel goes up, it becomes more expensive for the farmers who grow the food to stay in business. If they should buckle, then we don't eat.

The ripple effect is undeniable. There may be other factors involved that I have not mentioned, but the effect is the same.

When we look at how we think, we have to admit that it does create our perception of the world around us, therefore it creates our reality. When we are in a more conscious state of mind, we become more caring, and thus more careful, about everything around us. When we are in an ego state of consciousness, we don't see the interconnectedness of all around us. We don't see how our thoughts, our words or our actions ripple out into the world and create chaos. This is the state of most of the world around us. It really is up to us, as individuals, to start becoming more conscious every day, because we cannot have a positive effect, if any effect whatsoever, if we don't simply begin with ourselves. No, it is not our responsibility to change everyone and everything around us. But it is our responsibility to change things within ourselves. As we do that, the positive ripple effect will take place, because it is the nature of any changing energy to ripple outward in all directions. So when you are making a splash in life, be sure to make it one that is positive.



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

## Thought for the Day

**A changed thought system can reverse cause-and-effect as we have known it. For most of us, this is a very difficult concept to accept, because of our resistance to relinquishing the predictability of our past belief system and to assuming responsibility for our thoughts, feelings and reactions.**

**Since we always look within before looking out, we can perceive attack outside us only when we have first accepted attack as real within.**

**-Gerald G. Jampolsky, *Love is Letting Go of Fear***

## According to the Farmer's Almanac 2022:



### Blue Heaven

The brilliant blue leaves and flowers of perennial “Big Blue” sea holly make a stunning addition to any garden. Sea holly, as its name implies, also thrives by the ocean: It’s tolerant of salt as well as heat and drought (sun intensifies the blue). Want to add to the blue theme? Try low-growing “Elijah Blue” fescue, a drought-tolerant ornamental grass that’s great for edging beds. The plant forms small clumps of powdery, silver-blue foliage and sends up tan seed heads that are feathery and wheat-like.



### June 5<sup>th</sup>: World Environment Day

Deciduous trees on the south side of your house will provide shade in summer and allow the sun to warm your house in winter.



### June 14<sup>th</sup>: Full Strawberry Moon

To keep birds from sampling strawberries, suspend bird netting over plants and bury the edges in the soil.



### June 21<sup>st</sup>: Summer Solstice/National Indigenous Peoples Day (Canada)



# Inspirational Quotes by Alan Chazen

**Self-love comes from doing what is right!**



## Ask the Shaman: With Trent Deerhorn

**Q:** What are your thoughts on Political Correctness?

**A:** Oh....that is a HOT TOPIC indeed. I guess that if I am going to answer this the reader has to prepare themselves for the fact that they may not agree with everything or anything that I am going to say, and that I really don't care if they do or don't. You are asking about MY thoughts on this subject, so I will give you my thoughts, knowing that it is

entirely possible that in some way, shape or form I am bound to offend someone somewhere throughout all time and space because, truthfully, no one is capable of not offending someone in some way on any given day.

I think that it has been taken to the extreme. I do not mind using pronouns that help a person feel more comfortable. I do, however, find it hideously disgusting that no matter how innocent a person may be in saying something, they can be ripped apart and cancelled for saying something that some person did not like. Even if what they say is the TRUTH. I am not the type of person who tip toes around the truth. And I will always say what my truth is, no matter who may or may not like it. If we are ever to get back to the point where we can have proper discourse, decent conversation with our fellow human beings, we are going to have to just chill ourselves out and stop taking everything so seriously. Because when we go into drama about some simple thing, we make ourselves look like fools.

When we can no longer have discourse without fear of "offending" then we are living in a world that is nothing but censored. Once our words become censored, then we are no longer able to have free thought. This means that every time we open our mouths, we are limited in absolutely every way when it comes to communication and creative or critical thinking. This will only lead to fascism.



On our gravestones there is a dash between our birthdate and our deathdate.  
That dash is this day, this month, this year.  
Make it COUNT, make it MATTER, Do it YOUR way!  
~jamie hupacio tilley

## Tidbits and Tickles:

My van had been parked in front of a high-rise building where I had been making some repairs. To my dismay, when I approached I saw broken glass and bits of plastic lying on the road from around the headlight. I thought I had been the victim

of a hit-and-run and asked a grounds keeper working at the building if he had seen what had happened.

Rather sheepishly the man told me his truck had been parked about 50 feet uphill from my van. At some point the parking brakes had failed, and his truck rolled down and struck the front of my van.

The police were called and while sitting with the investigating officer in his car, I heard him quietly chuckling. "In all my years of police work," he said, "this is the first time I've ever investigated an accident between two parked vehicles."

## 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 the three wise guys from the east side arrived they found Jesus in the manager.

## 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:

**Rachel Wrote:** I really enjoyed the spell for catching a falling star!

**Betty Wrote:** I liked Sharon's article on Hypnosis. I always wondered how that worked.

**Jason Wrote:** Rod's article on Sacred Space resonated with me.

**Alex Wrote:** Lightning Struck Quartz looks amazing!

**Autumn Wrote:** Trent, your article on Being Held was so beautiful! Thank you!


## Classified Ads

**Deerhorn Shamanic Services**

**Trent Deerhorn**      Phone: 306.978.5300  
deerhorn007@gmail.com  
www.deerhornshamanic.com

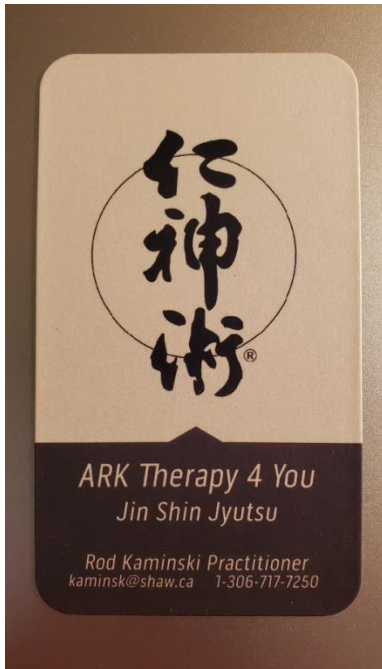


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## Vicki Lund

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## Mystic Willow Services

*Healing Begins Today*

**Dawn Devonshire**  
*Wax Power/Reiki Practitioner*

To book a session, email me at  
[mysticwillowservices@gmail.com](mailto:mysticwillowservices@gmail.com)

Visit my website at  
[mysticwillowservices.com](http://mysticwillowservices.com)



## *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.

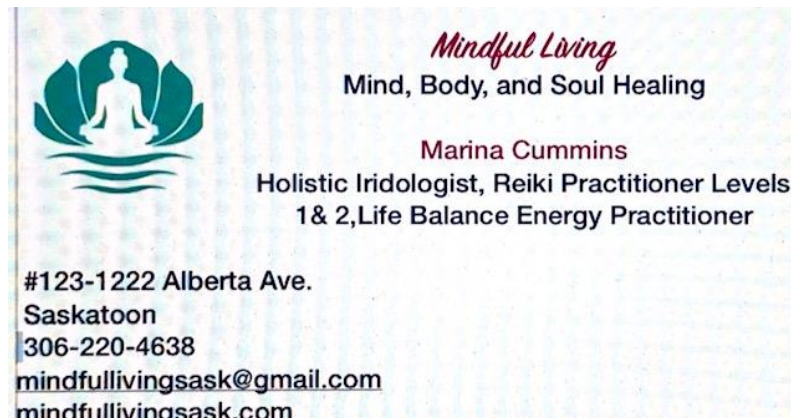
Check my website <https://www.mindfullivingsask.com/shop> for stock variety at the present time.

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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