

Flight: A Living, Breathing Document of Consciousness

Volume 11 Issue 121, September 2022



Articles and excerpts that will inform and inspire!

Letter from the Editor



Well, summer certainly has gone by quickly. It seems that just yesterday I was planting seeds and flowers and now I am harvesting and getting ready for fall clean up. A deck project we have been working on has taken pretty much the entire summer, between schedules and poor weather conditions, but at least by the end of this year it will be half finished, and we won't have to have extremely sore bodies as a result. I hope all of my readers and contributors had a great summer. I am looking forward to the next phase of FLIGHT and seeing where that is going to take us.

Thank you to all of my contributors for your wonderful articles and stories. I do appreciate all the work that you do in your efforts to keep the information flowing through the community.

If you are reading FLIGHT for the first time and would like to be on the mailing list for a free subscription, drop me a line asking to be placed on the FLIGHT mailing list at deerhorn007@gmail.com I will make it 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

Enjoy the read!

Trent Deerhorn

Upcoming Events

Moons of 2022

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

Saturday, September 10, 2022

Full Moon 5:59 am

Color of the day: Black

Incense of the day: Rue

Balancing your Intuition

The full moon is a potent time for accessing intuitive wisdom, and basking in the moonlight can help you balance this spiritual faculty, blocking out unhelpful energies and amplifying beneficial insights.

Sitting in a comfortable meditative position in the moonlight, feel this energy bathing your aura with healing and cleansing. Focus on your crown chakra, and allow the moonlight to enter the crown, cascading gently through your chakras from crown to root. As the energy travels, intend that each chakra is in perfect balance, connecting you with intuitive messages in a manner aligned with your highest good.

You might sense some chakras expanding and opening, while others find equilibrium by screening out an excess of input. Trust that your energy knows how to self-balance. When the process feels complete, send gratitude to the moon. If needed, place your palms on the earth to ground any excess energy.

Melissa Tipton

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: September 17th, 2022, at 7:30pm Mabon Ceremony

Bring a rhythm instrument with you!

**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>



Water Readings

Joint Shaman Trent Deerhorn for a water reading, bringing insights and inspirations to you through the magic and majesty of water!

Readings are 20 minutes in duration.

\$85.00/reading

Date: Saturday, October 15th, 2022

10:00am – 2:00pm

By appointment only

Contact Trent at (306) 978-5300 or deerhorn007@gmail.com to reserve your spot!

Visa, MasterCard, American Express, or Debit.

Spaces are limited, so do book ahead!





SERGEANT

SERGEANT IS AN APPROXIMATELY 1.5 YEAR OLD THAT IS A BEAUTIFUL HUSKY MIX! HE LOVES TO PLAY WITH OTHER DOGS, PEOPLE AND EVEN JUST WITH HIS TOYS! SERGEANT IS LOOKING FOR AN ACTIVE FAMILY WITH AT LEAST ONE DOG. HE LOVES TO PLAY OUTSIDE AND IS LOOKING FOR A FAMILY WHO LOVES THE OUTDOORS. HE IS NEUTERED, FULLY VACCINATED, MICROCHIPPED AND DEWORMED.



GET READY TO MEET SOME DOGS! WANAR "BREAK THE TUNDRA" FOOD DRIVE, BBQ, ADOPTION EVENT AT EARLY'S. COME HAVE LUNCH FOR A GOOD CAUSE AND MEET A NEW FAMILY MEMBER. THE EVENT IS AUGUST 27 FROM 11AM-3PM 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.



GECKO

GECKO CAME TO SCAT WHEN HE WAS A COUPLE OF MONTHS OLD. HE HAD A TERRIBLE UPPER RESPIRATORY INFECTION THAT REQUIRED SPECIALIZED CARE AND SOME TIME WITH THE VET. HE SOMETIMES GETS THE SNIFFLES AND REQUIRES MEDICATION AND/OR NOSE DROPS TO HELP CLEAR IT UP. THIS MAY BE A CHRONIC, LIFETIME CONDITION, BUT HIS SYMPTOMS ARE CURRENTLY BEING MANAGED QUITE WELL WITH NOSE DROPS AS NEEDED.

HE IS A HIGH-ENERGY LOVE BUG AND WANTS TO PLAY WITH EVERYTHING AND EVERYONE. HE WOULD DO BEST IN A BUSY HOME, WITH PEOPLE AND OTHER PETS TO PLAY WITH AND A TON OF TOYS! WHEN HE'S SLEEPY HE TURNS INTO A LOVE BUG AND WILL START PURRING THE MOMENT YOU LOOK AT HIM.



IF YOU ARE INTERESTED IN ADOPTING GECKO OR ANOTHER KITTY PLEASE VISIT US AT OUR WEBSITE STREETCAT.CA OR EMAIL US AT CONTACT@STREETCAT.CA FOR MORE INFORMATION.

DATE OF BIRTH:
SEPTEMBER 1, 2021

CONGREGATIONALIST WICCAN
ASSOCIATION OF SASKATCHEWAN



SKY RIVER TEMPLE

Our temple has taken a brief pause, to reconfigure and plan for the future, there will still be occasional posts and activity on our social media, but for the next while there will be no formal planned online nor in person offerings.

We do have a YouTube channel featuring some rituals, and mediations.

<https://www.youtube.com/channel/UC4dlB2RNnb4Af3pz-J6HxDQ/videos>

Updates about Sky River Temple can be found on our Facebook group

<https://www.facebook.com/groups/1449256155332915/>

Or website

<https://www.skyrivercwas.ca/>

Blessed be



Rock Talk

by Ave Riddler

After such a long break from writing these articles I was 100% sure I would return with a continuation of the journey though the dreamt of stones or the stones I fixated on. I was fully prepared to write about some mineral or other. Felt I owed it to you all after this time of rest.



But this feels timelier and more suited to my life experiences.

I want to share the memories I shared at the celebration of life of a man I did not know personally, but one who held a key role in my crystal journey throughout the years. The Crystal Man as some of you may know him, Theodore (Theo) Bromley.

I need to dive into the deep past to start this journey, I currently say I have rocks in my head (in a good way) and have since I was just bitty. I didn't understand as a child the role minerals would hold in my life, but I did understand they were a different kind of pretty. My mom told me that once when I was really little I wrote about the pretty things I saw, pretty trees, pretty girls, pretty flowers, and pritty rocks. She told me when she asked why I spelt pretty wrong I told her it was a different pretty. I was always gathering pritty rocks when I was outside, collecting sparkly ones, clear ones, white ones, grey, dull, it didn't matter what they ACTUALLY looked like to me. I even still have some of those long ago discovered pritties. It wasn't until high school that I started to learn about the metaphysical properties of the mineral world, which simply confirmed what I have always known. It also explained why the girl who HATED pink was drawn to rose quartz whenever she saw it.

I was a regular at a shop in the city, over time the owner and I bonded; I count her as one of my mentors in my religious path. We were fairly close, and she knew I had an affinity for crystals so she would let me know when her crystal guy was scheduled to come by, and I would often help him unload his van full of crystals, helping her look at and point out pritties that seemed to belong in the shop...of course that guy was Theo. He taught me a few valuable lessons about crystals in those days, many of which I still adhere to all these years later. (This was back when he only had a VAN of crystals LOL)

The very first crystal workshop I went to was at a different shop, and led by Theo. I had no idea that once the workshop ended we got to keep the crystal we had selected. I recall that workshop and the profound experience I had during it. I also recall timidly going up to the man I had known only briefly via the van unloading and trying to return the crystal. I was thrilled to learn that crystal was mine to keep. I should say at this point I already understood that while I may work with these minerals, they are not exactly MINE, I am their caretaker, their companion, their partner, and I understand that in time they may chose to move on to the next person who needs them. I do have a few pieces that I feel are mine permanently, but for the most part they are mine for now. (One of the lessons Theo taught me during those van unloading days, and something he told me he truly believed also)

We now move forward a few years to the "Crystal weekends" which Theo was the focal point of; he'd long since replaced the van with a bus. I made a point of attending as many of those as possible, and I would ALWAYS bring that workshop crystal with me to show Theo. He always remembered it which amazed me since he handled so many crystals over the years, we would discuss the changes he could see in it from the last time he had seen it. The first year the "Crystal weekend" happened that Theo was not a part of, I was stunned to realize one huge difference, yes the selling of minerals is a business, yes it can be profitable, but for some reason his events never felt like a STORE. Perhaps the reason is, he too had rocks in his head, and he

treated them more like companions than a dollar signs, I recall walking out of that event, furious and disappointed. I didn't attend many of those other crystal weekends, only going if someone I knew was presenting, and leaving after. The vibe was just different.



My final in person experience with Theo, was the first “Crystal weekend” that had him returning to Toon town. An event that I was honored to be involved in as a “presenter” in which I did my Rock Talk thing. See I “hear” the minerals talk, it’s not like a conversation exactly, more like messages, and recently I have started comparing it to a medium, only with stone. I was asked to share this gift at the event as a scheduled part of the weekend. I was nervous since I had, until that point only really done my thing with stones my friends handed me, and this was going to be strangers, would it work? Imagine my shock when as we gathered for my “presentation” THEO walked in! He wanted to sit in on it and watch. My nerves were wired, but it didn’t matter, the rocks and I did our thing,

one by one those who were there brought me the crystal they had with them, and I would listen to it sharing messages that often made no sense to me, but in some cases caused extremely emotional responses. As it got closer to where Theo was sitting in the circle, he asked for a pause, that I not skip over his “turn” and that he had to go get something. The Crystal Man brought me one of his personal crystals. I was beyond amazed, humbled and honored to have him offer to let me speak with/for one of the crystals he considered his own. Once we had finished my rock talk, he commented to those who had attended that “the gift this lady has is rare, and special.”

The final part of this article is that I knew as soon as I heard there was to be a celebration of life here for this man, I deeply wanted to attend, to share these memories, AND bring that workshop crystal. Rock on and blessed be.

Higher IQ puns, or just cringeworthy.

With her marriage, she got a new name and a dress.

Did You Know...?



DID YOU KNOW?

In Japanese schools, students don't get any exams until they reach the fourth grade. Why? It's because the goal for the first 3 years of school is not to judge the student's ability to memorize, but to establish good manners and to develop their character. Japanese scholars teach manners first and foremost.

Indian Hills



From Llewellyn's Witches' Calendar 2022



Autumn: hail and welcome! A most glorious season celebrated by Witches worldwide. For those of us in the Northern Hemisphere, the season begins to make itself distinctly known at this time. Sometimes we see the signs of autumn early on, while other years the season seems to shift overnight.

Whatever the case in your geographical area, it's time to start paying attention as we enter the "dying season." Witches of all varieties honor the energy of waning and release just as much as we do the waxing and the light.

As the season shifts into glorious fall, let us consider our community and our relationship to those we hold close, whether they are physically near or far. Who are "your people"?

The seasons of darkness can be a challenging time on many levels. As Crafty folks who honor all the seasons, why not harness some of the light before it begins to wane? We have the power to create an energy source from which to draw light during the darker tides ahead, and this light can be shared with our community near and far.

Harnessing Light as Darkness Approaches

First, you will need some type of container, vessel, or bag to “hold” the light. The vessel should be opaque, not see-through. Summery colors such as shades of yellow, orange, and red are ideal, but when in doubt, go with white. Your vessel of light could be anything from a glass jar to a cloth drawstring bag.

Your job is to find items in nature that represent summery energy. Take a walk and pick some fresh leaves and flowers that feel like summer. You will want to dry or press these before putting them in your vessel

Utilizing your intuition, consider adding items such as an unlit tea light candle, a pendant or medallion of the Sun, flakes of gold, vibrationally solar stones (such as citrine), and other petals you may have in your herbal stock (sunflower and marigolds are ideal).

When you feel that you’ve sufficiently crafted a vessel to harness the light, find a private spot in nature where you can make prayers to the Mighty Sun (and/or solar deities” sometime between noon and three p.m. Declare your intention however you see fit. Meditate and connect with nature while you draw solar energy into the vessel. Hold it to the Sun, allowing its rays to enter the vessel. Feel it becoming alight with lightness and brightness. Take your time. When finished, close the vessel and give thanks to the Sun. Repeat this as many times as you’d like throughout the month (six times is ideas, as it is the Qabalistic number of the Sun).

When Autumn and winter descend, you will know when it’s time to open the vessel. When you do, you may briefly draw energy into yourself, send it to community members in need, or both. Be sure to seal the vessel after using it so that the light can remain contained – and utilized as necessary – throughout the oncoming darker tide.

-Raven Digitalis

From 365 Zen daily readings by Jean Smith

When we observe the world closely, we find that more people are killed by false thoughts than by physical diseases. False thoughts are more to be feared even than poisonous vipers.

When you detach from false thoughts, illness is actually a teacher. Since ancient times a great number of people have attained power and seen essential nature while struggling with the agonies of serious illness.

If you become very sick, do not fear death or look back on life. Don the armor of patience, bundle the bow and arrows of faithfulness and justice, mount the horse of valiant power, grasp the whip of diligence, set up the standard of the Way of Unity, make selflessness and having few desires your troops, make continuous concentration of true mindfulness your general, fortify the castle of the mind king in the ocean of energy and field of elixir, store the provender of the elixir of five energies, set in motion the strategy of freedom from thought and imagining.

-Man-an (17th Century, In Minding Mind

Reflections from the Shaman's Hut

By Trent Deerhorn

“Existence”

As many of you know, I enjoy Tarot decks. I find that the messages one can receive through the Tarot can be profound beyond measure. I also, as some of you may know, have about 54 sets of Tarot decks. I like to switch out the Tarot deck now and then, which allows me to get fresh perspectives. There are some decks that are my favorites, and yes I do have a few of those. One of my favorites is the Osho Zen Tarot. The reason for this can be summed up by what it says on the back cover of the accompanying book: The Zen attitude towards life is that of laughter of living of enjoying of celebrating. Zen is not anti-life. It is life affirmative. It accepts all that is this very body: The Buddha.





I also have a favorite card now and then. In the Osho Zen Tarot deck, my favorite card is called EXISTENCE. The image really appeals to me, but so does the message behind it:

This naked figure sits on the lotus leaf of perfection, gazing at the beauty of the night sky. She knows that 'home' is not a physical place in the outside world, but an inner quality of relaxation and acceptance. The stars, the rocks, the trees, the flowers, fish and birds – all are our brothers and sisters in this dance of life. We human beings tend to forget this, as we pursue our own private agendas and believe we must fight to get what we need. But ultimately, our sense of separateness is just an illusion, manufactured by the narrow preoccupations of the mind. Now is the time to look at whether you are allowing

yourself to receive the extraordinary gift of feeling 'at home' wherever you are. If you are, be sure to take time to savor it so it can deepen and remain with you. If on the other hand you've been feeling like the world is out to get you, it's time to take a break. Go outside tonight and look at the stars.

You are not accidental. Existence needs you. Without you something will be missing in existence, and nobody can replace it. That's what gives you dignity, that the whole existence will miss you. The stars and sun and moon, the trees and birds and earth – everything in the universe will feel a small place is vacant which cannot be filled by anybody except you. This gives you a tremendous joy, a fulfillment that you are related to existence, and existence cares for you. Once you are clean and clear, you can see tremendous love falling on you from all dimensions.

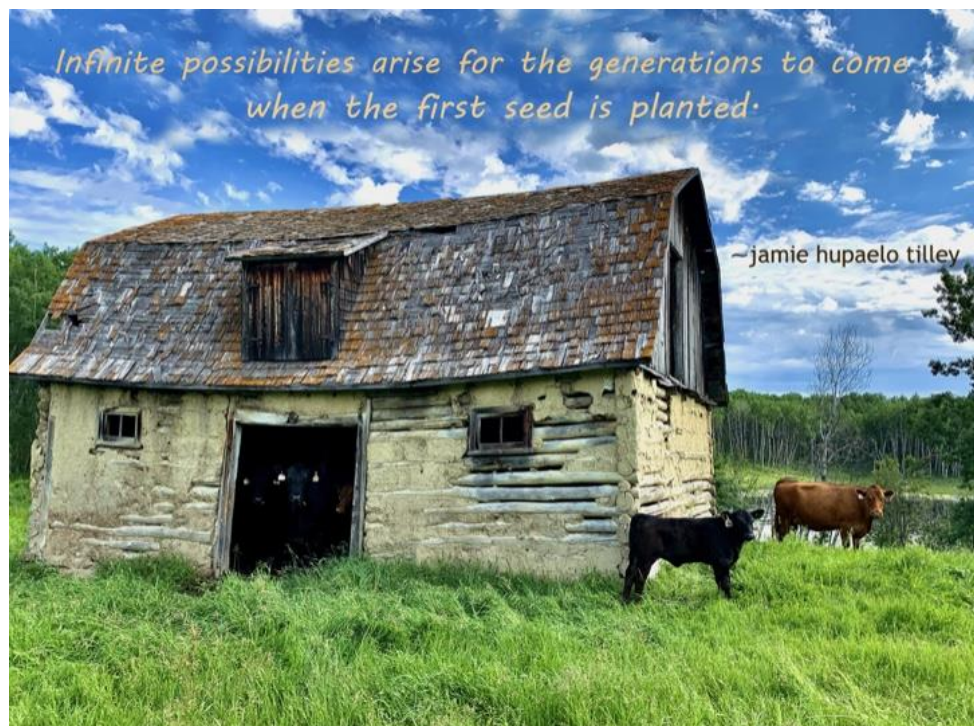
What I find most inspiring about this card, besides the gorgeous imagery, is the reassuring message of our unique place in the universe. So often when we get down, depressed, suicidal, and so on, we lose track of the fact that we are a very important piece of the puzzle. Without our presence, the puzzle can never be complete. When we receive reaffirming messages such as this it inspires us to get out of our heads, out of our wounds,



and look around us. When we do that we become more capable of seeing how everything we think, say and do has an influence on those around us. That interconnectedness then becomes more of a standard state of consciousness. We are then able to live our lives more fully, more completely, and, as such, we are able to see how important we are to those around us

and how important our presence is to the entire Universe.

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



Thought for the Day

Be outrageous! People who achieve mastery have the ability to be outrageous.

-Gita Bellin

According to the Farmer's Almanac 2022:



Natural Nutrients

When garden soil needs a nutrient boost, consider amending it with green manure. Grow a cover crop, such as white mustard, which has vanilla-scented flowers that attract pollinators. When the plant matures in fall, chop up the leaves and mix them back into the soil from which they grew. The plant's green matter will kill nematodes, clear out bad fungi, and add a range of nutrients to your soil quickly.

September 5th – Labor Day

If your compost pile smells like ammonia, it may have too much nitrogen. Mix in high-carbon ingredients such as shredded leaves or straw.

September 10th – Full Harvest Moon



Collect and save seeds from the very best open-pollinated plants in your garden.

September 22nd – Autumnal Equinox



Inspirational Quotes by Alan Chazen

In order to love yourself, you need to trust yourself and in order to trust yourself, you need to have a very clear predetermined goal, complete with a plan, to be able to measure your progress. Without keeping track of your progress, how do you know whether you are trustworthy or not?



Ask the Shaman: With Trent Deerhorn

Q: What is your take on keeping secrets? I have two friends who are dating, but I have recently found out that one of them is cheating on the other. I don't want to lose either friend. And I am not sure how to handle it. I fear I will lose one friend if they find out I knew and said nothing. And I fear I will lose the other friend if I do say something.

A: First off, it is not up to you to be the one to tell your friend that their partner is cheating on them. You could always tell your other friend (the cheating one) that they have to come forward and, if they don't, you will. Give a very short time frame in which that must be done, or you make the phone call. Then let the chips fall where they may.

Also consider, if you were in that position of being cheated on, how would you feel if someone you knew did know about it and chose not to say anything? Betrayed, right?

Whichever path you choose on this one, know that these people are either your friends or they are not. You have to worry more about your own personal integrity regarding this. If you have that intact, then it does not matter if they choose to dump you as a friend. And what kind of friend is the cheater anyway, if they would be willing to dump you as a friend for protecting your other friend and being honest with them?

Whatever happens, you can always be firm with both of them and let them know that you are not going to choose which of them to be friends with after they split (not that they necessarily will split, but often that happens). Leave that choice up to each of them. They have to be mature enough to deal with the information and to deal with the friendship with you.

You cannot un-know what you now know. You also did not choose to be placed in this situation. So whatever happens, it is NOT YOUR FAULT.

Tidbits and Tickles:

I didn't realize how much my nursing career had affected my family until the day my three-year-old granddaughter said to me, "Gramma, I think my blood sugar is low. Can I have a cookie?"

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.

Jesus was born because Mary had an immaculate contraption.

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:

Clarissa Wrote: Ave, I really enjoyed your dream come true story. Thank you for sharing.

Michael Wrote: I can't wait for the next story about Frank! Thanks Gail!


Jan Wrote: Trent, I love the fact that your mother taught you so much about the ripple effects!

Classified Ads



Deerhorn Shamanic Svcs

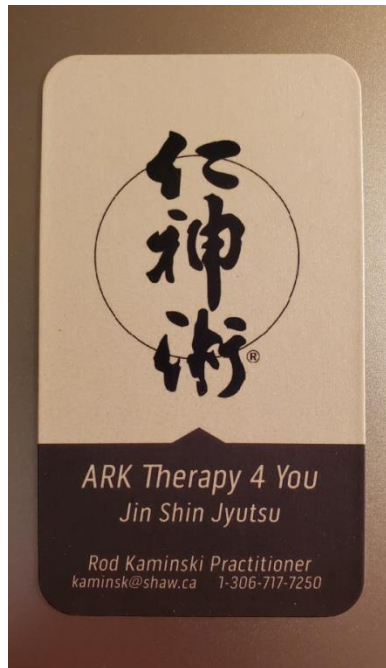
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Mindful Jewelry with Healing Crystals

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.

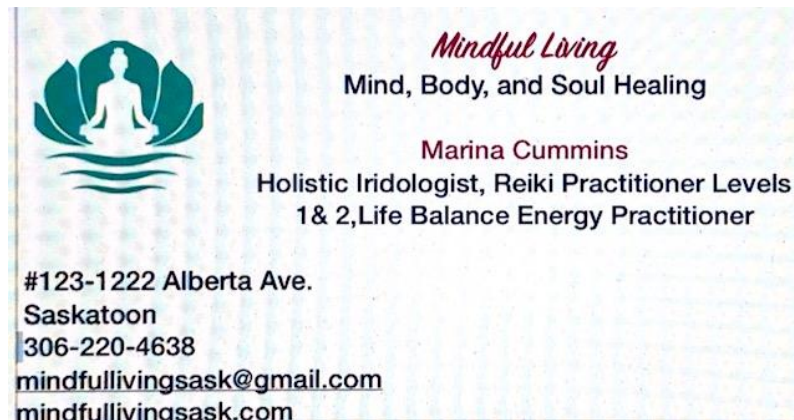
Each pendant is very unique. I don't use much patterns to make designs. I like to "connect" with crystal intuitively and start creating! If you like a certain piece and it was sold out, I can make a replica with your choice of wire, crystal, size, and design. I have big variety of colours, shapes, and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

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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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