

Flight: A Living, Breathing Document of Consciousness

Volume 11 Issue 123, November 2022



Articles and excerpts that will inform and inspire!

Letter from the Editor



Every season has its joys. Although I know that it is a sign of things becoming dormant, the colors of the leaves in Autumn brings joy and warmth to my heart every year. I don't think I could survive in an area that does not have seasonal changes. Yes, some of those changes can be harsh, but most often they are spectacular! I hope that all of our readers are having a joyous Autumn!

Thank you to all of the contributors to this newsletter. Your contributions are appreciated by me and by the many readers worldwide.

If you are a first-time reader of this newsletter and would like to be added to the mailing list for your free subscription, please send me an email indicating that to deerhorn007@gmail.com and I will make that happen.

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

Tuesday, November 8th, Full Moon 6:02 am

Color of the Day: Red

Incense of the day: Cinnamon

Lunar Eclipse

Eclipse Portal Spell Jar

During today's lunar eclipse, the earth will float between the Sun, Mercury, and Venus and the Moon and Uranus. This may cause turbulent emotions, but it can also reveal a unique perspective.

This portal spell jar requires a translucent jar, water, parsley, flower petals, grain, loose change, a magnet, and a fingernail clipping. You will also need paper and a writing utensil.

Under the light of the full moon, combine all the ingredients in the jar except for the water. Write down all of your accomplishments from the past six months and drop the paper in. As you pour water into the jar, consider how your emotions have supported you on this journey.

Catch the moon's reflection on the surface of the water, then set the jar in the moonlight. Meditate on the future and the successes coming your way.

When you're done, cap the jar and put it on your altar as a memento of your perseverance and what's to come.

Astrea Taylor

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 centered 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: November 26th, 2022, at 7:30pm New 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>





BAXTER

MEET BAXTER, HE IS APPROXIMATELY 8 MONTHS OLD AND A HANDSOME BORDER COLLIE-AKBASH MIX. PHOTOS DO THIS BEAUTY JUSTICE. HE IS A BIG BOY WHO LOVES PEOPLE, DOGS, AND ANY OTHER ANIMAL HE MEETS. HE IS NEUTERED, MICROCHIPPED AND FULLY VACCINATED. ALL HE IS LOOKING FOR NOW IS HIS FUREVER HOME.



THE 2022 FACEBOOK AUCTION IS COMING! WE ARE STILL ACCEPTING DONATIONS OF CRAFTS, ARTWORK, GIFT CARDS AND SERVICES FROM SASK BUSINESSES AND SUPPORTERS. IF YOU WOULD LIKE TO DONATE YOUR ITEMS CAN BE DROPPED OFF AT FAITHFULL TIRECRAFT SASKATOON OR OUR FACILITY.

ITEMS MUST BE RECEIVED BEFORE OCT 31ST. 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.



ZYLER

ZYLER WAS FOUND IN A DOG PARK BY A MEMBER OF THE PUBLIC AS A TEENY BABY.

A FEW DAYS LATER, MEMBERS OF OUR TRAPPING TEAM LOCATED THEIR MAMA.

ZYLER DID GREAT ONCE REUNITED WITH HIS MOM ZIVA. ZYLER IS THE GOOFIEST LITTLE FLUFF BALL! HE IS A BRAVE EXPLORER AND ALWAYS EAGER TO INVESTIGATE THE WORLD AROUND HIM. HE LOVES TO PLAY AND WRESTLE WITH HIS MOM, WHO IS VERY TOLERANT OF HIS ANTICS.



ZYLER IS A SWEET KITTY AND WOULD LIKELY ADAPT WELL TO ANY HOME THAT HAS TIME TO PLAY WITH AND ENTERTAIN HIM. IF YOU ARE LOOKING FOR A PAIR, HE AND HIS MOM ARE ALREADY THE BEST OF FRIENDS

DATE OF BIRTH:
SEPTEMBER 1, 2022



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

Rock Talk

by Ave Riddler



Rutile

This was another mineral I fixated on for a good while before getting my hands on one. I wanted the actual rutile crystal not a piece of rutilated quartz. It's a fairly durable mineral with a hardness of 6-6.5, and comes in array of colors including reds, browns, black, yellows, blue, violet, and green. Most often found included in other minerals, a crystal like the one

I have can be hard to get. Their crystal structure is fairly similar to tourmaline with striations along the body, and a bi-pyramid termination. The rutile crystal on its own has different properties than ones that are included in other minerals.

This mineral can be useful for healing and balancing the aura, while helping to repel negative energies. Rutile has a strong effect on the physical, etheric, and astral body. This energetic barrier can be used to send a clear message into the universe that no interference is welcome, furthering the effect of the healing and aura defense. These aspects can make this a good support during any astral work. Rutile can also help one to better understand why their astral journey has taken them where it has. These crystals can offer a potent connection to the Divine, and the cosmic flow, enhancing sensitivity and opening one up to experiencing the grace found in a healthy relationship with those forces. The blend of aura healing and defense can help one to better sense good and bad vibes off of people, giving them a chance to choose how they wish to interact with people. Interestingly enough while an excellent tool for higher realm work, rutile can also act as a potent grounding aid, countering the spaciness felt while working on higher frequencies, or developing psychic abilities. This can help one to maintain a connection to the higher realms, even while going about mundane tasks of the day.



This mineral can help one to understand the cause of health problems, helping one to learn the reason for the dis-ease, which can help one to figure out which treatments are best to remedy the concern.

Rutile can be used to strengthen relationships, bringing stability to mental, physical, and emotional imbalances within those relationships.

This crystal can act as an antenna as well as an amplifier bringing into focus issues needing to be noticed, while helping one to find possible fixes to use. It can amplify the vibes and feelings of the person using it, be it joy, grief, fear, love; so be mindful while working with rutile of what

energy is being directed into it. It may also be wise to have a qualified person acting as support while one is processing the feelings they are working through with rutile, since everything is amplified. Rutile tends to also work at an accelerated pace, so use with care. Rutile is a good blockage buster, but it can be a trial to deal with the rapid transformations brought on while working with these crystals. That warning also applies to any pairing of rutile with other minerals; it will amplify and accelerate those minerals and their effects also.

Using rutile to help authors move past writer's block can be effective, breaking up stalled ideas, refreshing and rejuvenating the creative energy required to write.

Physically rutile can be used as an aid during treatments of bronchitis, to help regulate mother's milk, in strengthening the walls of the blood veins, and to stimulate sexual appetite. It is believed that an elixir from rutile can be used to topically improve treatments to wounds. These crystals can be used to help promote healthier digestive systems, and the absorption of nutrients, while easing emotional food cravings. The blockage busting energy of rutile can be applied to help one stimulate the meridians and chakras, encouraging a more effective flow, aiding in treatments towards a more holistic state of health.

Paraphrased from "LOVE IS IN THE EARTH – A Kaleidoscope of Crystals by Melody" and "THE BOOK OF STONES – Who They Are and What They Teach by Robert Simmons and Naisha Ahsian. With personal add- ins and details by me (Ave)

Higher IQ puns, or just cringeworthy.

You feel stuck with your debt if you can't budge it

STARS ALIGNING

By Sharon Whitethunder Baldock



I can't believe how fast this summer went by. I have a treatment room that I painted and set up to make it a sanctuary for healing and for the practitioners. I still have some things I want to set up in the treatment room but for now it's comfortable and welcoming. I share it with another person, so we alternate days/weeks.



I also took part in two venues recently and will have a table at "THE WITCHES CRAFT MARKET AND EXPERIENCE" venue on October 28th & 29th. My website has a page called "UPCOMING VENUES" and the information will be on that page. There might be a Samhain "Witches Experience" market and I will keep you posted if there is.

When we pay for tables at a venue we never know how well we will do. What I find is when I listen to my intuition and my guides they always bring me to where I need to be. I do enchantments of manifesting to create my hopes, dreams and desires but the important part of manifesting is not depending on it like a crutch. I continued to do the things and envision what I want to manifest but I am very careful not to place negative emotions with it. I don't get panicked, worry, get frustrated or angry...I just keep moving forward.

So far, I have found someone to share the treatment room with, gone to at least one venue where I had great success, my clientele has been building and I have been busy creating new Enchanted Crafts that have sold very quickly. Sometimes I don't get a chance to put them on my website. Clients have been booking appointments and my schedule is filling up.

When I started letting go of the way I think things should be and started asking what direction I need to go, things began to fall into place. I no longer teach Reiki or do treatments unless someone specifically asks. I have been learning about Norse Shamanism as a Siedr (Seer/Healer), Rune Symbols, and Bind runes. I offer Shamanic Healing that works with Norse Shamanism, Munay Ki Ceremonies, sound healing and Asian methods. You can read more about them on my website.

Hypnotherapy or Hypnojourneying is another amazing service, and it has made some significant changes in the lives of my clients, including my own. Hypnosis works on the subconscious or "superconscious" mind. This has nothing to do with "stage hypnosis" and you do not reveal secrets that you do not want known. I have worked with people who have said "they can't be hypnotized" and this has more to do with trust and finding the right practitioner than anything.

Hypnosis is a state of mind where you are almost falling asleep yet perfectly aware of what's happening. Once you're in that "mind state" the conscious is relaxed so we can create a different story in your subconscious. My intention is that you always feel safe, comfortable, and that you know you are always in control. What hypnosis does is help create a different story compared to the story that the subconscious had held onto for days, weeks, months, years, all the way back to your birth. Sometimes we do regression or past life regression to address issues that have been inherited. Hypnosis works on PTSD, anxiety, behavioral issues, sleep, inner child, self-talk and so much more.

Hypnojourneying helps people to work with the superconscious. We work on a spiritual level together where we enter into upper, middle, or lower worlds. It is a state of "dreaming" where we journey to different realms, astral travel, or dimensional travel. The purpose of Hypnojourneying is to allow your own innate ability to search, discover and apply what you find in your life on this plane. We don't always get the answer that we want...but we get the answer or information we need for the time we are in this state. Sometimes we bring back fragmented pieces that we lost in this life....or in a past life. Sometimes we find where we truly originated from and the family we have on a different level of super consciousness.

Another service I offer under Hypnojourneying is "Animal Messages." It is similar in description of Hypnojourneying only we search for and discern animal messages in the dream state or from personal encounters.

The Stars align for everything we seek or desire as long as we continue to move forward. We create our life by the thoughts we think and the feelings we feel. The important thing is not to judge or criticize who you are or what you are. Everything we experience is to help us to learn to be gentle with ourselves, do self-care and to honor who we are.

If you are interested in hypnosis or Hypnojourneying you can email me or schedule a free 20-minute consultation. Emails are also considered consultation, and you can inquire about things there.

Come visit me at the upcoming venue "THE WITCHES CRAFT MARKET & EXPERIENCE.

Contact info

Email: whitethunder000@yahoo.ca (zero's)

phone: 639 480 8802

Website:

Sharonwhitethunderhypnotherapy.com



Did You Know...?



From 365 Zen daily readings by Jean Smith

Have we wasted our hours and our days? Are we wasting our lives? These are important questions. Practicing Buddhism is to be alive in each moment.

-Thich Nhat Hanh, *Being Peace*

From Llewellyn's Witches' Calendar 2022



November:

With November comes a real sense of completion and endings as the darkness creeps across the sky and into our bones. It's important to remember during this seemingly barren season that a period of repose is a necessary part of germination and growth. Rest is essential for new creative ideas to stir to life. This is reflected in the way that trees, grass, and most plants go dormant for the winter in preparation for the coming flourish of spring. During November, your mind and spirit may enter an introspective phase that allows new ideas and realizations to shift and take shape in the depths of your psyche. As you settle in for the winter months, try to use this fallow time to consider what it is you have learned over the past year, what you've harvested in your life, and what you wish to manifest in the future.

Growth in the Darkness Spell

This spell uses seeds from your jack-o-lantern to name and put into motion that which you wish to bring to fruition in your life by next November.

You will need:

- 10 dried seeds from a jack-o-lantern (seeds from a squash or other winter vegetable are also fine)
- Paper and pen
- Dark green chime candle in a holder

Draw a large circle on the paper. Think of ten things you wish to manifest in your life by this time next year and write them down within the circle. These goals can be absolutely anything, large or small, so long as they're within the realm of possibility. Some suggestions are becoming debt free, creating a peaceful home, finding a relationship, focusing on your health, or getting a raise. Light the candle and place it in the center of the circle.

Pick up a seed and state your wish out loud. Visualize the seed surrounded by a deep, fertile green aura glowing with potential. Place the seed near the candle within the circle you drew. Repeat this with the other seeds, stating a desire for each, and forming a circle of seeds around the candle. While the candle continues to burn, visualize yourself achieving each of the ten goals by the time a year has passed. Allow the candle to burn itself out.

Remove the candle remains and holder from the paper. Fold the paper securely around the seeds and hide this package somewhere safe. Think of the seeds as gaining power in restfulness, just like the seeds outdoors that are sleeping under the snow in frozen earth.

In the spring, retrieve the seeds and plant them in the ground or in pots. As they grow, come to fruition, and die again over the course of the next year, review your list. How many of your dreams did you manage to manifest?

-Kate Freuler

HOW TO DESECRATE XMAS A DAEMONIC YULETIDE TRADITION By Gail Fulkerson

It won't be long before the insufferable kiddies begin running around the house, yelling and screaming, all hopped up on sugar and soft drinks, waiting impatiently for Xmas Eve to arrive. It's the ultimate kid's holiday, the run-up to the BIG DAY, when Santa Claus slides down chimneys around the world to deliver presents to all the children who were 'nice' during the past year, and 'naughty' children receive lumps of coal in their stockings. Kind of a strange tradition, but who cares, we're going to ruin it — we shall desecrate the whole shebang!

Here's what to do:

1. On Xmas Eve, start a roaring fire in the fireplace, so that if the man in red tries to gain entry by way of the chimney, he will wish fervently that he knew how to use the front door.
2. The 'cookies for Santa' that you lovingly put on a plate and placed near the Xmas tree, must be heavily laced with arsenic. For added insurance, make sure to put some arsenic and a healthy dose of bleach into the old bugger's glass of milk, too. (If you have pets, make sure they cannot reach and consume any of the 'treats' meant for Santa.)
3. Cause a fatal accident on the rooftop by watering the shingles until there's a thick layer of ice on them. No reindeer can keep their footing on a sloped roof coated with sheer ice and no sleigh laden with tons of gifts has a chance of staying upright.
4. Pray for lots of snow to cover the carnage that will ensue on your front and back yards. Failing that, ensure you have a lot of white sheets to cover all the dead reindeer, so as not to cause a fuss from the neighborhood kids when they discover Santa's reindeer — including Rudolph — have all died on your property. You and your family will become pariahs in the community, but who gives a shit, eh?
5. When the kids begin to ask where Santa Claus is, instead of telling them the truth, promise to bring them a pony or to bring their dead grandparents back to life in time for them to sit at the table for Christmas dinner next year.
6. Lastly, before you take your seat at the table, make sure to eat as much candy and drink as much soda as your guts will hold, so that it feels as though your innards might burst; if you can, hold it in until the turkey is on the table. That is your cue to stand up as though you're going to say a prayer, but vomit all over the food-laden

table instead. (Your vomiting may induce others to follow suit, and that would be a bonus.)

7. There you have it. Another Xmas ruined, courtesy of the Daemon family.

You are welcome.

Funnies

Stealing someone's coffee is called "mugging."

Reflections from the Shaman's Hut

By Trent Deerhorn

Ponderings from the Path



I am one who enjoys going for walks in the morning...at least when the weather is nice. Once it is raining or snowing or just darn cold, then I hop on board the elliptical and enjoy a "walk" that way. But my favorite is to walk through parks and such before work each day. Actually, my favorite is to walk through the woods, but I don't always have time to get out of the city for that, so I settle for the parks.

Now, as I am walking it is usually around the time that people are headed to work and to school and so on. But there are also others who are simply out for walks as well. I have noticed something that really stands out to me. If I encounter someone who is, say, 35+ years of age, they will usually smile and say, "good morning" and so on, as will I. But people who are younger, say teens to 20's, will keep their eyes either to the ground or look past me as they pass by, not acknowledging my presence whatsoever. Even if I smile and say, "good morning," they will simply ignore that and keep walking.

Have we really taught them such "stranger danger" mentality that all courtesy has gone out the window? Is it more important to be "cool" and not respond than it is to be pleasant? Are they so insecure in themselves that they think that simply saying something as easy as "good morning" or even just "morning" (not all mornings are good) is such an emotional effort that takes such a toll of them that they just cannot manage? Please do not misunderstand me. I do not think that ANYONE is obliged to acknowledge my presence. I am not that egocentric. However, when they do not acknowledge myself or anyone else, as I have observed, then there is a real problem developing.

I do get it when it comes to young women. Women have been targets of violence for far too long and I do have a LOT to say regarding that, so I won't go on a rant about it at this time. Suffice it to say, I get it that they may not feel comfortable with smiling or responding to some male stranger walking on a path in the park. Totally get it. BUT, I have also found that, on the very rare occasions that a young person does deem it to be appropriate to be pleasant, IT IS USUALLY THE FEMALES AND NOT THE MALES.

Having said all of this, I must also mention that something else I have noticed is that people tune out nature while they are walking. Yes, I like to listen to music in my earbuds while I walk because it helps me to keep a good pace. But I also have the sound turned way down so that I can still hear the birds, traffic, voices and so on. What is disturbing is that as some young folks walk past, I can hear THEIR music in their earbuds! Do they not realize that by 30 they will be deaf?? Holy crap! Talk about tuning out the world around you!



I think that this sort of thing is going to have long lasting negative ripple effects in society. How are they going to even maintain a relationship if the go-to is to tune everything and everyone out? How are they going to be able to respond to the world around them if they are oblivious of what is happening around them?

This sort of thing scares me. There was a time that we were raised to be responsible. That is the ability to respond. But if we are tuned out, then how are we able to respond? As I get older, I have begun to worry about the generation that may reasonably be put in charge of my personal care in some nursing home way down the road. If they treat me like this NOW, then how are they going to treat me then? Will I die from malnourishment and neglect because some young idiot didn't deem it their job to care for me when that is what they are being paid to fricken do? And how are they going to even care for their own offspring if they are tuned out in front of a video game or listening to music blasting in their earbuds?

These are the things that I ponder while on the walking path. I have come to the conclusion so far that the world is going to hell in a handbasket, and I challenge anyone who disagrees to prove it. In the meantime, I hope that my demise is fast and painless, because if I have to rely upon any of these kids to take care of rolling me over so I don't get bed sores, I am screwed.

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

Thought for the Day

Everyone and everything around you is your teacher.

-Ken Keyes Jr. *Handbook to Higher Consciousness*

According to the Farmer's Almanac 2022:



Hats Off!

Like its namesake, the turban squash looks like a headdress. This unique heirloom thrives in well-draining soil and full sun when planted in hills 6 feet apart. Its sprawling vines can run to 8 to 10 feet in length and produce an abundance of fruit with a hard, woody rind. Harvest when the leaves die back, before the first frost. To cook, scoop out the seeds and cut off the skin. Try roasting with olive oil and a pinch of salt or boiled and pureed into a soup. A turban squash also looks good as a centerpiece for the dinner table.

November 6th: Daylight Saving Time ends at 2:00 am.

Before the ground freezes, run a tiller through the vegetable garden to expose overwintering insects to freezing temperatures.

November 8th: Full Beaver Moon

Onion skins very thin,

Mild winter coming in.

Onion skins thick and tough,

Coming winter cold and rough.



November 11th: Veterans Day/Remembrance Day (Canada)

Gardens can help our physical, mental, and spiritual well-being. Consider starting a healing garden for veterans in your community.



November 23rd: New Moon

A dream of flower gardens foretells great joy.



Inspirational Quotes by Alan Chazen

The more you give of yourself to others, without wanting anything back in return, the more popular you will be. The secret is to genuinely want nothing in return, not even a thank you.

Ask the Shaman: With Trent Deerhorn



Q: Is there any meaning to a person having images of spiders popping up in their mind? Not that there is any fear of them or anything, simply the image pops up frequently.

A: Traditionally, Spider is thought to be the Spirit Animal of Communication. It is said that all alphabets on earth originated from the patterns of the Spider's web. Thus, communication was able to then be written down and recorded. But Spider also hears the vibration on her web when it catches something. So, it is as much about listening and hearing as it is about voicing or writing. Spider is thought to also be the "spinner and weaver" of all of reality through the creating of the Dream Weave. The person having the images of Spider popping up may need to look at what is essentially needing to be communicated and to whom?

Tidbits and Tickles:

The parents were very disappointed in the grades that their son brought home.

"The only consolation I can find in these awful grades, " Lamented the father, "is that I know he never cheated during his exams."

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 enunciated the golden rule, which says to do unto others before they do one to you. He also explained a man doth not live by sweat alone.

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:

Brian Wrote: I thoroughly enjoyed "A House of Her Own" - The ending was so unexpected. I had to think about it for a bit... Awesome!

Janet Wrote: Rod's article on Cutting Cords makes me realize I have a few to cut.

Classified Ads



Vicki Lund

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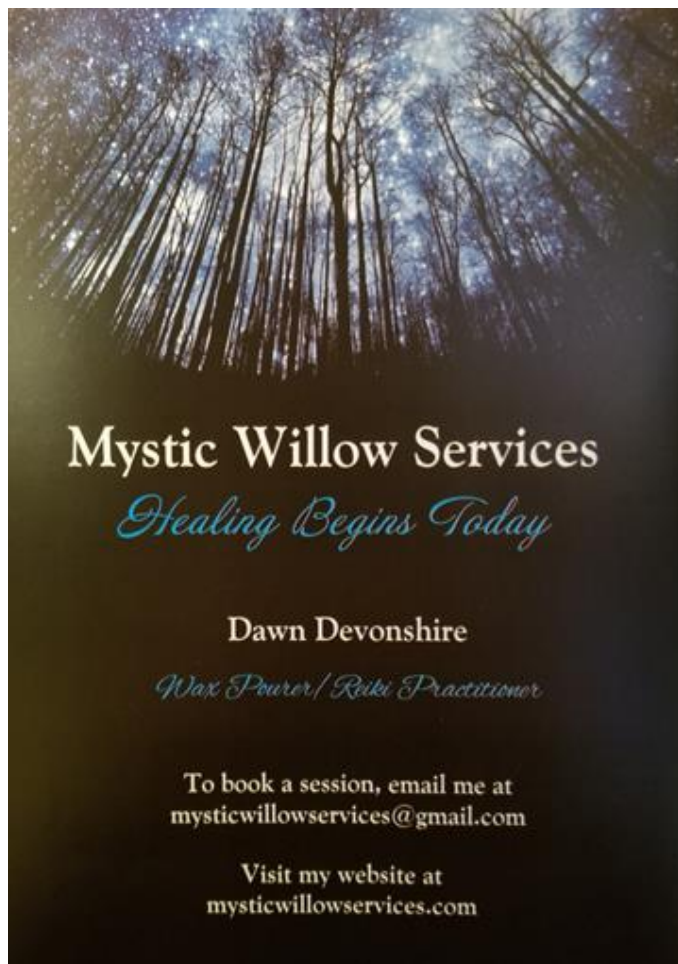
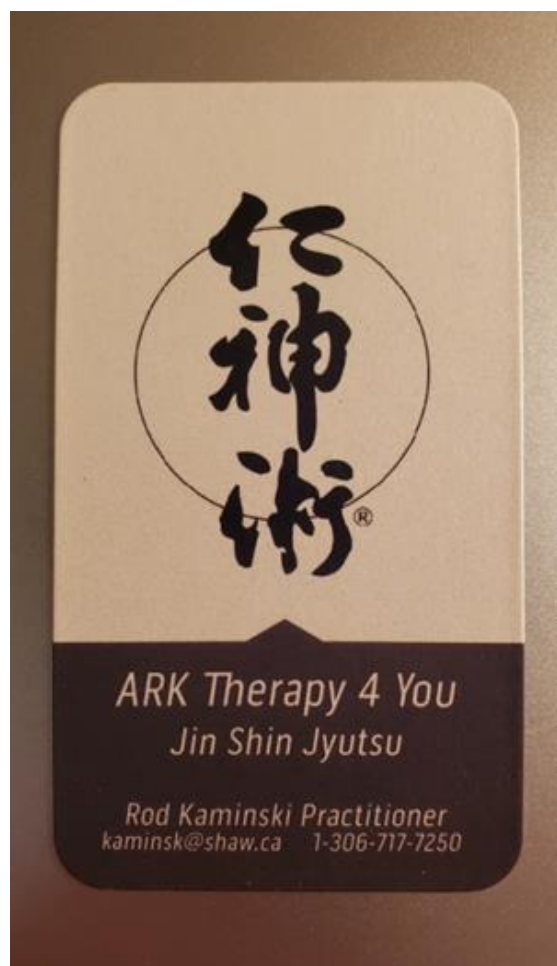
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Video Chat with the SHAMAN!

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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