

Flight: A Living, Breathing Document of Consciousness

Volume 11 Issue 124, December 2022



Articles and excerpts that will inform and inspire!

Letter from the Editor



Winter is definitely here. I am happy that we are at least, for now, experiencing milder temperatures and that the levels of snow so far are not too bad. I am mostly happy that we are not experiencing heat waves, mosquitoes or wood ticks. And the clean air is a delight. My workouts have moved indoors to the elliptical machine instead of power walks through the neighborhood. And my book reading time has increased, so all is good!

Please note that there will be no January 2023 issue, as the deadline date for submissions would then land in the middle of my holidays at the end of the year and I don't like to do anything work related on my vacation time.

Thank you to all of my folks who submit articles and ads and information sharing throughout the year. Each issue is completely enriched by your contributions.

If you would like to be added to the direct mailout list for FLIGHT, drop me a line at deerhorn007@gmail.com and I will make that happen for you. In the meantime, I wish you all a Happy Holiday Season and all the best in 2023!



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

Wednesday, December 7th

Full Moon 11:08 pm

Color of the Day: Brown

Incense of the day: Marjoram

Writing Down the Moon

The full moon is a time of power. It's a great time to do work that manifests energy or requires introspection. One powerful approach to looking within is freewriting, a process that opens the channels between the brain, hand, and paper, allowing access to ideas and memories that otherwise might remain hidden.

For this exercise you will need:

A fluorite or moonstone

A cup of peppermint tea

Paper

Pen or pencil

A location from which you can see the full moon

A few minutes before the moon is full tonight, sit down. Raise your stone to the moon and feel the rising energies. Sip the tea, heightening your mental clarity.

As the moon becomes full, start writing. Pick a subject, or just write about whatever comes to mind. Write without stopping to edit or make corrections. Don't worry about forming full sentences – just write. Let the lunar energies flow through you and onto the page, and write in whatever direction it takes you, perhaps veering into unknown corners to find once-lost memories and details.

You are inspired, writing down the moon.

Susan Pesznecker

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: January 14th, 2023, at 7:30pm Waning 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>





BEAR

MEET BEAR, HE IS APPROXIMATELY 8 MONTHS OLD AND A BORDER COLLIE-AKBASH MIX. HE IS A BIG BOY BUT SUCH A GENTLE BOY. HE LOVES DOGS, CATS, SHEEP, HORSES AND PEOPLE. BEAR IS LOOKING FOR A FAMILY THAT CAN GIVE LOTS OF LOVE AND SPACE TO PLAY. HE IS NEUTERED, MICROCHIPPED AND FULLY VACCINATED.



THE WANAR CHRISTMAS ADOPTION & BAKE SALE IS COMING! DECEMBER 3 WE WILL BE HAVING OUR CHRISTMAS EVENT AND BAKE SALE FROM 11AM-3PM AT ENS TOYOTA. WE WILL HAVE SOME AMAZING RESCUES AND TREATS, JUST IN TIME FOR THE FESTIVE SEASON! COME DOWN, SEE SOME PUPPIES, FIND THE PERFECT FAMILY MEMBER AND GET YOUR BAKING DONE IN ONE STOP.

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.



PEPPER

PEPPER IS A BEAUTIFUL 4 MONTH OLD FEMALE AND IS FULL OF ENERGY. SHE IS A TABBY WITH PEPPER COLOURING AND BENGAL SPOTS ON HER TUMMY. SHE LOVES LONG BACK PETS AND EAR SCRATCHES. SHE DOESN'T HAVE A MEAN BONE IN HER BODY BUT CAN REACT OUT OF FEAR TO GET AWAY.



I'VE JUST STARTED PICKING HER UP FOR SHORT PERIODS AND SHE'S DOING SO WELL WITH THIS. PEPPER LOVES HER TUBE TREATS, PLAYING WITH HER MOM AND CHASING HER FAVOURITE TOY MOUSE. HER JOY IS CHASING BALLS, TOY MICE, LASER LIGHTS, WAND TOYS AND ANY CAT TOY. AN IDEAL HOME WOULD HAVE LOTS OF TOYS AND A FELINE FRIEND TO PLAY WITH OR SOMEONE TO PLAY WITH HER.



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

DATE OF BIRTH:
JULY 10, 2022

Rock Talk

by Ave Riddler



The last stone/crystal I will be writing about for 2022, is one I am **STILL** fixated on and do not have a piece of my own yet. Gemmy or not the pictures I have seen of this mineral always steals my breath.

Wulfenite

This crystal forms in tabular square shaped clusters, colors including shades of yellow, orange, gold, white, green, grey, and brown. It can be found in granular formations as well. This is not a durable mineral with a hardness of only 2.5 - 3, known to be a soft but also brittle.

Wulfenite resonates well with the 3rd chakra, the solar plexus. Activating personal power, and will, helping one to understand what they truly want, and how to achieve their desires.

The crystal can also help provide the energy and motivation required to pursue those goals and desires, while reducing fear and hesitancy. This solar plexus energy can also

be directed towards stimulating and

balancing sexual energy within the body. Wulfenite can be useful in initiating the kundalini flow of energy through the chakra system.



Wulfenite is a good crystal to work with while learning to recognize the existence of negative aspects in the world, and how to not allow those “roadblocks” to stop you from moving forward in your development. This mineral can be used in helping one to progress “in spite of” potential limitations. A stone used to help us learn how to transform the lead that is holding us down, into the golden light of the higher self. The motivating force of this crystal can also be applied to creative efforts, artistic endeavors that require inspiration and persistence including grand and ambitious visions of various art forms - music, painting, poetry, and more. Wulfenite also adds a core of grounding to this focus generating a level of stamina and determination needed to see big projects through to completion. This is a helpful aid for anyone struggling with “writers block” or lack of inspiration.

A stone of transition between the physical to the psychic and astral planes, working with wulfenite during these transitions can result in the shift becoming smoother and quicker. While working within the spiritual world, wulfenite can help one attune to ancient civilizations, and

even forward into potential future civilizations transitioning from the here and now to the time beyond.

Wulfenite can help one to connect with the higher beings, introducing them to our higher selves. It can also facilitate reuniting souls who have past bonds to rediscover each other in their current lives.

This is a mineral that promotes rejuvenation. It has a strong earth connection helping us resonate with the heartbeat of the earth, and the energy of Mother Earth which can be a very healing and rejuvenating experience. The flip side of this is that connection to the earth energy can also open us up to the suffering and dis-ease within our planet. Working with wulfenite while being eco warriors can bring a balance of empathy and responsibility needed to create changes for the betterment of our home.

Wulfenite is a lead-based mineral so please do not try to make elixirs with it!!

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.

Local area network in Australia - the LAN down under

Did You Know...?



From 365 Zen daily readings by Jean Smith

According to an ancient saying, those who have not yet attained enlightenment should study the intent rather than the expression, while those who have attained enlightenment should study the expression rather than the intent.

The intent is the inner meaning of Zen, which is the fundamental that is inherent in everyone. The expression is the varied methodology of the Zen schools. The intent is the root, the expression is the branches. Students first need to find out the inner meaning of Zen, not getting bogged down in expressions.

Muso Kokushi (1275-1351) Dream Conversations on Buddhism and Zen

From Llewellyn's Witches' Calendar 2022



Winter is for sitting still, taking stock, and enjoying the security the harvest brought. As the days grow shorter and the nights longer until the winter solstice, we can take the time to renew our inner strength. Likewise, our magic items could use attention and care, particularly any talismans we've been using to protect ourselves and our homes.

Although talismans, spell pouches, and wards are often treated as cast-it-and-forget-it magic, they can lose potency after a time. A protective talisman can be as simple as a horseshoe or branch of rowan hung over the lintel, a statue set near the door, or a spell bag filled with various apotropaic materia magica. Getting into the habit of attending to your talisman, simple or complex, is good magical hygiene.

Doing so during the last days of the year also gives you the opportunity to check in with your magical goals. Is the task you created the talisman for still necessary? How well did it serve you since you made it? Do you feel more protected with it in place? If the answer to those questions is no, you may want to consider making a new protective talisman. If yes, then giving it a little care and attention will ensure that it continues to look after you and yours.

The Care and Feeding of a Protective Door Talisman

Be aware that while you are recharging your talisman, it won't be protecting you. Cast any protective spell or wards beforehand to keep your home safe until you have returned the talisman to its place.

Start with the talisman's physical needs. Dust it off and clean it. Inspect it for any damage: rust, mold, frayed ties, and so on. These could be physical signs of the harm the talisman has absorbed or deflected.

If the damage cannot be repaired, thank the talisman for its service and dispose of it. Repair any minor damage. As you do so, thank the talisman for the protection it has given you. Consider any elements of the talisman that might need refreshing, such as dried herbs.

Cleanse any negative or harmful energies that have built up around it. Smoke-cleanse with rosemary, sprinkle with Moon water, bury in a container of salt for an hour, set out in the sunlight, or ring a bell so sound-cleanse it. Choose a method that is suitable for the talisman and its components.

If there is a helping spirit tied to or living in the talisman, make offerings (i.e., feed it). An offering of honey, milk, bread, butter, or alcohol is traditional. You can also feed the spirit by sending it a little of your personal energy, singing to it, or burning incense. How you choose to feed the spirit will depend on its nature and your preferences.

Finally, recharge your talisman, either through sunlight or moonlight. Return it to its place, repeating any rituals that you performed when you first installed it. Know that you are once again protected.

Rachel Henderson

Funnies

Do those in Australia call the rest of the world "The Land Up-Over"?

Reflections from the Shaman's Hut

Counsel Culture

By Trent Deerhorn



In the colder months when there are piles of snow and a cold wind and ice on the sidewalks, I prefer to do my workout of walking/running on my elliptical machine as opposed to risking a slip and fall, because at my age I could easily break something like a hip and be hooped for the rest of whatever time I have on this earth. While I am working out, indoors or outdoors, I like to listen to podcasts that are entertaining and informative. One of my favorite podcast hosts is Joe Rogan. Say what you will about him, I know some tried to have him cancelled, but I really appreciate his “no b.s.” approach to things.

In a recent podcast he was interviewing Dr. Phil. Now, I must say that I have never really been a fan of Dr. Phil. It is mostly the accent that I find irritating, more than his approach to things. So, I have not watched more than maybe 3 minutes of his television shows in the total amount of however many years he has been on the TV screen.

After listening to this podcast, however, I have become one who has a great amount of respect for this person. He spoke to the fentanyl crisis in the U.S., and let’s face it there is such a crisis in Canada as well, and about the deteriorating educational system, which we also have, as well as the existence of Cancel Culture.

What really stood out to me was his idea that we have to somehow turn the Cancel Culture into a Counsel Culture. The reason for this is that the Cancel Culture does not want to even discuss anything at all that they find “offensive” and just wants to shut everyone else in the world up. Well, I have long said that SILENCE SOLVES NOTHING. If we see something we need to say something. That is the only way that we correct the direction that something is going.

Counsel Culture would mean bringing back discourse into our messed-up world. It would mean actually sitting down with human beings, looking them in the eye, and discussing whatever the grievances may be. Instead of bashing people online where you can be a lazy-ass armchair warrior, you would have to meet them in person and find a common ground.

This can lead to finding amazing opportunities to solve things together instead of destroying each other’s lives. Nobody in the world needs to be CANCELLED. That is the most irresponsible



thing anyone could ever do to another human being. But everyone in the world can be and needs to be, now and then, COUNSELLED. I encourage you, the reader, to take this to heart and to look into the risk it takes to have those difficult conversations with people of opposing views. That way, perhaps, we can constructively find ways to bring more harmony into the world.

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

Thought for the Day

Peace of mind comes from not wanting to change others, but by simply accepting them as they are. True acceptance is always without demands and expectations.

-Gerald G. Jampolsky Love is Letting Go of Fear

According to the Farmer's Almanac 2022:



Super Survivors

Succulents are often thought of as outdoor plants for warm climates only. However, many hens and chicks can survive and even thrive in cold climates. Varieties such as “Stuffed Olive” or “Perfection” grow in Zones 5 and warmer. Frost tolerant, they are hardy to -20F. As the days get shorter and cooler, they prepare for winter by reducing chlorophyll, thus turning the leaves beautiful shades of purple and blue. To help them survive the colder months, ensure that the soil is fast-draining and spread a layer of grit, gravel, or pumice under the leaves to keep them as dry as possible.

December 7th: National Pearl Harbor Remembrance Day (U.S.A.)/ Full Cold Moon



Avoid trimming ornamental grasses until spring; birds will enjoy the seed heads.

December 18th: Chanukah begins at sundown.



December 21st: Winter Solstice



Turn your face to the Sun and the shadows fall behind you.

-Maori proverb

December 25th: Christmas Day



Fragrant herbs tucked under rugs will scent your rooms for the holidays.

**December 26th: Boxing Day (Canada)/
First Day of Kwanzaa**



If you truly love nature, you will find beauty everywhere

-Vincent van Gogh, Dutch painter (1853-90)

Inspirational Quotes by Alan Chazen

The only people who need to look backwards into their past are those who have no future.

Ask the Shaman: With Trent Deerhorn



Q: My mother-in-law to be wants to have her brother's band play at our wedding dance. I would rather have a DJ and more contemporary music for our guests. My fiancé is not taking a stand on either side of the issue, which is not helping matters. What do I do with something like this? I feel that this is an important day, but also that it is my day, which I have been dreaming about most of my life.

A: Have you considered compromise? This might be an important day for you, and one that you have dreamed of all your life, but it is also a very important day for a lot of others as well, your future husband, your in-laws, your family, your guests and so on. It is not all about just you. And do you really want to set yourself up for a confrontational relationship with his mother from the get-go?

My suggestion is to have the band perform for an hour or so. Then switch out to the DJ. Problem solved. Life is too short for things to get ruined with insignificant issues. Years from now, nobody is going to rave about what great music there was or was not at your wedding dance. So let everyone participate in some way and have everyone be happy.

Tidbits and Tickles:

When a woman called 911 complaining of difficulty breathing, the Fire Department rushed to her home. One of the Paramedic placed a sensor on her finger to measure her pulse and blood oxygen. Then he began to gather her information.

"What's your age?" he asked.

"Fifty-eight," answered the patient, eyeing the beeping device on her finger, "What does that do?"

"It's a lie detector," said the Paramedic with a straight face, "Now, what did you say your age was?"

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.

It was a miricle when Jesus rose from the dead and managed to get the tombstone off the entrance.

Forum

We like your feedback!

Of the previous issue:

Janis Wrote: Really enjoyed Ave's Rock Talk article on Rutile.

Joseph Wrote: Sharon, your space looks lovely!

Angela Wrote: I found the story about how to desecrate Xmas to be disgusting...which is why I enjoyed it.

Bruce Wrote: The Ponderings from the Path article was thoughtful and insightful. I really enjoyed it.

Classified Ads



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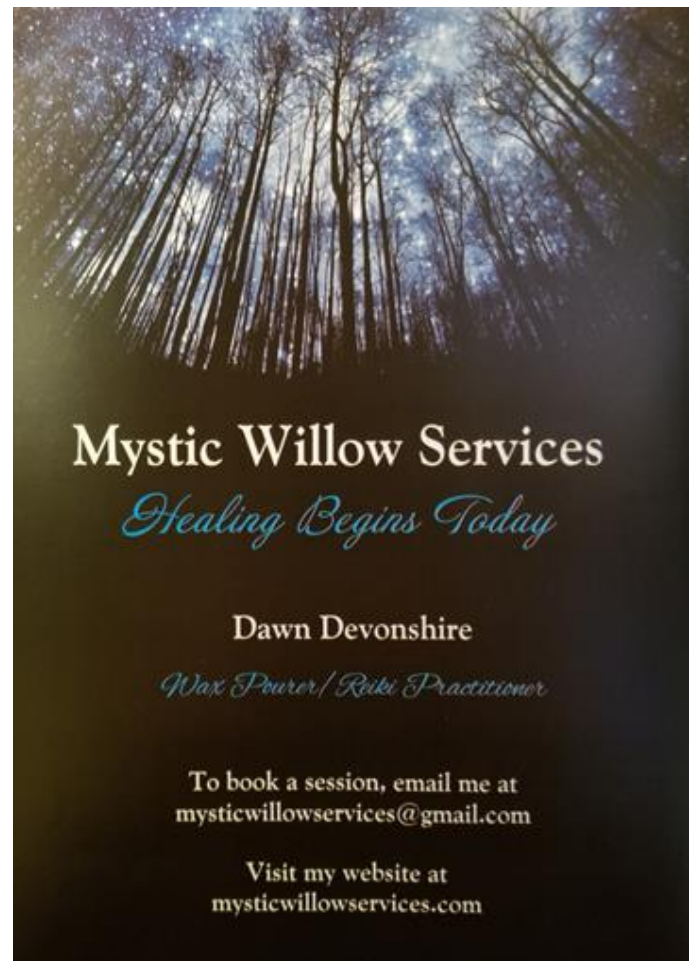
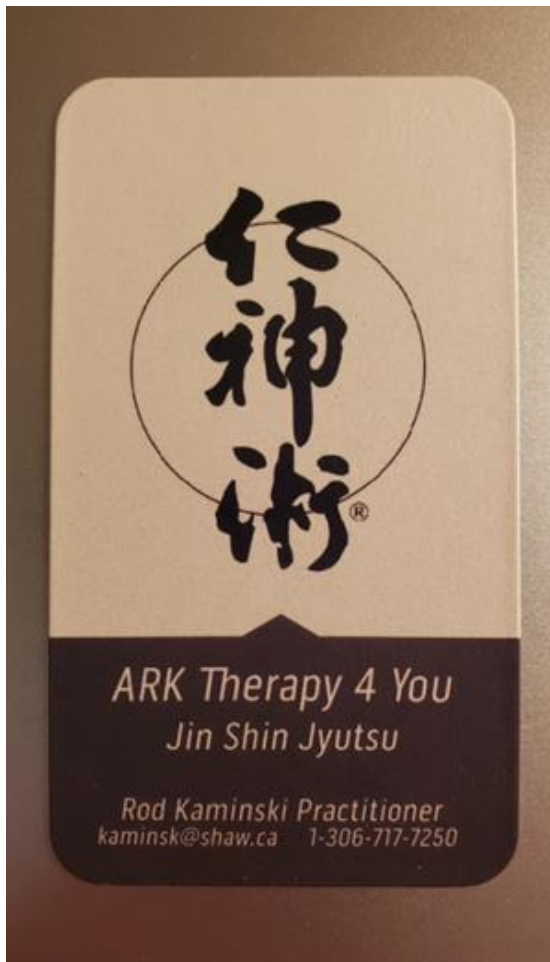
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Video Chat with the SHAMAN!

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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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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