

Flight: A Living, Breathing Document of Consciousness

Volume 12 Issue 125, January 2023



Articles and excerpts that will inform and inspire!

Letter from the Editor



This is Love Month. By that I do not mean exclusively romantic love. I mean that it is a month in which, for centuries, people have acknowledged the fact that love is all around us in many forms. It is still cold outside and somewhat dark, but the light is increasing, and the temperatures are rising. So, we know that there is hope. Even in the ground itself the seeds of life are beginning to stir and will, in spring, bring forth plant life that sustains us...Mother Earth's gift to her children.

My hope is that during Love Month everyone can experience unconditional love, becoming conscious of its presence in surprising ways. And perhaps you will even have a stronger connection to the things you, yourself, love. A love of art, a love of reading, a love of sports, whatever strikes your fancy!

Thank you to all of my wonderful contributors! There is a lot to read in this issue, as many had a lot to share!

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

☆Please note that opinions and views in articles in FLIGHT are not necessarily shared by the editor, Trent Deerhorn, or Deerhorn Shamanic Services.

Enjoy the read!

Trent Deerhorn

Upcoming Events

Moons of 2022

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

Full moon 1:29 pm

Color of the Day: Gold

Incense of the day: Hyacinth

Balancing Lunar and Solar Energies

Today is the full moon! We all know about today's powerful lunar energies for working magic; however, we can work a special bit of balancing magic by bringing in some solar energy. Why don't we have a meditation and a toast to balance?

This evening, after the moon is visible in the sky, pour or brew yourself a drink with solar energy. Try a nice glass of local mead, which is made from honey, or perhaps choose a hot cup or thermos of a decaffeinated tea or your choice with some honey stirred in. Honey has fiery, masculine, solar energies that balance out the moon's watery, feminine, lunar energies.

Raise your drinking vessel in a toast to the full moon. Take a sip of your libation and bask in the moonlight, meditating on the fact we all contain a mix of these solar and lunar energies within us. As you take another sip, visualize yourself balancing these energies as your solar-inspired drink moves down through your body and you bask in the gentle lunar light.

-Blake Octavian Blair

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: February 25th, 2023, at 7:30pm Waxing 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>





HASHTAG

MEET HASHTAG, THIS AMAZING BOY CAME TO US IN LATE 2021 AFTER BEING SEVERELY INJURED BY A MACHETE. WITH THE HELP OF THE AMAZING VETS AT CORMAN PARK VET CLINIC HE MADE A FULL RECOVERY. HE IS VERY PLAYFUL AND ENJOYS BALL AS WELL AS A GOOD ROMP WITH HIS DOG FRIENDS. IT'S TRULY AMAZING TO SEE WHAT A HAPPY AND LOVABLE DOG HE IS CONSIDERING WHAT HE HAS BEEN THROUGH. HASHTAG IS NEUTERED, MICROCHIPPED, FULLY VACCINATED AND READY FOR HIS NEW FAMILY AND FUREVER HOME.



WE ALL NEED A RESCUE (WANAR) IS DEDICATED TO SAVING THE LIVES OF SASKATCHEWAN DOGS. COVID-19 HAS SEVERELY LIMITED FUNDRAISING ABILITIES. WE ARE HOST DIFFERENT 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.



POPPY SEED

POPPY SEED (POPPY) IS APPROXIMATELY 2 YEARS OLD. SHE'S A BEAUTIFUL COATED DARK TABBY. POPPY LOVES TO PLAY WITH HER DAUGHTER PEPPER AND WAND TOYS.

POPPY IS STILL LEARNING TO TRUST HUMANS SO LOUD SUDDEN NOISES MAY STARTLE HER. SHE HAS THE SWEETEST DISPOSITION AND EVEN WHEN SCARED WILL JUST RUN AND HIDE UNTIL SHE REALIZES IT'S FINE AND THEN WILL COME RIGHT BACK TO YOU FOR EAR, NECK AND CHEEK SCRATCHES. THESE REALLY ARE HER GREATEST JOY. ONCE I PUT HER IN MY LAP SHE WILL STAY UNTIL I HAVE TO MOVE. THIS HAS BEEN A HUGE ACCOMPLISHMENT FOR HER.



IF YOU ARE INTERESTED IN ADOPTING POPPY SEED 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 30, 2020



Rock Talk

by Ave Riddler



To start off this new year of rock talk I thought we could explore some OLD minerals...Starting with something that once was part of a tree.

Petrified Wood

This mineral is a form of ancient wood that has been replaced by other minerals as it forms, it does retain the tree like form, but all traces of wood are gradually replaced with agate or quartz most commonly, sometimes chalcedony, seeming to be opalized. The hardness of this mineral is around a 6.5-7. There can be wood grain, rings or even bark like textures left behind while these minerals transform the organic matter of the wood, into the crystalline minerals. The most common colors are shades of browns, and grays, though may have yellows, reds, blacks, and even less commonly blues or violets. Each variation of mineral found in the petrified wood can alter the gifts offered by the mineral so use this article as a guide only.

Working with this stone can help one to recognize and overcome limiting emotions and patterns handed down to us through the generations, what once may have served our ancestors can now be limiting and restrictive of us reaching our more modern goals. We can access the ancient knowledge and learn from it, to understand how to move past outdated possibly destructive patterns while still honoring our roots and ancestors.

Petrified wood can help remove trifling annoyances, by helping one to see which actions to takes to eliminate the situation. It can also help ease worries about minor things of little importance “don’t sweat the small stuff”, which can help one to focus of larger details that may have been lost in the tiny details. Using petrified wood can also help ground and calm, while adding a core of strength to efforts being taken. Mediations with this mineral can assist one in grounding and connecting to the core earth energy.

A good aid for recovering from dis-ease, stress, or crisis; working with petrified wood can offer insight into why the suffering occurred, empowering one to learn how to potentially avoid the causes of past struggles.

This is a stone of transformation often formed in trying environments; the transformation from wood to stone, would have been very gradual and the structure would have been strengthened by the transformation which can be a good lesson for the one working with it. Patience is a key word with petrified wood, the transformation from wood to mineral would have taken a very long time, reminding us that sometimes slow and steady is valuable and worth investing the time and patience to see through. Trust that the results will be worth the time and effort. The gradual strengthening offered while working with petrified wood can be within the self, or

within the body and it is advised to keep a piece of it near at hand while working on improvements promoted by this mineral.

There is a strong link to past life information and working with petrified wood while doing past life meditation can add clarity and better comprehension of those visions and journeys. Like the ancient tree it once was a part of the connection to the past and the root of a situation can be recalled. There is also a connection to the Akashic records found within petrified wood.

Working with petrified wood can help one to connect with Earth energy, and the wisdom within Nature's Kingdom. Eco warriors and earth healers may use petrified wood to help others connect to and understand the ancient wisdom and gifts Earth and Nature offer. It may help one to exit out of the more consumer mindset and enter into a more holistic Earth forward way of being.



Physically petrified wood may help strengthen the back and aid in treatments to bring alignment to the skeletal structures. Using petrified wood as an elixir may help soothe the skin and promote thickness and luster in hair. Working with petrified wood may aid in treatments of the liver, gallbladder, and blood, assisting in the cleansing of these systems.

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.

Every calendar's days are numbered.

HEALING MOTHER WOUNDS

HYPNOTHERAPY

Groups & Individual Sessions

By Sharon Whitethunder Baldock

I know there are good mothers out there. There are also ones that caused deep wounds to their children consciously or unconsciously. Whatever the reason or issue was that a mother wasn't able to be emotionally available, we need to recognize the damage. So, when adults from these difficult and sometimes traumatic times are trying to heal we must be very aware of what will help and what will hurt the healing process.

We must stop hiding or protecting the fact that some of us women need to look at our own toxicity. We need to understand, both male and female, that the words we use can further deepen the trauma of mother wounds. So, let's dispel the traumatizing and constant reply of saying "She did the best she could." Statements like these completely disregard the pain the child, who is now an adult, feels. In fact, this deepens the wounds of shame, guilt, and negative self-image. This deepens repression, continues deep loss within, makes them feel helplessness and adds to the struggles in moving on with life.

Yes, we have a responsibility as adults to heal our trauma's, but this also means before, during and after healing we must acknowledge, validate, and have time to sit with the mother wounds that traumatized people during childhood. Most of all we have to learn what true listening is.

Mother wounds can include surrogate mothers, stepmothers, mother figures, or women who were very influential during our childhood. These traumas are a result of being raised by mother figures who are emotionally unavailable. The child or adult internalizes abandonment, shame and guilt that can filter into every aspect of our life. These traumas and wounds can especially be difficult for those who were adopted.

Mother wounds can also occur before and after conception. During pregnancy we know that when the mother communicates with the baby while in the womb it influences the emotional well-being. We can imagine what might go through the mind of a mother that for whatever reason has to give up her baby, the effects of those difficult emotions can be devastating to the

unborn child. Mother wounds and trauma can block our success, our relationship with ourselves and the people around us.

Hypnosis helps let go of the trauma, change the story of self-defeating thoughts or behaviors, and let go of the emotions that haunt us in our lives. In either group or individual mother wounds hypnosis we will work on abandonment, shame, guilt, fear, anxiety, depression, emotional blocks, and other behavioral challenges that prevent us from living a full, happy and satisfying life. It is important to recognize that depending on the level of trauma you may need other supports while doing this healing work.

In order to change our thoughts and behaviors we have to be willing to do the healing work. Healing work IS work, it means we have to make a conscious effort to change the habits that are not helping us. But I can assure you from my own healing experience life will get better, lighter and more fulfilling.

HYPNOSIS BENEFITS

Coaching & Affirmations

Validation & Acknowledgement

Guided Meditations

Learn Easy Self Care

Coping Methods for Stress & Anxiety

Recorded Group Hypnosis

Hypnosis for Mother Wounds

HEALING MOTHER WOUNDS

HYPNOTHERAPY

6 GROUP SESSIONS 2 hrs ~ \$600.

6 PRIVATE SESSIONS 2 1/2 hrs ~ \$630.

PAYMENT PLAN AVAILABLE

GROUP

First two sessions \$125.

Remaining 4 sessions - \$88.

Payments must be made 48 hours prior to group sessions.

No shows to each scheduled date and time of group sessions will not be refunded.

If you withdraw from the group cancellation fee is \$60.

Missed group sessions will be the full fee of a session.

INDIVIDUAL

First two sessions - \$125.

Remaining 4 sessions \$95

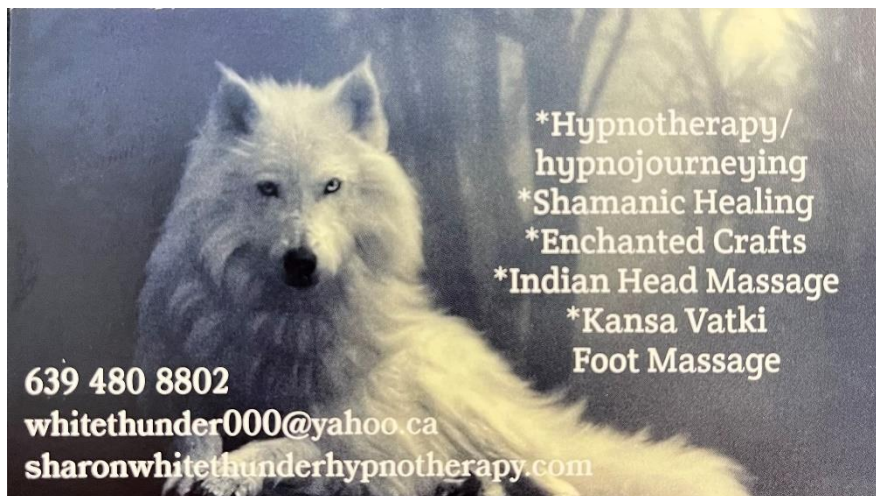
Payments must be made 48 hours prior to scheduled appointment.

Cancellation or rescheduling private appointments less than 24 hours is \$70. for each session

Payments can be made by e-transfer to

whitethunder000@yahoo.ca (zero's)

CONTACT:



Did You Know...?



From 365 Zen daily readings by Jean Smith

A nun who was searching for enlightenment made a statue of Buddha and covered it with gold leaf. Wherever she went she carried this golden Buddha with her.

Years passed and, still carrying her Buddha, the nun came to live in a small temple in the country where there were many Buddhas, each one with its own particular shrine.

The nun wished to burn incense before her golden Buddha. Not liking the idea of the perfume straying to the others, she devised a funnel through which the smoke would ascend only to her statue. This blackened the nose of the golden Buddha, making it especially ugly.

-Paul Reys, *Zen Flesh, Zen Bones*

From Llewellyn's Witches' Calendar 2022



Two Pagan holidays grace this month. The Irish holiday Imbolc on February 2 celebrates Brigid, the goddess of fire, poetry, and crafts. Candles are lit on this day to celebrate the beginning of spring. On February 15, the Romans celebrated Lupercalia, a festival that involved flirting and playful flogging between your people who hoped to marry and have children. Over the centuries, Lupercalia evolved to become Valentine's Day, a much tamer holiday with a focus on romantic love and gifts such as flowers, chocolate, and love poetry.

At first glance, it may seem that February is a strange time to honor these vibrant feelings of fertility, love, and lust. The days are still fairly short, and the weather is cool, if not frosty. However, these seemingly opposite celebrations make sense if you understand that the holidays

honor the hope that is to come in spite of the present circumstances – they affirm warmth despite the cold weather, fertility amid frozen fields, light in the presence of dark, partnership among those who haven't experienced it yet, and jovial natures at a time when many of us experience seasonal affective disorder.

In that light, celebrating love is the perfect theme for this month.

Love Sachet Spell

Whether you're partnered up, looking for love, desiring more self-love, or wanting to refresh a love grown stale, you can use the energies at hand to generate more love in your life. This spell combines inspirations from the February holidays as well as invigorating spices. Together, they create a potent charm for attracting the love you desire. Gather the following items:

Small cinnamon stick, broken up, for attraction and luck.

Spoonful of cloves for awareness and discernment.

Spoonful of chocolate chips for decadence and pleasure.

2 spoonfuls of rose petals for receptivity and love.

Piece of rose quartz for unconditional love.

Cloth bag or piece of cloth and a string.

Combine the first five ingredients in a bowl. Stir them clockwise several times with increasing speed while thinking of the love you desire. Say

I call upon a love anew,

Which feels so light and yet so true.

Despite the cold and dark outside

My love will find me, warm and bright.

Add a sentence or two about your desires. Gently strike the side of the bowl with the spoon to make a resonant sound. Envision your spell spreading far and wide. Transfer the materials into the cloth bag and tie three knots while saying,

Contained herein, my spell attracts

Only that which is my match.

Inhale the aroma of the bag and place it close to your heart for a few minutes. Over the next few weeks, secretly carry it with you and do activities that help you feel the love you desire. This could include reading poetry, lighting candles, eating chocolate, taking luxurious baths, buying books, flirting, dancing, eating good food, and drinking unique beverages. To refresh the magic, inhale the air and recall your intentions.

-Astrea Taylor



The Christian Witch

by Brian Bogdan

Can you be a Christian witch? In my opinion, yes and no. I believe you can be a Christian witch, but not a Christian Wiccan. And yet that is what I consider myself to be... How can I justify that?

Christians believe in one God and is a monotheistic religion as a Christian must believe in the one God, whereas Wicca is a polytheistic religion, whose practitioners believe in both a Goddess and God, among which there are many to choose from.

I'm kind of in an in between area. My pantheon consists of a Goddess and God, and also the One. Goddess Isis, God Ra, who both together are combined for the One. And in my mind these two make up the One – and I equate that to the same as the Christian God.

To remain a Christian, one must believe in one all-powerful God. The Goddess and God are the two that I invoke when casting a circle. But I also believe that the One or the All are with me anytime I invoke my deities. This is the one area where I am in conflict. My Christian upbringing tells me I am breaking a Commandment – “Thou shalt not have any other Gods before me.” The way I rationalize this with my Wiccan spiritual practice is that my Goddess and God combined together are 2 halves of a whole, God.

Am I guilty of changing my ritual just so I can put my heart and mind at rest that I still believe in the Christian God, while appealing to my two deities, during my Wiccan practices? I don't know. But I can say that it works for me. I am at peace with “my version” of Wicca.

During my rituals, I invoke Isis and Ra at the beginning of my circle, then a bit later I invoke the One to watch over me while in my Circle. I include the One in most spells, when I need an extra “punch” for a really important spell requiring the combined power of both of my deities.

I consider myself to actually be a Catholic Wiccan. This was a recent change in my ethos. I started in Wicca as an Eclectic Egyptian Wiccan, but recently I came ‘back to the fold’. This caused a rift between Catholic and Wiccan values. I go to church every week as well as performing Wiccan rituals regularly. I do not hide my Pentacle while I'm at church and when the priest gives me a blessing, it's there (outside my t-shirt), for him and the world to see.

I am proud to be a Wiccan. I am proud to be a Catholic Christian and I am at peace in combining the two together. So, I give due diligence to my Goddess Isis, my God, Ra and God – the One.

This may be controversial – but I am at peace with that. Also, I know that the dogma of the Catholic Church would frown upon my choices. That has not come up as of yet. We will cross that bridge when I come to it.

Blessed Be.



A TASTY DAEMONIC JOB FAIR

By Gail Fulkerson

Frank was bored. Half-heartedly looking for something to do to get him out of the house, he came across an ad in the paper. A national food delivery service was looking to hire delivery drivers. He dialed the number and listened to someone telling him to attend a group interview that was taking place the next day.

He arrived at the address, a hotel on the outskirts of the city, and entered a large banquet room. There were chairs arranged in a half-moon facing a desk and chair. Frank was the first one there and had the pick of any seat. The first to arrive, Frank chose the last chair on the end of the final row nearest the door in case he wanted to duck out early.

As people trickled in, slowly filling up the chairs, Frank wondered whether all of them were human. Some looked pretty sketchy, with their thinly cloaked red eyes peering out from under large hat brims, and unmanicured daemonic talons at the ends of freakishly long fingers.

Before long, a 'person' walked up to the desk and sat down in the chair. (As the 'man' made his way to the front of the room, Frank noticed that his feet were too big for the shoes he was wearing, his belt was cinched tightly around his waist rather than threaded through the belt loops, and his suit jacket was so undersized that it would have fitted nicely on a much smaller male frame.) From this vantage point, he stared out at the group of assembled job seekers. A grimace broke across his face. Frank couldn't help suspecting the smile was an effort, the best smile he could muster, in an unfamiliar human form. Frank sat up to pay close attention as the 'person' began to speak.

"Hello everyone and thank you for coming. My name is Listerine, and I am your presenter. Please place your completed application forms on the desk, and once you are all seated, I will begin." The sound of his voice, deep and sonorous, filled the room. Frank had heard that voice before but could not recall where.

More than a few humans in the room had also heard the voice before, in nightmares that invariably involved them either being severely brutalized or dismembered in a deeply shadowed dungeon, as discordant drums sounded in the distance. They remembered the torturer's voice sounding exactly like tonight's presenter, but in the nightmares, he was chanting in the same deeply disturbing tones, exhorting death and eventual reaping of the victim's soul. Horrified looks spread across their faces as they stood up, grabbed their belongings, and fled.

About half an hour into the presentation, Frank noticed that the room was becoming quite warm and somewhat smoky. Looking around for a heat source, he spied a daemon skulking around the periphery of the room, wielding a fiery torch. The skulker set the drapes, tablecloths, napkins, and other flammable items afire. A furtive glance seemed to confirm that Frank was the only job applicant who could see the daemon with the torch. Perhaps the presenter could also see the arsonist, since he'd been tracking him with his glowing red eyes from the moment he'd entered the room. Frank was surprised that he hadn't noticed the eyes earlier, but then reminded himself that there was a lot going on and he couldn't be faulted for overlooking something.

People were coughing and choking, their eyes watered, yet no one got up to leave. (Daemons are adept at concealing truth and reality from humans, making them think they are seeing one thing, like a banquet room with tables covered in crisp linen tablecloths and chairs, but in reality, the room is burning down around them, and they are also catching fire.) It was too late for them, and they died where they sat.

Frank looked around the room again and noticed that the remaining people were all dead. He looked at the presenter, who was morphing into his true form, a hideous, leather-faced skin walker. The presenter locked his unblinking, yellow reptilian eyes with Frank and telepathically told him that as soon as the last human in the room was dead, it would be mealtime. He advised Frank to sharpen his teeth and talons in preparation, because it was 'gonna be a bloody free-for-all feast' and he was sure Frank didn't want to miss out. As the conversation ended, Frank could see hungry, drooling daemons flooding into the banquet room. They had followed the intoxicating scent that emanated from the room — the aroma of dead and dying humans. Mouthwatering 'meals' sat slumped in chairs and crumpled on the floor in tasty heaps.

Frank had earlier spied an obese man in the crowd and headed towards him, a rumble of daemoniac joy and hunger vibrating in his chest. He *loved* the silky, buttery-ness of human fat as it hit his tongue and melted. Liquid rivulets of it sneaked over his lips and down his bristly chin. This prize of his would not be shared with anyone and no one daemon would rob him of it. As he approached the man, Frank noticed that his 'meal' was still struggling to breathe. Although he liked it when his victuals put up a fight, Frank was too ravenous at this juncture to prolong his meal's protracted suffering, so he dug in, tearing great slabs of fat and meat off the man's bones as he gorged.

It was far and away the best 'bloody free-for-all feast' that Frank had attended in recent memory. His stomach was uncomfortably distended from all the flesh and fat he had eaten and the gallons of blood he'd drunk. He used a crisp linen tablecloth to wipe the meal's remnants from his face, belching and farting as he did so.

He cast his eyes around the room, looking upon all the carnage that lay before him, searching for Listerine. He saw him hunched over an old woman, gorging himself on her innards. No daemon likes to be interrupted during a meal, so Frank politely waited until Listerine was finished.

"I was looking for a job and thought that meal delivery would be a good fit. There is no job on offer today, though, is there. This was a ruse to bring humans together in a large group so we could kill and eat them. Ingenious, my dear Listerine! Is there another 'job fair' being planned? I'd love to attend." Frank practically drooled on the host in his excitement. "I'm Frank, by the way."

"Nice to meet you, Frank. As a matter of fact, there's another meeting planned next week for prospective 'employees' for a national pizza chain. I'd love to see you there. We're having it here again. Same day, same time, same room. You in?"

"I wouldn't miss it," Frank responded, as he covered his mouth to stop the entrails he'd eaten from escaping. As it was, some of the blood from his meal was trickling down his chin and he didn't have a tissue. Never mind, he told himself, I've gone out on the street looking worse. Frank's long tongue snaked out of his mouth and licked his bloody chin clean.

Very little remained from that evening's attendees. Daemons were sloppy when they ate, but they made sure to eat everything that was put in front of them. None of the guilt-inducing admonishments the parents of human children would recite, such as 'there are starving children in India who would be happy to eat what's on your plate.' Daemons learned a hard lesson at their familial dinner tables: Eat what's put in front of you or starve. Frank's family had an additional rule: Go for brains and organ meats before anything else; otherwise, you may end up malnourished and become fodder yourself. There isn't much nutrition in intestines, and if you don't clean them well, they taste crappy, no matter how much ketchup you use.

As he made his way home, Frank had been wracking his brain. Where had he heard the presenter's distinctive voice? He was about to unlock his front door when it hit him: Listerine reminded him of his Auntie Pearl. She smoked, drank, and swore like a daemonic sailor. She ate heartily, belching and farting with the best of them, and didn't throw up or gain an ounce. Her face was about as attractive as a chewed boot. Many a daemon chased after her as though she were the rarest beauty in all of Daemondom. Frank couldn't see the attraction.

One last sip of "Bloody Mary" before I turn in, Frank thought. (Bloody Mary was the latest corpse he'd 'found' at the local cemetery/daemonic grocery store.)

Frank turned out the lights and snuggled under the blankets on his bed, hoping to sleep like the damned. I wonder where Auntie Pearl is, he thought, as he rolled over and closed his eyes.

The Gift of Your Heart & Spiritual Body

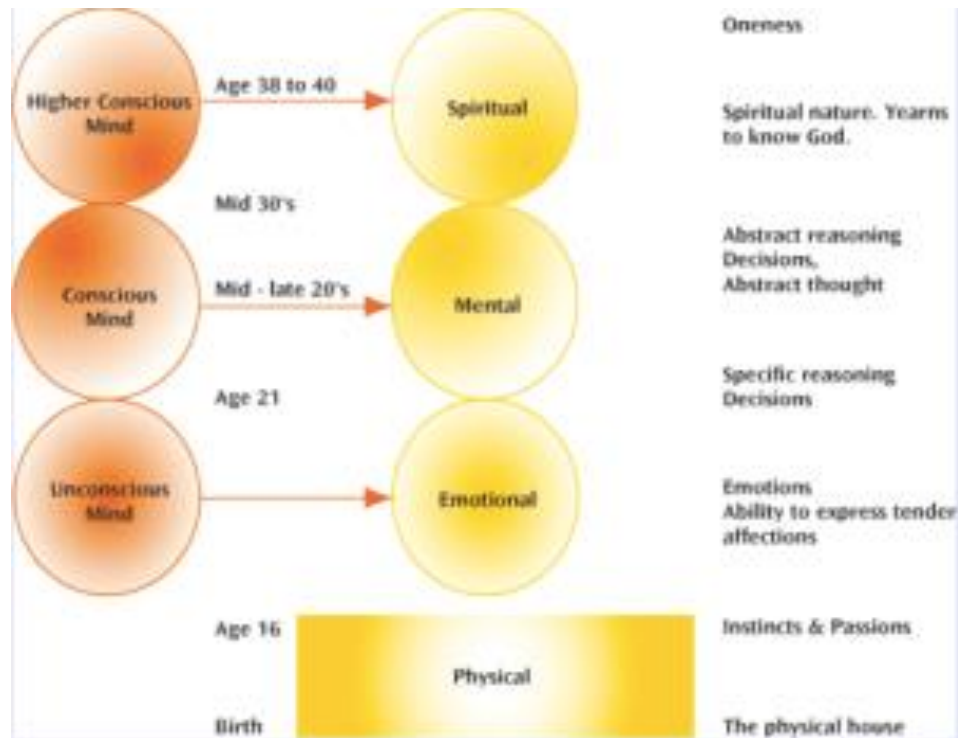
By Beata Van Berkom

This world, 3D Earth, has been run by the Demonic Global Adversary for more than the last 6000 years. Over time a false understanding of where we are, who we are and what we can do has been curated for us.

Humans are taught lies. Humans are not allowed to self-reference and know they are spiritual technology. In fact, we are a mystical divine creation, we are much more than our physical body. We are interdimensional consciousness.

Humans embody four 'bodies', the physical, emotional, mental, spiritual.

Apart from the physical body, humans have three etheric body garments, also called subtle bodies, energy bodies etc.



These garment bodies are Our Royal Robes worn over our physical body. We process our concepts or environmental data through this same system.

Emotional Robes, Mental Robes and Spiritual Robes.

Information path through the Chakras



- Crown Release
- Brow Insight
- Throat Response
- Heart 2nd Feeling
- Solar Plexus Opinion
- Belly Feeling
- Root Concept

The first 4 Chambers (chakras) are associated with a body garment and a concept process.

Concept - Root Chamber - Physical body

1st Feeling - Belly Chamber – Emotional body

Opinion - Solar Plexus Chamber – Mental body

2nd Feeling - Heart Chamber – Spiritual body

The highest functioning spiritual body is associated with the masculine/yang upper chambers. The yin lower chambers are physical root, emotional belly, mental solar plexus.

The spiritual body encompasses the 3 upper chambers. Here the structuring action and creativity of yang come to fruition. In speech (response ability), in insight and the release of processed conceptual wisdom from the crown of the head. Our fully processed concepts are now re-rooted as new conceptual wisdom for others to pick up on. The toroidal action of our auric system is complete.

The last 3 chambers reside in the spiritual body.

Response – Throat Chamber – Spiritual body

Insight – 3rd Eye - Spiritual body

Release - Crown - Spiritual body

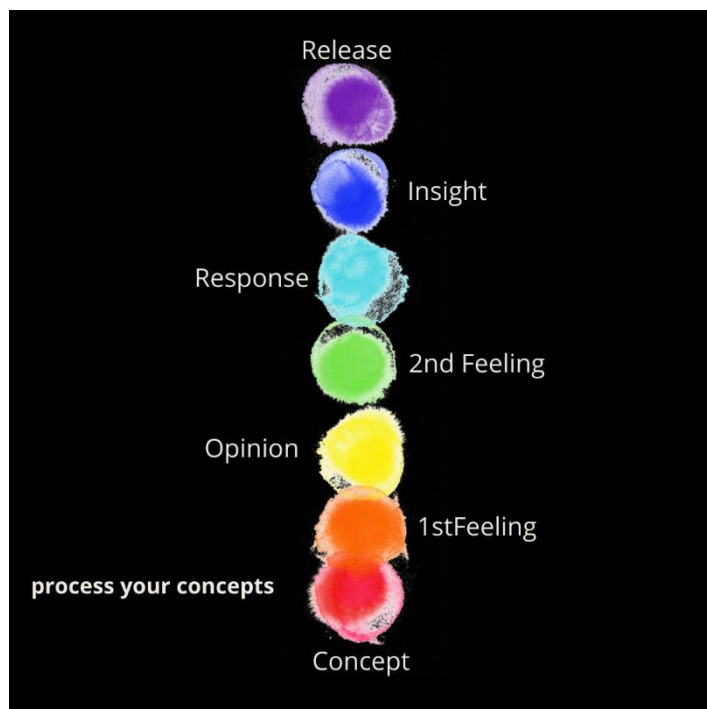
The frequency of Jesus (and all masters) is The Heart.

Our Hearts are the meeting place of our yin/yang aspects. The vessel of our inner alchemy. The place of forgiveness and blessing. If we employ the virtues of the heart we can navigate the waters of life with love.

The Spiritual Body Garment and Heart Chamber are the most important. That is why society does not encourage you develop spiritually.

Our Spiritual Body Garment and Heart Chamber are Our Armor of God. They are our protection from the constant and pure deception of the enemy, the Global Adversary, Satan, Cabal, Devil, Illuminati, WEF, UN Agenda 2030.... etc. The Anti-Human Agendas.

Just as Magellan's ships were not seen by the Fuegians until the Shaman explained the concept to them, humans needed the concept of our spiritual body, of our spiritual equality, to be brought down. To root the concept for all to choose to pick up on. This Christed example and 'good news' gave humans a chance to develop and know their spiritual worth. To choose to live in their spiritual body, coming to the upper chambers.



By God sending his son Jesus to live as a human being, his perfection and compassion anchored a frequency of Christ consciousness. The concept of spiritual equality and self-worth. Christ re-rooted new conceptual wisdom for us to pick up on.

Concepts that were not on the Earth before masters like Jesus brought them, processed them fully, re-rooting new conceptual wisdom for us to have access to. Humans now had access to these concepts of heart virtues and spiritual equality.

This frequency allowed other humans to awaken, discover and resonate with

their spiritual body and feel the healing worthy love of God. To know self-worth as a child of God the Father. "You will do as me and more". Jesus told the people.

Now the people had a true chance to break free from the lies and deception of the enemy who manipulated and controls their lower Yin (Eve) chambers.

Before the humans had no access to their spiritual nature. Now they can live in the Kingdom of God, know spiritual equality, experience compassion, forgiveness, healing and health through the love of God.

Not only have we been traumatized and forgotten, but the corrupt religious institutions have also stolen the truth of our etheric spiritual function and formulated it into rituals and rites. Mere outer allegory for our powerful spiritual potential and the divine mystical processes of being human. Example the Confessional is an allegory for the human heart alchemical process. The confession or inner romance where yin meets yang.

The glory of our worth is also sullied with focus on a born sinner narrative. We were limited and so deceived and vulnerable to manipulation by the enemy because we only had access to our lower chambers. The corruptible bodies. Physical, emotional and mental.

Jikiden Reiki
Chakra Balancing
Solfeggio Tuning Forks

Tinfoil Therapies
tinfoilhatlady.com
Tinfoilhatlady@gmail.com
306 291-4706

Only you can make you happy.

The blood of Christ was spilled as a sacrifice for the frequency code that would stimulate humanities spiritual body. Never before was this available until masters like Christ walked in human form and released the processed conceptual information for us to pick up on. We are lifted by this gift and are grateful for the sacrifice.

The enemy was allowed to sacrifice Gods son Jesus and spill his blood in a luciferin ritual. In exchange it would give the human souls a chance against the enemy. Now there was the option of humans activating and inhabiting their spiritual body, becoming able to be less controlled by the enemy.

The enemy took the deal out of arrogance, overestimating his ability to keep controlling deceiving and lying to people. The enemy tempted Jesus in the desert, promising him all manner of treasure and power, however he could not corrupt Gods son.

In our society, we are kept in a lower frequency that is not healthy for us. This is intentional. Corrupt institutions have usurped our true mystical human spiritual story. This corruption has been ongoing for eons but now we can see it, we can reconsider who we are as humans of Earth. Time to reconsider where we are, what we can do, and who we will serve.

The Light of Love, divine information or the dark lords of ignorance, enslavement and fear.



Beata Van Berkom aka Tinfoil Hat Lady

tinfoilhatlady@gmail.com

Beata is a Jikiden Reiki Practitioner, youtuber, writer and performer from Saskatoon SK. Tinfoilhatlady.com [Youtube.com/tinfoilhatlady](https://www.youtube.com/tinfoilhatlady)

Reflections from the Shaman's Hut

Vibrational Shifts

By Trent Deerhorn



Over the last number of weeks there have been a lot of people (a LOT) who have mentioned that they are experiencing strange things regarding processing of really old stuff from childhood and from relationships that have been long ended for the last 20, 40, even 60 years. These folks begin to wonder if all the work that they did in healing those relationships actually worked, or if it just buried stuff further within them?

I am here to assure you that absolutely EVERYTHING you have done on your healing journey has worked well. As time moves us further along in life, we reach certain stages where we are able to dig a bit deeper than before. Had we not been digging before then, yes, we are starting from scratch. But if we have been digging, then we are simply going deeper into it.

So, what about the fact that so many are going through the same thing? Well, we live on Earth and the Earth is experiencing some energy vibration shifts. As such, it is requiring that all of Earth's children release what was blocking things, holding things back, and basically creating stones in an otherwise clear path to healing, fulfillment, contentment and



enlightenment. It is a process and can take years to accomplish, even lifetimes. But the process will happen anyway. On top of that, there are astronomical influences that heighten the vibrational shifts of the Earth and within us. Things like comets passing by, the alignment of certain planets at a certain time, a distant star going Super Nova and so on. We are not just floating around on our island in outer space completely disconnected from everything else around us. Everything that happens has an energetic ripple effect and we receive those ripples here on Earth.

We can try to resist the invitation to heal more deeply, but resistance is actually quite futile. What we can choose is to either make it an enriching experience or a torturous one. We do have that choice. But the fact that energies much larger than we can even comprehend are influencing us is not something that we can resist, not as individuals and not as inhabitants of our planet. It simply is all a part of the natural flow throughout our Universe.

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

Thought for the Day

Disillusionment with yourself must precede Enlightenment.

Vernon Howard, *The Mystic Path to Cosmic Power*

According to the Farmer's Almanac 2023:



Colorful Goddess

Available in a wide array of colors, irises are named for the Greek goddess of the rainbow. The ancient Greeks planted these flowers on women's graves to call upon the goddess Iris to guide their souls to heaven. Native to central and southern Europe, the genus *Iris* contains some 300 species, most of which bloom in early summer. The flowers have six

petals – three hanging outer ones called “falls” and three upright inner ones known as “standards.” Some iris types such as the bearded iris, have thick hairs in the center of the falls.



February 5: Full Snow Moon Scatter poppy seeds, such as those of *Papaver rhoeas*, on the snow. They'll germinate come spring.

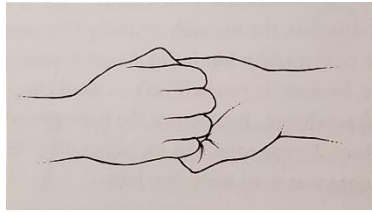
February 14: Valentine's Day

Make room for a few bleeding-heart plants in your garden. This easy-to-grow perennial blooms from spring until early summer.



Mudras

Taken from *Mudras: Yoga in your HANDS* by Gertrud Hirschi



Ganesha Mudra

(The elephant; Ganesha, the deity who overcomes all obstacles)

Hold your left hand in front of your chest with the palm facing outward. Bend the fingers. Now grasp the left hand with the right hand, which has its back facing outward. Move the hands to the level of the heart, right in front of the chest. While exhaling, vigorously pull the hands apart without releasing the grip. This will tense the muscles of the upper arms and chest area. While inhaling, let go of all the tension. Repeat 6 times and then lovingly place both hands on the sternum in this position. Focus on the feeling in this part of your body. Then change the hand position: your right palm now faces outward. Repeat the exercise 6 times in this position. Afterward, remain in silence for a while.

Once a day is enough.

Variation: Repeat the same exercise, but this time keep the lower arms diagonal instead of horizontal: one elbow pointed upward at a slant and the other elbow points downward at a slant.

This mudra stimulates heart activity, strengthens heart muscles, opens the bronchial tubes, and releases any type of tension in this area. It opens the fourth chakra and gives us courage, confidence, and openness toward other human beings.

I find it interesting that I make precisely this gesture when I want to encourage another person, “Muster up your courage – seize the opportunity- you can do it!: It is as if the hands strengthen the words, and the heart as well. The famous “Jungle doctor” Albert Schweitzer addressed the problem on another level when he said that many people appear to be “cold” because they cannot risk showing themselves to be as warm-hearted as they are.

Since the Ganesha Mudra activates the fire element, which reacts positively to the color red, the following visualizations support activity of the heart and circulation. It encourages us to encounter our fellow human beings with an open and friendly heart.

Visualize the color red – a mosaic, a mandala, or a carpet in various tones of red. Now focus all of your senses on it for a while. Red should strengthen, warm, and widen your heart, giving you the courage to be open and confident.

Affirmation: I meet other people with courage, openness, and confidence.

Inspirational Quotes by Alan Chazen

It is quite OK to be used, as long as the user does not cause you to compromise your standards or values. Being used is a privilege to those who have a strong self-concept. To those with a poor self-concept it is an insult.

Ask the Shaman: With Trent Deerhorn



Q: I have often been described as an emotional doormat. People share their problems with me, and I help them to figure out solutions, and if I can't then I just listen to them. But often afterwards I feel extremely exhausted like my energy has been completely drained out of me. What can I do to help with this?

A: The difficulty that you are experiencing is not at all about being an "emotional doormat." It is about the challenges involved in being an empath. Remember that being empathic does not at all mean that you have to take the other person's energy into your own energy field. You need to establish better energetic boundaries. I would recommend getting energy healing sessions and training on the creation of said boundaries and how to maintain them.

Tidbits and Tickles:

As the family gathered for a big dinner together, the youngest son announced that he had just signed up at an army recruiter's office.

There were audible gasps around the table, then some laughter, as his older brothers shared their disbelief that he could handle this new situation. "Oh, come on, quite joking," snickered one. "You didn't really do that, did you?"

"You would never get through basic training," scoffed another.

The new recruit looked to his mother for help, but she was just gazing at him. When she finally spoke, she simply asked, "Do you really plan to make your own bed every morning?"

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.

The people who followed the lord were called the 12 decibels.

Forum

We like your feedback! Of the previous issue:

William Wrote: Trent, I absolutely LOVED your article on Counsel Culture!

Classified Ads



Deerhorn Shamanic Svcs

Trent Deerhorn 230 Charlebois Cres deerhorn007@gmail.com (306) 978-5300	Shaman By appointment only www.deerhornshamanic.com
---	---



639 480 8802
whitethunder000@yahoo.ca
sharonwhitethunderhypnotherapy.com

- *Hypnotherapy/
hypnojourneying
- *Shamanic Healing
- *Enchanted Crafts
- *Indian Head Massage
- *Kansa Vatki
Foot Massage

Vicki Lund

HYPNOSIS & HOLISTIC
PRACTITIONER

- Hypnosis
- Reiki Master
- Meditation Facilitator
- Qigong Healer & Leader
- Psychic Guidance



VickiLund.com • 431.276.3417
contact@vickilund.com

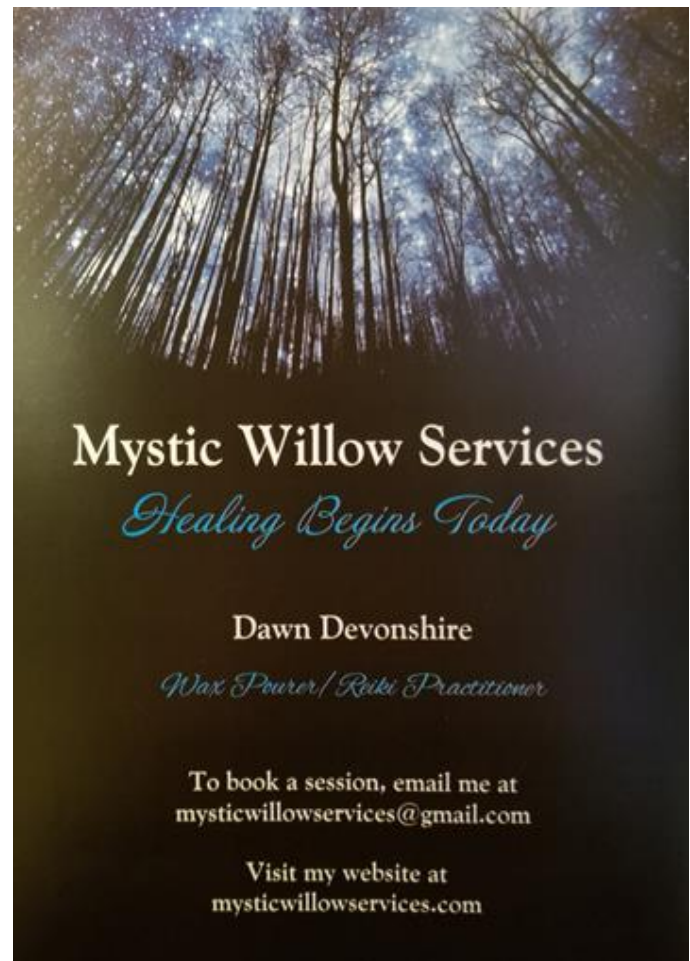
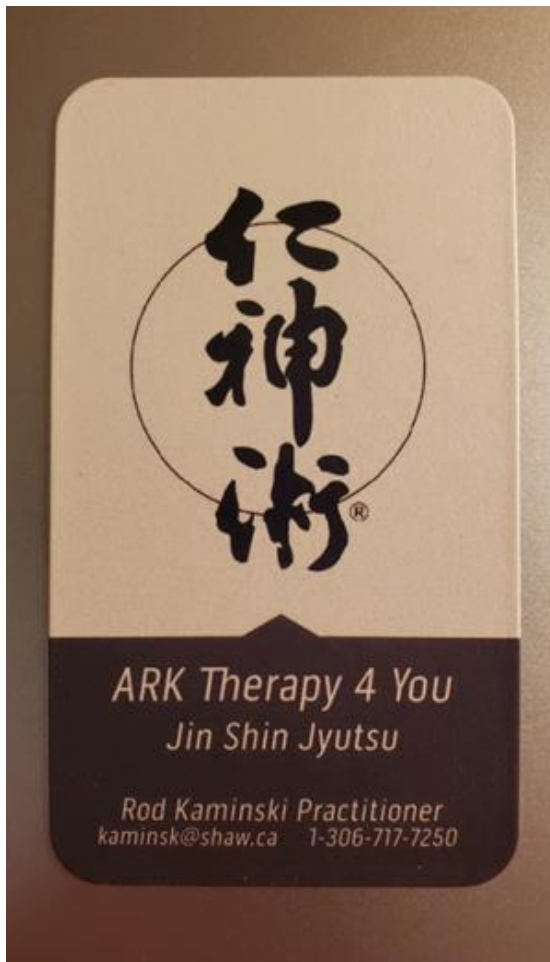
 VickiSpiritHaven  vickilundholistichypnosis



Amythyst Therapies

Katherine Dempsey R.N.
Reiki Master

katherine@amythyst.ca www.amythyst.ca
Bay 3 2228 Ave. C. North Saskatoon, SK S7L 6C4
306.371.2889





Jikiden Reiki
Chakra Balancing
Solfeggio Tuning Forks

Tinfoil Therapies
tinfoilhatlady.com
Tinfoilhatlady@gmail.com
306 291-4706

Only you can make you happy.




Mindful Living
Mind, Body, and Soul Healing

Marina Cummins
Holistic Iridologist, Reiki Practitioner Levels
1 & 2, Life Balance Energy Practitioner

#123-1222 Alberta Ave.
Saskatoon
306-220-4638
mindfullivingsask@gmail.com
mindfullivingsask.com

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!



Flight Newsletter Advertising

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.

Classified Ads:

FREE for article contributors

\$45 for business card size

\$55 for half page

\$70 for full page

Events: FREE for **Non-profit organizations** and **Article Contributors**

\$25 for Profit organizations

Workshops/Classes

\$40 half page

\$50 full page

