

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

Volume 12 Issue 126, March 2023



*Articles and excerpts that will inform and inspire!*

## Letter from the Editor



Spring is almost upon us and, I don't know about anyone else but, I feel the itch to start planting stuff, even though the ground is still frozen beneath my feet. I guess this is what happens when gardening is in your blood. I can hardly wait for the warmer weather and for the snow to melt and make way for the buds on trees and the flowers to burst out of their winter tomb.

We have a LOT of fascinating articles and some new segments that are in this issue. I know you will find the read a delight. Thank you to all of my contributors for your hard work and for getting your articles in on time when the deadline was moved up (February being a short month meant that editing was going to have to begin early). You folks make this a dynamic newsletter, and I could not do this without you.

If someone has forwarded this newsletter to you and you would like to receive it on a monthly basis directly, the subscriptions are FREE and all you need to do is to email me at [deerhorn007@gmail.com](mailto:deerhorn007@gmail.com) to get on the mail list.

I wish you all a happy Spring!

Also, to view my keynote presentation for Questers of Canada, copy this link and put it into your search bar:

[https://youtu.be/O7-XUcfiz\\_I](https://youtu.be/O7-XUcfiz_I)

***☆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 2023

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

Full Moon 7:40 am

Color of the day: Scarlet

Incense of the day: Cinnamon

#### A Time to Charge Tools

Take this opportunity at the full moon to charge your tools, candles, crystals, and other magical items. Find a spot in your home where the moon will shine in for at least one hour. If no window ledge is wide enough, set up a table. If an item is flat, like your athame, let it bathe in the moonlight for a while and then flip it over. You may also want to charge some organic matter for use in spells, such as spices, herbs, or a jar of water.

Ground and center, then call upon the elements and the directions. As you charge your items, chant:

*Lady of the moon, look down*

*Upon these items. Cleanse them*

*Of past spells and infuse them*

*With clean energy for use in future*

*Incantations. In your honor.*

-Emyme



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Dolphyn has over 20 years of experience in Holistic Nutrition and  
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## 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: March 25th, 2023, at 7:30pm Celebration of Spring**

*\*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>**





## SPRING CLEANSING

By T. Dolphyn Boschman



In Traditional Chinese Medicine (TCM) each season correlates with an organ system. Spring is Liver/Gall Bladder season. The liver is our dominant cleansing organ working closely with the kidneys. It is called the General of the body as it communicates and directs all the other organ systems. If the liver is out of balance, it doesn't take long for the other systems to become unbalanced.

Everything that goes into the body goes through the liver to be filtered. This process helps to purify the blood, ensure nutrients are transported through the body and toxins are removed through the kidneys. Fats are metabolized through the liver with the help of bile stored in the Gall Bladder. The liver is also responsible for helping to produce many of the hormones in the body.

Needless to say, this organ works very hard. It has to work even harder if we indulge in bad habits like excessive alcohol, drugs (pharmaceutical or other), sugar, saturated fats, over-eating, eating late at night just to name a few. This in turn can lead to sluggish digestion, gallstones, reduced immune function, insomnia, heat in the body in the form of rashes, heartburn or burning sensation in digestive tract and excessive anger.

In spring, your body will automatically desire to eat lighter, rest and rejuvenate and release toxins. Some signs are sluggish digestion, allergies and mood swings to name a few. **GREEN is the color for spring and the liver.** The liver LOVES leafy greens, Spirulina, anything rich in chlorophyll. It also loves LEMON. Simply drinking lemon water can assist the liver. However, drinking too much sour in the spring can create imbalance so I recommend first thing in the morning a cup of warm water with half a lemon squeezed into is plenty for this season.

Eat smaller meals and stop eating after 8pm. This will help you sleep better. The liver's restorative time is 1-3am. If you eat late at night, it then has to pull a night shift processing that food rather than resting and it will wake you up to let you know its displeasure.

I have personally been doing cleanses for over 30 years and have tried pretty much every-one out there. What I learned through the journey is that there are easy and hard ways to cleanse;

cleansing and fasting are not synonymous. It can sometimes be dangerous (my students enjoy it when I tell my horrific coffee enema story...I lived to tell the tale 😊). It is often an emotional roller coaster, and I definitely prefer to go through it with a supportive group rather than doing it all alone (having done both numerous times).

Through this journey I have created a gentle yet effective program to allow the body-mind-spirit to rest, detoxify and regenerate in a safe and supportive environment. We go through an elimination process where we slowly decrease the food we are eating. On our liquid days (2-4 days) we are consuming nutrient dense liquids, so the body is continually being nourished. I use and recommend ONLY WHOLE FOOD products (foods and supplements). We also take a break from our usual habits that can feed our bad eating habits (Ex: watching TV, social media, playing computer games etc.). The classes give much needed moral support and lots of great information on nutrition, breath-work, how the mind works to sabotage or support us, utilizing qi gong and yoga etc.

The PURPOSE of the Cleanse is to give the body a restful break and to create some new healthy habits that can be carried into your daily lifestyle. If you believe you are in good health (sleep well, wake up feeling refreshed, abundant energy throughout the day, heal quickly etc.) then cleansing can be a part of your preventative health care. Not getting sick does NOT equal being healthy! If you are health challenged, then cleansing can assist your body in becoming healthier and starting a new journey of abundant health.

The majority of people who have done the Inphynite Phreedom Cleanse discover how easy it is, how profoundly great they feel after the experience and return to join the circle again each year. I have many repeat cleansers who each spring (or fall) can't wait to give their organ systems a much-needed vacation and take the time to reflect and utilize tools to support the mental and emotional body. I hope you will consider joining us!

**This year's guided spring cleanse will be April 24– May 4, 2023.**

**Classes are done via Zoom, so you do not need to be in Saskatoon to participate.**

**For more details and cost please contact me directly at [info@dolphyn.ca](mailto:info@dolphyn.ca) or 306 291 8968**

In Good Health,

T Dolphyn Boschman RHHP B.Ed.

Dolphyn Boschman RRHP has been a certified Holistic Health Practitioner for over 30 years. She received her diploma at the prestigious Institute of Psycho-Structural Balancing (IPSB) in San Diego CA. She has studied with many Masters in different holistic fields throughout her career.

Her private practice includes many different modalities of Massage, Jikiden Reiki, Holistic Nutrition, Qi Gong, Yoga...She offers Guided Group Cleanses every Spring and Fall or private programs by appointment.

She is also the only Shihan (Certified Teacher) of Jikiden Reiki in Saskatchewan and teaches certification courses in this healing art throughout the year.

You can learn more about what Inphynite Phreedom Lifestyles offers at [www.dolphyn.ca](http://www.dolphyn.ca)



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# Rock Talk

by Ave Riddler



## Brachiopod

Taking pictures of your own samples can be challenging, especially if the piece you have is NOT large. Please know this pic does not do this fossil justice, the layers of the shell are even more amazing in person, and you can hardly see the beak. I have had this one for YEARS, I don't even recall which store I found it at to be honest.



Brachiopod fossils are shells that look like wings. They help one to release old ideas that are bogging them down, and to thus inwardly "fly." The wing shape symbolizes inner freedom, spiritual growth, the abandonment of old stereotypes. Brachiopods can help filter out negativity and dissolve doubt, while promoting success and bringing acceptance of life. These fossils can help one to move past the stagnant areas of their life and embrace life with a renewed happiness, vitality, and rejuvenation.

This fossil is associated with the root and solar plexus chakras. In general fossils can ground our energy in a matter of minutes and provide a cleansing effect throughout the chakras. Brachiopod fossils are believed to be a stone of vitality, memory, and peace. It can provide a sense of stability, helping one to be more confident, and motivated to act. Working with this fossil may encourage changes which can mean the ego or old beliefs will no longer influence future decisions.

Brachiopods, like many other fossils, are a symbol of longevity. They have a strong connection to the past and hold invaluable knowledge of the earth and its energies that it shares with humans. They are thought to assist in past life work, and to calm anxieties. The earth's energy accumulated over many years can offer up wisdom and help one to better understand the world around them. Fossils offer a direct link to that built up energy. Of note the earth energy found within Brachiopod offers a more masculine energy rather than that of feminine or mother earth.

Brachiopods offer energy encouraging strength of mind, and body, motivating one in their purpose, while providing stability, support and strong foundations to their efforts.

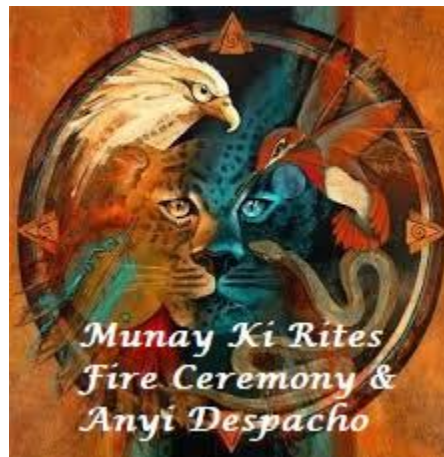
Physically fossils have been associated with a variety of healing properties. They are believed to primarily aid the bones and skeletal system. Specifically, it is believed that brachiopods may strengthen bones, while reducing limb pain. They can be used as aids in treatments to normalize cell metabolism, equalize energy levels, supporting treatments to lower blood pressure and strengthen the heart. The fossil may also have positive effects on the nervous system.

Normally I share the disclaimer that I accessed these sites for the info only and do not know much about the site or people behind the site or product, advising caution. I do stand behind the first page on the list though, there wasn't much info to use on this page for the fossil, but the Crystal Man was and is managed by real rock people, I would trust their product if you do opt to shop from there. Unfortunately, the only sites I could find properties for this fossil were ones looking to sell product. As always be cautious with online shopping.

<https://www.thecrystalman.com/metaphysical-properties-of-crystals-healing-stones/>

<https://www.crystals.eu/products/brachiopoda-bottled>

<https://www.crystal-life.com/brachiopod/>



By Sharon Whitethunder Baldock

The Munay-Ki comes from a Quechua word that means 'love.' The Munay-Ki are the nine rites of initiation to become a person of wisdom and power who has accepted the stewardship for all creation. The rites are common to all shamanic traditions, even though they are expressed in different forms and styles in various cultures. They derive from the great initiations from the Hindus Valley that were brought to the Americas by the first medicine men and women from Siberia during the glacial period some 30,000 years ago. These courageous travelers were the Earthkeepers of old.

The Rites of the Munay-Ki transform and upgrade your luminous energy field. They are energetic transmissions that heal the wounds of the past - your karmic & genetic inheritance. They re-inform your DNA, enabling you to grow a new body - one that ages, heals, and dies differently. The Munay-Ki is your invitation to dream an entire new world into being.

When we engage these luminous ones, their stories become our stories. When we partner with the Earthkeepers from the future, we can upgrade the quality of our DNA. This runs contrary to scientific ideals, which say that our genes can only be informed by the past, by the gifts and illnesses of our ancestors. The Earthkeepers understand that when you are free of the bounds of time, the future can reach backward like a giant hand to pull you forward to your destiny. You can be influenced by who you are becoming.

As you receive the nine rites, your chakras will have the opportunity to become clear and you'll acquire what the Earthkeepers know as the rainbow body, as your chakras glow with their original radiance.

Munay Ki, Anyi Despacho and Fire Ceremony are about righting our relationships within and around us. It means making right any harm we may have caused the earth or other beings. This is ultimately a healing ceremony but can enhance your connections to guides, ancestors, the Star Nations, and archetypes.

Fire ceremony creates rapid transformation. It's an opportunity to let go of old ways, stories and drama to transform, to renew and to be reborn. You honour your lesson, and old belief patterns by placing them in the fire and turning them over to spirit. Releasing old belief patterns into the fire opens the door to heal deeply at the soul level without having to experience them at literal and physical levels.

Ayni Despacho is done with the intention to bring oneself and one's community into the right relationship with the natural world. It creates a sense of union, harmony and reciprocity with nature.

When we work in a ceremony such as the Ayni Despacho, we work at the level of the soul. A Despacho is similar to a mandala or sacred creation in that it holds symbolic origins and the prayers of the participants. As the shamans add the elements to the Despacho, the vibration of the participants and the room raises. The Despacho becomes a living prayer that brings energy shifts and healing.

You MUST be committed to all nine rites.

To register for Munay Ki Rites contact me directly [Whitethunder000@yahoo.ca](mailto:Whitethunder000@yahoo.ca) (zeros)

**INVESTMENT \$270.**

Payment Plan

\$150 - Up Front

\$120 - paid by May 1st

7:00 pm. - 10:00 pm

Don't be late or you won't be able to participate. Once ceremony starts there is a very delicate, protective energy called into circle. NO ONE can enter or leave until the ceremony is complete and the circle has been closed.

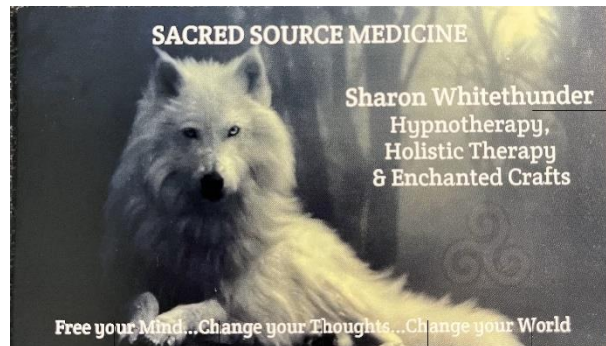
Location - Thick Wood Hills Adventures

North of Blaine Lake, go right through the main street of Blaine Lake and continue north.

Turn onto Lac La Pêche RD. (456 twp road)

Go 13 Kilometers see the sign "Thickwood Hills."

For more information on Munay Ki Rites, Fire Ceremony & Anyi Despacho  
[Sharonwhitethunderhypnotherapy.com](http://Sharonwhitethunderhypnotherapy.com)



April 15th Rite One ~ Healers Rite  
Rite Two ~ Bands of Power

April 29th Rite Three ~ Harmony Rite  
Rite Four ~ Seers Rite

May 6th Rite Five ~ Daykeepers Rite  
Rite Six ~ Wisdomkeepers Rite

May 27th Rite Seven ~ Earthkeepers Rite  
Rite Eight ~ Starkeepers Rite

June 3rd Rite Nine ~ Creator Rite

**Higher IQ puns, or just cringeworthy.**

A lot of money is tainted - taint yours and taint mine

# The Importance of Consistency in Healing

By Dawn Devonshire

Consistency is very important in healing, but what does this really mean?

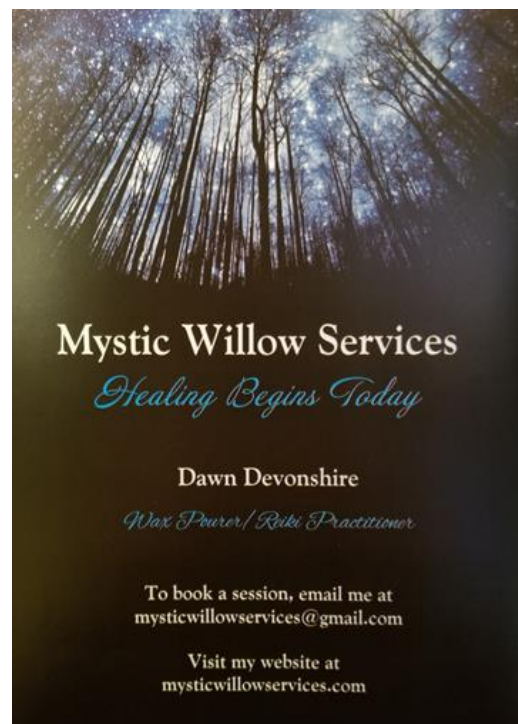
If we are trying to improve any aspect of our life, we are told that we need to make good habits. This new habit must become a regular part of our daily routine. From a logical standpoint, as long as we are consistent with anything, we should see improvements in whatever it is we are trying to change. We trust our healthcare professionals when they say this to us. We trust our fitness experts and nutritionists when they say this to us too. Why then are we so reluctant to trust our healers when they tell us this? Why is consistency in healing different from consistency in anything else?

People treat their cars better than they treat their bodies. For example, we make sure that we get regular oil changes on a consistent basis. We do regular maintenance on the car because we know it's important as it ensures the car runs smoothly. Aren't we worth regular maintenance?

When it comes to healing, some people think that it should be a one-and-done situation. They want to have one session because they just don't have time to go weekly, biweekly, or even monthly. They have no interest in consistency or regular maintenance. As a healer, I've come across people that are expecting 40 or 50 years of trauma to be fixed in one session. This is not realistic. If it took decades to create, it will take time to re-create.

Consistency means having regular sessions. Now of course, this can come down to availability of time and finances. But it can be done. Consistency means having a regular healing session more often than once a year or every six months. At first, consistency may mean coming weekly or every two weeks. When you begin your healing journey, more consistent sessions are needed. However, with time and effort on your part, those sessions become more infrequent.

Additionally, take responsibility for your healing. This means you must go beyond wanting things to improve. You need to take action to make the changes happen. If your healer makes suggestions for you, do what they suggest. Be consistent and take the time; you are worth it.





And let me be clear about healing. Healing work is not all love and light. In fact, it can be messy, ugly, and difficult. However, when you put the work in, the rewards are amazing! You become a new you. It's the you that you were always meant to be. You can live the life that you want to live, but you must do the work first.

If you are willing to put in the time, send me an email at [mysticwillowservices@gmail.com](mailto:mysticwillowservices@gmail.com). Your healing can begin today. This can be the first day of the rest of your life.

## 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 2023



Is there any better harbinger of spring in North America than the return of a robin or red-winged blackbird? To be a harbinger is to be an omen – an especially significant description of the appearance of birds. For ancient Greeks and Romans in particular, birds could be helpful in determining a course of action. Want to know whether to start a military campaign or if a certain day is best for starting a construction project? Call the local augur or auspex (prophet who divines by bird sign). They could check to see if the gods approved – or not.

An augur would usually watch for eagles, vultures, or woodpeckers in flight before giving a pronouncement. They could also listen for the cawing or song of ravens, crows, or owls. This, by the way, was not fortune-telling. The augur divined answers to specific questions.

Modern societies, especially people who live in urban areas, are less likely to see hawks or owls. They might be more inclined to notice smaller birds. Fortunately, these avian friends have pleasant connotations. The first robin sighted in spring is considered good luck for the viewer. Lucky, too, is the hummingbird. To spot a bluebird is to invite happiness and joy. A blue jay is considered to be a fierce protector of home and family, while cardinals are symbols of loyalty and faithfulness.

To reap the benefits of birds, you don't have to spend years studying augury as a member of the patrician class. You can watch the ground in your neighborhood and collect the feathers that non-migratory birds leave behind. Keep these tokens to use in gris-gris bags or work them into an adornment for a staff or wand. If you're worried about mites, spritz the feather thoroughly with rubbing alcohol and leave it to dry in the sunlight. Then, carefully store it until needed.

### Augury for Selling Your Home

A particularly effective charm to sell a home is to take advantage of another by-product of having birds in your area. After mating season when the fledglings are gone, be on the lookout

for abandoned nests. These can be incorporated into a wreath to be hung on the main entrance to the house.

If you can make your own wreath, honeysuckle vine is an especially good material to use. If not, you can purchase a vine wreath.

Arrange seasonally appropriate silk flowers, leaves, and foliage on the wreath. Situate the nest in a prominent place in the lower half of the wreath. Feel free to include a decorative bird in the nest. For added sparkle, hot glue pyrite chunks and clear quartz crystals randomly around the wreath.

Finally, create a room spray using 4 ounces each of water and clear vodka, 10 drops each of apple and cinnamon essential oils, 4 drops lemongrass oil, and 1 drop clary sage. Charge it with positive energy during a Full Moon. Use this to spritz the wreath and doorway each time you have buyers dropping by.

-JD Walker



## Ho'oponopono

By Trinity Perrett

Following my gut, I have learned, is a lesson in Ego versus authenticity. I have spent the last year and a half in school and during that time I have ignored any spiritual practices because I felt like, to be taken seriously, I had to stand by empirical data. Because of history with mental health in my family, I was scared to be thought of as 'crazy'. While I understand and agree with the importance of science, I have learned a lesson in balance. My nervous system, physical body, relationships, *everything* was to the point where I felt like I was at my lowest, in a rock bottom kind of way. I was ignoring my intuition and abandoning myself.

Things came to a bit of a stop for me recently, something had to give, and this week I put the textbooks in a closet and recreated a space for me to practice some self-reiki and touch base with some of who I consider to be part of my 'light team'. While meditating I remembered a lesson a few years ago from Trent Deerhorn that started with the word Unihipili, and the rest flowed, Uhane, Aumakua.... and I felt like it added a depth to the experience that felt right, so I kept it up.

I felt an urge to pull a card and what almost literally fell out of the deck was 'Pueo, Guardian of the Aumakua'. I was excited by the connection, felt validation, and the message fit perfectly.

The next day while meditating, I remembered four sentences I had learned from a Feng Shui practitioner, and I had bought a book about it a while ago called Ho'oponopono. The sentences are:

I'm sorry.  
Please forgive me.  
I love you.  
Thank you.

I had used this in an assignment while I was in school about a year ago to show an example of how mental health and addictions can be helped through mantras and intention. I was intending to help repair and find some insight into some of my own unhealthy habits and coping mechanisms. I believe the sentences relate to ourselves and others because we are all connected, and what we say to others, ultimately, we are saying to ourselves, as mirrors and teachers and reflections. Often, mental health and addictions are connected to experiences that we do not know how to cope with in a healthy way. As I write this, I am working on repairing relationships with myself and others.

Today I pulled the book Ho'oponopono from the shelf and set it down to remind myself to read it. Later, I looked over to grab the book and noticed my phone said it was 12:12. I turned to page 29, and it reads:

*"These four sentences seem like a mantra or a magical formula, but they are rather a meditation and a prayer. They operate through time and space beyond cause and effect and transmit themselves directly to your inner family, the higher self-Aumakua, the inner child Unihpili, and your waking consciousness Uhane. After a short while you achieve inner peace and change from disharmony to harmony. You move yourself from separation to union while you say I am sorry, please forgive me, I love you, thank you".* Again, the same words I had said to myself when meditating, though I was not sure exactly what they meant at the time, and I did not consciously know they were connected to Ho'oponopono.

As I write this, I am not sure what the significance of 12:12 is so I Google it: The first thing Google pulls up is, Willow soul; "needed energy to transform your key relationships". Interesting.

Some would say that I am noticing these things because I am looking for them, but I 'know' (not through my brain or anything empirically validating) that these signs and synchronicities are meant for me, and the divine timing in the messages resonates with me. I am rediscovering myself again and it feels authentic, and I felt that maybe it was important to share a little bit of my story with the intention that it might send some inspiration or hope to someone else. Looking to the future, hopefully I can find a way to incorporate a balance of many different forms of knowledge into my life.

## Marina's Divination Station

By Marina Evans

Well hello and welcome to Marina's divination station!

There are so many aspects to consider when purchasing a new Tarot or Oracle deck, and sometimes it can be a lot of guess work. There are also old stigmas around buying your own decks with some people insisting they should be "gifted" to you, which is a fine way to think if you know someone who would not only buy you a deck, but one that really resonates with you. Not everyone has those kinds of relationships, so I say, **buy the decks you love!**

The next problem is, how do I know which decks I'll resonate with or even like for that matter? Usually all you can see of the deck is the box before you buy it, which, while enough sometimes, can be deceiving. Sure, you might be able to find pictures or videos of the decks to help you online, but even this sometimes just doesn't hit. That's where I come in.

Each month, I'll go through a different deck that I have acquired over the years, tell you my thoughts and a bit about the deck, and a one card reading from the deck, and maybe, just maybe, it can help you find your next (or first) beloved deck! I hope you enjoy and find it helpful or, if nothing else, find it mildly entertaining! Blessed Be!

### MAGICKAL SPELLCARDS by Lucy Cavendish

This 45-card deck is a wonderful addition to any collection and is a great idea for anyone who may just be starting out down the pagan path! Each card gives you a little insight about what may be holding you back, something you may need to work on, or skills you can build, along with much more, just like most other oracle decks. This one, however, gives us a little something more. Along with the message on the card it's self, there is an included 152-page guidebook which gives you not only a look into the divinatory meaning of the card, but a simple spell related to the card including what supplies you will need, how to use them, and a chant to go along with it to help clear your way! There are several different types of spells and cards that are indicated by varying imagery on the back of the cards that separate them. They are also wonderful for those days when, you are wanting to do some spell work, or maybe you are feeling the want to practice, but are too drained to design your spell, or are looking for something simple. Draw a card from the deck and see what may be needed in your life right now and take the brain work out of it. Sometimes, we're just mentally exhausted and it's easier to follow instructions than to create the recipe.

The cards, while being a little larger than standard, are still easy to hold and with a medium cardstock and matte finish make them easy to handle and shuffle. The art work is simple and colour coordinated to it's spell type, yet beautiful in it's simplicity.

### *The Drawing of the Card*

#### 42 - Organization

*Purpose, planning, efficiency,*



*Now come to me so easily.*



Organization is something we all struggle with at some point or another. It becomes a problem when we let it get out of control and it overwhelms us into giving up or feeling helpless against. This is often because things are added to our piles faster than we can get to them, so we often throw them in the doom piles and there they sit to give us anxiety. This card is an indication that now might be a good time to sit down at those piles and start going through the chaos. Sometimes just starting the act of organizing our lives, can release some of the stress around it. Little steps at a time are still steps, and in time you will begin to see the light at the end of the tunnel. Just having a system in place to handle new things as they are thrown at us can help not to overload us, even if we can't get to it right away. So start with the small piles and see if there is a better way to approach it. Sometimes, when we begin to organize and clean

up the chaos a little bit, we find things we are looking for: a lost necklace, a favourite pair of scissors, a lost passion we always wanted to pursue, you never really know until you start. If you enjoyed this and would like to see more of this deck and many others, follow me on Instagram @29crows and feel free to let me know if there are any other decks you would like to see! Until then, breathe.

For the Love of it,  
Marina

## Reflections from the Shaman's Hut

The Grenade

By Trent Deerhorn



People often come to me after a tragedy has struck in their lives. Their hope is that I will somehow be able to make it all feel better. The truth is that *nobody* can make a tragedy feel

better. Sure, people will try. They will offer platitudes that they think are comforting, but they really are not and, if anything, can often make it worse.

I choose to listen to and be present for the pain that the person is experiencing. That is just my way. Sometimes it also looks like bringing them a cup of coffee and just sitting with them. Sometimes it means making sure that they are at least getting a little bit to eat, which often goes off the rails when tragedy strikes.

There are a lot of things that can go off those rails. Food, sex, sleep, interest in other things, hydration and so on are quite common. That is why it is important to be present for the person. Now and then gently....**gently**...remind them that they need to have an apple or drink some water. Sometimes it is important to run a bath for them and give them the moment they need to just soak the grief off of their bodies. Of course, professionally, I simply remind them to do these things. But personally, I will often be at their door or in their home, helping where I can.

We often think that if we have the people we love with us that the tragedy will be somehow lessened. Of course, it does indeed help to have someone we love with us. But the truth is that tragedy strikes a person like a hand grenade. The shrapnel goes in all directions and penetrates deeply into every aspect of the person's life. And, unfortunately, there is no getting around that.

The only way through such a thing is THROUGH it. Don't stop feeling the feelings. Make sure they get expressed. So, cry, laugh, scream, pound your fist into a pillow, let yourself go into the deep gut-wrenching sobs, and completely exhaust yourself with the expression of the emotions. Bottling them up and trying to dance around them does nothing other than delay the grief and ensure that it comes out at a time when you are least expecting it. Grief does that anyway, but at least if you are doing the work of expressing it the likelihood of being blindsided by it at the bank or at work will be less. And sometimes even when we are doing the work we still will be blindsided.

Shortly after my late wife died I was at a grocery store picking up supplies. There was this moment where a song came over the speakers in the store and I just froze. For a moment I could not move, and it felt like I might not actually be breathing. The song was *our song*. The song was one that we danced together to and made love to and one that touched us both deeply. Before I knew it I was right back at the moment of her death. Tears welled up and I knew I was going to have a complete breakdown. Without bothering to pay for any groceries, I just abandoned my cart (ice cream and all) and ran out to the car. I was able to hold it together for the few blocks it took me to get into my driveway. But once the car was in park I could hold it in no longer. I burst out with deep soul wrenching sobs. I don't know how long I was there. All I know is that when it was finally done...when I was empty of all the tears that I could possibly shed in that moment...when I felt like I could breathe once again...there was silence. That silence was all around me, but most of all it was silence within me. My life had been obliterated with shrapnel from that grenade. And this was all that was left. Complete, total emptiness.

But it was from that emptiness that I was able to begin to rebuild my life. Until that emptiness was experienced I was unable to address the many demands that happen when a spouse dies. I was finally able to go to the bank and settle our accounts. I was able to finally write the final cheque to the funeral home that had taken on her arrangements. I was able to clear out her dressing room. I was able to prepare our house for sale. I could not have done any of these types of things if not for that emptying out process. The thing is that I *was* actually doing my grieving work. But somehow there was this wall that I kept bumping up against. That song...our song...helped me to break through that wall.

It has been 10 years since my late wife died. I am happy to say that I am in a much better place in my life now. We often are told things like, "She is in a better place," when someone dies. I hate that. I also wonder... what about those left behind? Are THEY in a better place? No. That is something that they are going to have to build for themselves, just as I had to. But in the meantime, I will be there to help them dig out the debris of shrapnel and tend to their wounds.



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

## Thought for the Day

**Love is a space in which all other emotions can be experienced.**

***Robert Princible***

## According to the Farmer's Almanac 2023:



### **Peppery Punch**

Watercress is an aquatic perennial herb cultivated for its peppery leaves. Common in slow-flowing streams, watercress thrives in cool, wet conditions. To grow indoors: Add perlite or vermiculite mixed with organic coconut coir to a pot with drainage holes; plant rooted stem cuttings or seeds. Set the pot into a larger pot or tray filled with water; change the water every 1-3 days. Provide 4 hours of indirect sunlight in the

morning followed by shade in the afternoon. To avoid a bitter taste, harvest sprigs before the plant flowers.

### March 7<sup>th</sup>: Full Worm Moon



Worms to wonders for the soil: They improve aeration, moisture retention, structure, and nutrient availability.

### March 12<sup>th</sup>: Daylight Saving Time begins at 2:00 am.

### March 13<sup>th</sup>: Commonwealth Day (Canada)

Check supplies of apples, onions, potatoes, and other crops in root cellars and cold basements. Remove any spoiled items.

### March 20<sup>th</sup>: Vernal Equinox

*Once more, and yet once more,*

*Returning as before,*

*We see the bloom of birth*

*Make young again the earth.*

-Nora Perry, American poet (1831-96)

### March 21<sup>st</sup>: New Moon



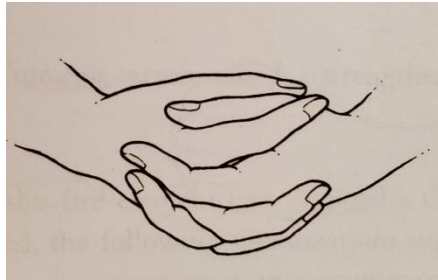
To attract goldfinches, cardinals, and other songbirds to your garden, plant sunflowers such as “Aztec Gold” and “Mammoth Russian”, whose seeds are edible.

# Mudras

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

## Ushas Mudra

(Break of day – origin of all good things)



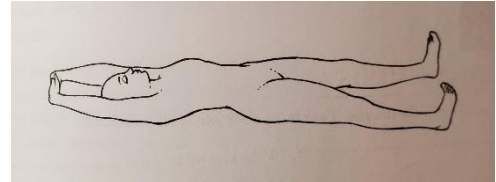
Clasp your fingers so your right thumb lies above the left. The right thumb presses slightly on the left thumb.

*Important:* Women should place the right thumb between the left thumb and index finger, pressing on it with the left thumb.

Do this every day for 5-15 minutes. Hold this mudra until the desired effect occurs.

No matter how old we are, there are times of change: new beginnings come repeatedly in life. The second chakra, our center of sexuality and creativity, always contains something new, a secret that wants to be aired. This mudra concentrates the sexual energy of our second chakra and directs it into the energy centers above it. It gives us mental alertness, pleasure, and new impulses. In addition, it harmonizes our hormonal system.

The Ushas Mudra helps us wake up in the morning. When you are still sleepy and lying in bed, place your clasped hands at the back of your head. Now inhale vigorously and deeply several times; open your eyes and mouth widely; press your elbows back into the pillow.



While exhaling, let go of every tension. Repeat 6 times. If this still doesn't make you feel alert and fresh, then rub your ankle bones together, as well as the palms of your hands, as if you were trying to ignite a flintstone. Finally, you can also extend your arms and stretch vigorously, as shown here.

**Herbal Remedy:** Green Tea and Rosemary have a refreshing effect.

**Visualization:** *In your imagination, see yourself sitting in a good place where you can enjoy the sunrise. The sun slowly rises, and you let the colors red, orange, and yellow have their effect on you for a long time. These colors awaken and improve your mood. Now imagine yourself as a person who is full of youthful strength and new impulses, as someone who enjoys life, a person who goes out into the world with love, and richly blesses it with a sincere smile, good deeds, and beautiful things.*

**Affirmation:** I am filled with pleasure and enthusiasm, which allow me to achieve great things. I enjoy life to the fullest.



## Inspirational Quotes by Alan Chazen

If your apricot tree were overladen with ripe apricots, you would desire to share your apricots with your neighbor. If you had only five apricots on your tree, would you still want to share? The same applies to love.

The more love you have within you, the more you want to share that love.

## Ask the Shaman: With Trent Deerhorn



**Q:** As a survivor of abuse, I would like to hear your perspectives on the concept of being “the bigger person” when it comes to relationships and interactions with the abusers or the rest of the family/community who seem to think that I should simply move on from the events that happened to me.

**A:** I can imagine that phrases like that one would really grate on your nerves. There are a lot of ways that people attempt to “support” or “bring comfort” to those who have been abused that only end up compounding the injury, and this is one of them. I want to make it perfectly clear here and now that **YOU DO NOT HAVE TO BE THE BIGGER PERSON** in this situation. They are the ones that need to step up and be bigger people when it comes to protecting, supporting and loving someone who has suffered at the hands of another member of the family/community. And they need to do so without meaningless platitudes such as, “Everything happens for a reason,” or, “Who are we to know what God’s plan for us really is?” Those types of statements are complete copouts. They relieve them of the responsibility to respond correctly. My heart goes out to you knowing that you are experiencing this.

## Tidbits and Tickles:

**As a commercial diver in the offshore oil fields of the Gulf of Mexico, I was assigned to a job on board a derrick barge. After my dive I spent the required time in the decompression chamber and went to bed.**

**Later I walked into the TV room where I was surprised to see the entire dive crew sitting around. I asked one colleague, dressed in his wet suit, why work had stopped? Without looking up at me he replied, “It’s raining.”**

# DAEMONIC HIGH HOLY DAYS

By Gail Fulkerson

Valentine's Day was a festive occasion in the daemonic world, when daemons preyed upon the lonely and broken-hearted humans who went without a lovely card or flowers or box of chocolates on love's special day.

As the sun set on February 14th, Frank et al would leave their nests and fan out, scouring the streets of the city, listening for the quiet sobs and outright wailing of the despondent; signs of human despair that seemed to stab ever more deeply into the human spirit with every passing year. Many victims were easily found quietly sobbing into pillows in their bedrooms; some were found stone-faced as they sat in their sadness 'watching tv' with dead eyes that took in the images; some stared with empty eyes into the dark abyss within and without, waiting for death to claim them; and, some were sat in their bathrooms, clutching a razor-sharp blade poised shakily over their wrists, trying to pluck up enough courage to make the slash to end their bleak existences.

COVID-19 had ramped up the desolation in human hearts, exacerbating their physical and spiritual isolation from family and friends, making them so much easier to pick off. All a daemon had to do was to walk up to any house, ring the bell, then wait for someone to open the door, to apparent emptiness. The daemons had learned long ago that becoming invisible allowed them easy entry into any abode. Once past the threshold, the daemons would materialize and set upon any living being who dwelt within.

And it was never a pretty sight, what with all the blood and gore splattered on the walls and family photographs, and pools of the stuff on the floors. Those humans who could not be consumed on-site were disarticulated (read: torn asunder) and hauled home in burlap potato sacks.

Frank and his family's haul had been bountiful this year. Their stomachs bloated with victuals, belching and passing wind, the family carried or dragged their bags full of body parts home. They all looked forward to getting the leftovers wrapped and put away in the freezer for future meals, before dropping onto the couch to finish digesting their feast in front of the tv. They watched and guffawed and made jokes about the news reports of

their antics earlier that evening. The best was when they showed footage of daemons dragging heavy sacks of meat along the alleyways and main roads. They also aired close-up images of the endless blood trails that stained the asphalt and gravel, which elicited shrieks of high amusement from Frank and his family.

The news anchor was anxiously exhorting all vigilantes to take up arms to rid their city of the scourge of daemons from hell by whatever means possible. Nothing was off the table: shooting, stabbing, burning, hanging, drowning; all were offered as solutions to address the unholy infestation. The daemons howled with laughter at this last news item, knowing that none of the humans' attempts to rout them would be successful.

Following on the heels of a lucrative Valentine's Day was the highest of daemonic holy days: Easter. February's observance was merely a warm-up for Easter, when the gates of hell would be flung wide, and daemons of all stripes would be let loose to hunt hapless souls while the humans basked in the afterglow of love's holiday.

Easter was for the reaping of 'devout souls', the humans who openly professed their love for their god, all the while breaking every taboo in their bible behind closed doors: extramarital affairs, theft and embezzlement, gambling, gossiping, and engaging in pornography, to name a few.

It was customary for daemons to feign fear and injury whenever a human invoked the name of his or her creator, fervently believing that its utterance would somehow protect them against any and all daemonic attacks. It brought a smile to their little black hearts as they tore into their first victim of the season.

\*\*\*\*\*

There was still time for the daemonic community to prepare for Easter's reaping. Knowing how much the snot-nosed, smelly little human tykes enjoyed searching for easter eggs, the daemons had developed a ruse to get the kiddies to find only the eggs they had hidden, while overlooking the ones the parents had cached. (Daemonic easter eggs are a bit larger, more garishly decorated, and have an aroma of freshly baked cookies wafting on the air at the height of a kids' nose. Topping it all off, a daemon would don a white rabbit suit

and hide all the eggs plucked from a basket slung over a furry forearm.)

Duping adult humans was easy — duping their kids was even easier.

\*\*\*\*\*

There was a run on freezers at many of the appliance stores just before the Easter weekend. Daemons who had been at the Valentine's Day massacre had already filled every shelf, nook and cranny in their home freezers, but still wanted to participate in the slaughter during the Easter festivities. Who could blame them? After all, daemons far and wide know that the sweetest meat belongs to the most devout sinners.

(Here's a little factoid that many people don't know: Daemons who prey upon humans living in Saskatchewan will bury their catch in snow drifts in their back yards in the winter, negating the requirement for a freezer from late October until the following April. Not wanting the neighbors to see just how much 'food' they have, daemons will go out in the blackness of a moonless night and retrieve what's left of their Valentine's Day haul, re-caching it in their basements. The behavior of ravens caching their food comes to mind: Perhaps that's where daemons got the idea.)

Easter is fast approaching. Every daemon parent has filled their little imp's heads with bedtime stories of heroic daemons slewing hordes of humans with a single blow of their hellish swords, as well as the infamous Gorgonzola, the snake-haired daemon, who killed thousands with a look. Before they turn out the bedroom lights, loving daemon parents deliver a final admonishment to their children to sleep tight and not let the humans bite. Many a daemon child has lain awake, quaking under their covers, terrified that an errant human will rise up from under their bed to bite them, or worse.

Sleep tight, humans... you never know who's in your bedroom watching you as you rest peacefully in the arms of Morpheus.

## 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 epistels were the wives of the apostles.**

## Forum

**We like your feedback! Of the previous issue:**

Max Wrote: I am very interested in the Mudra section you have started. Please do continue!

Willa Wrote: I have always been attracted to petrified wood, and now, thanks to Ave, I know why! Thank you!

Janet Wrote: I have never heard the term Mother Wound before. It completely makes sense to me. Thank you, Sharon, for that insight.

Alexis Wrote: I did not think it possible to be a "Christian Witch," but Brian's article made sense to me.

Leo Wrote: "Demonic Global Adversary?" I don't even know where to begin. That term almost made me not read an otherwise good article.

Helen Wrote: Thank you, Trent, for the constant reminder that we are all infinitely connected throughout the entire Universe...not just throughout our world.



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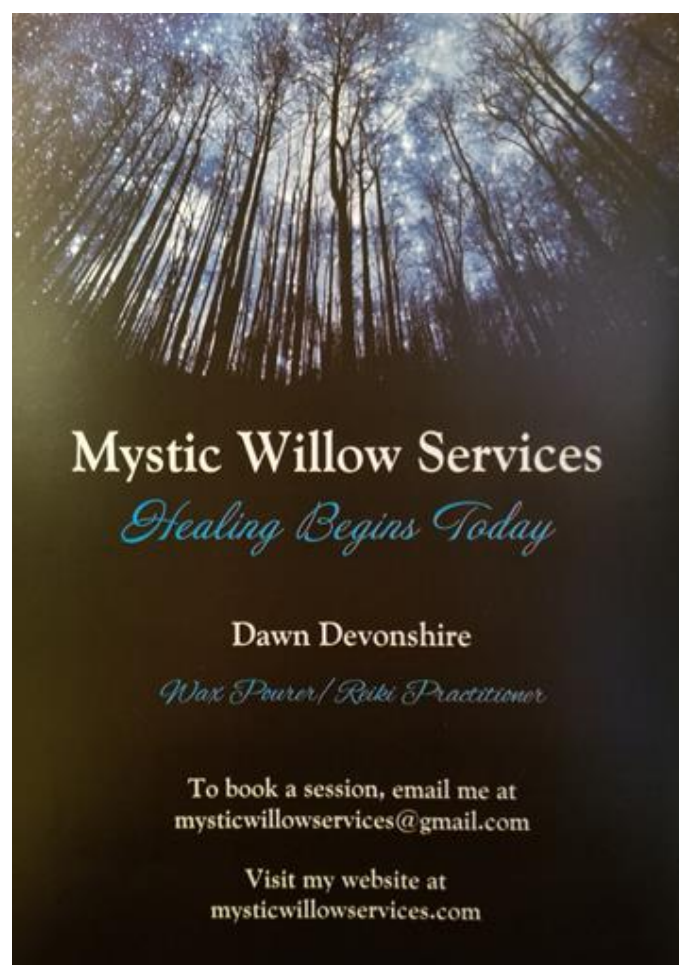
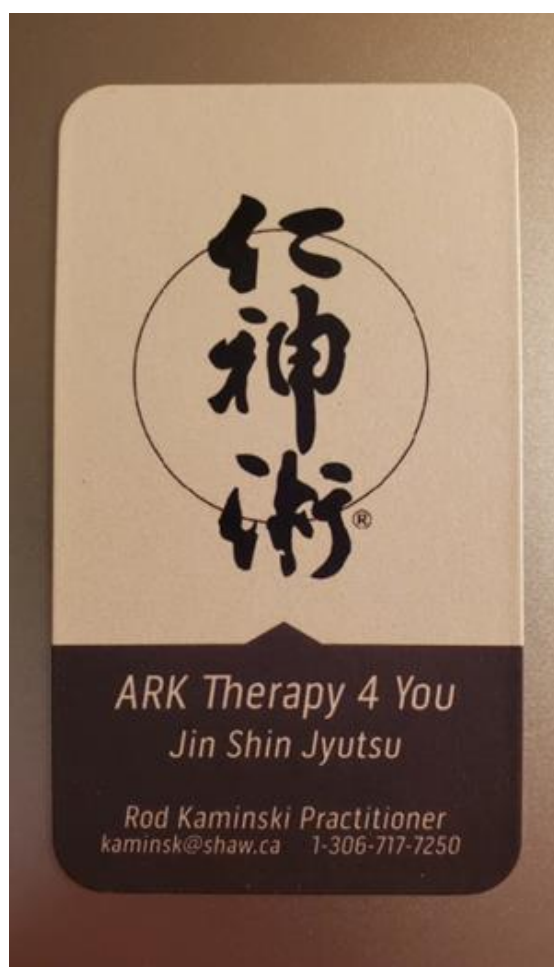
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## Video Chat with the SHAMAN!

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](mailto:deerhorn007@gmail.com) or phone me at (306) 978.5300 to make arrangements. Blessed Be!





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