

Flight: A Living, Breathing Document of Consciousness

Volume 12 Issue 127, June 2023



Articles and excerpts that will inform and inspire!

Letter from the Editor



It has been quite a journey of late. I was just about finished assembling the April issue of FLIGHT when the computer crashed. It took quite awhile for the repairs to get done, but fortunately it is now up and running, thanks to my friend and computer guru, Jason Tilton!

I want to thank my subscribers for their patience on this matter. I also want to thank each of my contributors! The information that you share here is valuable and important, so please keep up the good work!

I like this to go viral, so feel free to pass it on to whomever you think may have some interest in it. And if you are a first-time reader and would like to be on a direct mailing list for your free subscription, drop me a line at deerhorn007@gmail.com and we will make it happen for you.

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

https://youtu.be/O7-XUcfiz_I

☆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

Date: June 3rd

Full Moon: 11:42pm

Color of the Day: Indigo

Incense of the Day: Magnolia

Communicating Clearly

With the sun in Gemini and the moon in Sagittarius today, there's an abundance of expansive communication energy, which can paradoxically confuse clear intentions. To help focus your ability to communicate a specific point, write out exactly what you want to say on a piece of paper. Read it over, making certain it's exactly what you wish to say, rewriting it if necessary. Once complete, read it aloud as if you were speaking directly to the person with whom you are trying to communicate. Fold the paper in half and then in half again, making each fold toward you. Finally, place an orange candle (the color of Mercury) in a holder over the paper. Light the candle and say:

Powers of clarity, pierce through the haze, sharpen my focus and intention.

Making my point with skill and ease, message received with retention.

Forces of Jupiter and Mercury empower the magic, so mote it be!

-Michael Furie

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: June 17, 2023, at 7:30pm New Moon Ceremony!

**Once the ceremony begins, participants will refrain from chit chat as that only serves to distract from the energy of the ceremony. These ceremonies are geared toward adults, so it is important to have childcare in place to attend.*

To access dates of the ceremonies, contact Kiernan Garvie at Saskatoon Heavenly Reiki at (306) 880-3433 or visit the website at <https://www.saskatoonheavenlyreiki.com> or <https://deerhornshamanic.com>



The Shining Ones

Sensitives/Empaths Workshop


Online Event via Zoom
June 4th, 16th & 30th
July 14th

1:00 pm - 4:00 pm on Sunday
7:00 pm - 10:00 pm Fridays
12-person limit

A journey to help develop your senses, inner knowing & Wisdom


Tools & methods to center, balance, ground & protect. Learn to discern energy, understand your purpose, setting boundaries & self care. One hypnojourney is included. Hypnojourney is traveling to different dimensions for messages.

For more detailed information check the website
Please share
sharonwhitethunderhypnotherapy.com



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*Shamanic Healing
*Enchanted Crafts
*Indian Head Massage
*Kansa Vatki
Foot Massage

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whitethunder000@yahoo.ca
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SHINING ONES WORKSHOP

"A trained empath or sensitive can transmute negative energy and restore peace in a situation."

~Jane lightworker

When we feel safe in our own world and the world around us, all that magic, all that inspiration, all those sensitivities, all those gifts and abilities become your sparkle...we become a beautiful Shining Star....a Shining One. We become all that we were meant to be and more. We learn the practice of protection, boundaries, knowledge, and wisdom. Most of all, we learn how to utilize our abilities that can benefit universal energy, people, plants, animals, and healing.

In this Shining Ones workshop, the intention is to help you to gain better understanding of what and who you are...and why you are here. The Shining ones Workshop is to help you to become more aware of why self-care is so important. The teachings and sharing of knowledge will help you navigate and understand how to exist in the world.

- Be empowered & confident with your own energy & learn empathic abilities.
- Learn the tools for self-care, center, ground, & protection
- Reignite your unique sparkle... let your heart open to what you can do.

What You Will Learn

- Understand how energy works.
- Intuition our compass to the world around us
- Guided Meditations
- Clearing, charging, balance, centering & grounding
- Our purpose & responsibility
- Basics about empaths, sensitives, & mediums
- Basics of Clairvoyance, clairaudience, claircognizant, Clairsentient
- Discerning types of energy & spirits
- Tools & methods for clearing & protection.
- Setting boundaries with people & spirits
- Shared experiences
- Receive your own manual & workbook.
- 1-month free online private support & share group with your peers
- 2 group [hypnojourneys](#) (see website for more details)

Sensitives Workshop (Online Event)

PAYMENT PLAN

June 4th, 16th & 30th

Pay as you go.

July 14th

\$125 for the first workshop

1:00 - 4:00 pm Sunday

\$45. for the remaining 3 workshops -

7:00 - 10:00 pm Friday's

Cancellation fees and admin fees apply.

12-person limit

Must be paid 24 hours prior to workshop.

Investment \$250. for all 4 group workshops

Early registration discount \$50. you pay \$200 by May 26th.

Individual or private workshops \$300.

Rock Talk



by Ave Riddler

AMBER

Not technically a rock, amber is fossilized resin. A soft mineral listed as 2-2.5 on the mohs hardness scale, most found as a translucent resin, sometimes containing bugs, bits of plant, or other random materials. The colors vary with the most common being golden yellow, cognac, or yellow brown, but there are shades of green, blue, black, red and my personal favorite is called butter amber. The colors can affect the gifts of healing offered by Amber, lending them more to the chakras related to the color variations. I do want to acknowledge that unfortunately there are a lot of Amber dupes on the market, plastic, or melted resins formed to resemble Amber, I strongly suggest buyer beware when looking to purchase it.



Amber can help with manifestation, helping one to bring what is desired into the state of reality. By helping one to realize their vision, amber can also assist in making the choices needed to manifest their goals.

This mineral offers powerful solar energy, promoting warmth, health, and a feeling of well-being when worn. Amber also carries the energy of life within it, a throwback to the organic materials that make up this gem. This can also help promote the inner warmth needed during cold seasons. This light and solar energy can also be directed to help ease depressions caused by long dark winters, and seasonal affective disorder, pairing Amber with treatments for these conditions may bring reprieve.

Because it is a resin it has in the past been burned as in incense to clear the environment of negative energies, and to fumigate the area. Some cultures used Amber as part of fire ceremonies. The purifying properties of amber can be accessed without burning it of course, keeping some in a room will send out less directed energy. This energy can also be directed into the self to help purify the body, mind, and spirit.

This mineral can help stimulate intellect and open the crown chakra. There is a connection between Amber and interdimensional as well as intergalactic Light beings, such as Nature Devas, Crop-circle makers, Fairies, and more. There is a strong association between Amber and the Egyptian Deity Ra.

Physical vitality can be improved while working with Amber; it has been known to be used by warriors to promote strength and good luck during battle. The physical vitality offered by amber can also make it a useful aid while recovering from illnesses that weakened and drained our energy. It can also promote vitality and longevity in ageing folks, imparting the vital life force of the trees and plants the Amber was once derived from.

Much like any fossil Amber can be used in past life work or connecting with the ancestors. Because of its clearing energy though Amber can help clear family patterns, and karmic debris from the energy field of the one working with it on such journeys.

There is an association with unconditional love, and Amber can help renew commitments and promises to the self and those loved by them.

Physically Amber may be used to assist in treatments of goiter, kidneys, bladder, infections, and diseases of the throat. In ancient times it was used as a penicillin type or remedy, ingested as an elixir, or finely ground. Physical vitality may be increased while working with Amber which would improve energy levels and enable quicker healing.

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)

Wounded Healers and Sensitives

By Sharon Whitethunder Baldock

How many years have we all been trying to create happiness, abundance, peace, or love? Is there something deep inside that is saying " I don't feel complete," like there is something missing? Perhaps you have tried to create success for yourself for years and you just can't seem to get it moving? Maybe you have a family, a job and are successful but deep down you feel a void...like something is missing. Is there a fear of the unknown? Or a fear of finding something so deep and so visceral you think you would never recover...or lose who you are?

What if the things you lost brought you all the things you were looking for...all the happiness...all the success, peace, love, and strength...most of all...your true self? It is our birthright to have all these things and more but guilt, shame, doubt, worry, anxieties, prevent us from having these things. There are some of us who just can't seem to get to the source of our pain because we don't know how.

Healers and Sensitives struggle with this often. We feel that we are deserving of this cast of hardships, that this is our lot in life.... but that is not true. It is the teachings we grew up with that hardened this belief system and, in some cases, it was inherited. We don't just get the

"You don't always attract what you are. You sometimes attract people who are in desperate need of what you are."
-Nashihah Pervina



amazing gifts of healers and Sensitives, along with them come the difficulties of our ancestors. Science is already proving that we carry the emotional hardships of our ancestors that are passed down to each generation. This is why healing our ancestral lineage is so prevalent and so important right now.

I remember as a child hearing "you shouldn't be so sensitive", "you will have to grow a thicker skin to survive in the world", "you're weird or strange", and when someone died, I was basically told not to express my emotions. My dreams were "just bad dreams" and if I could sense things (that had

happened) it was just a coincidence. Today I am a wounded healer, but I have been doing healing work for a few years, and it is only in the past six months that substantial progress has been made. My healing journey truly began when I found the support and courage to face the void...that empty dark place of shadow that holds trauma, and a plethora of emotional pain.

I can imagine others having stories from childhood where they were considered "the work of the devil". But for my abilities, I was invisible, unimportant, I had no safe place to talk openly about what was happening and the things I could see. Today I am working on regaining my gifts through my own healing work. As I regain my strengths, I can do workshops to help others along their journey. I want to share my knowledge to help others so they can attain or achieve healing and become "authentic" with everything they do in life.

The Shining Ones & Empaths workshop helps you to gain tools for your healing. These groups will help you to understand who you are and why you are here. The Shining Ones workshops will help you to learn how to navigate the world and the people in it, so you don't "take on" the energy of others or the collective. It will also help you to understand the type of healing work within you that you need to address.

You are not alone, many of us are trying to navigate the heavy and dark energy that is floating around the universe. People like you and me are helping by going into that dark void within us so we can shine.... This workshop will be a safe place for all Shining Ones to be who they are.

Visit Sacred Source Medicine's Website for more information.

<https://www.sharonwhitethunderhypnotherapy.com/the-shining-ones-empaths-sensitives>

Contact Sharon

whitethunder000@yahoo.ca

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DAEMONIC EASTER BONNETS & BLOODY ICE CREAM

By Gail Fulkerson

Easter weekend was in full swing. Millions of people rose from their warm beds, got dressed in their best Sunday-go-to-meetin' duds, and entered the doors of a church on Sunday to wish Jesus a happy reincarnation day. They filled the pews, making sure their neighbours saw them and what they were wearing before the priest or minister began the service. They gave generously when the plate was passed, putting in dollar bills instead of

coins. The big spenders were accused of buying their way into heaven, although they'd halfheartedly deny it.

On this Easter Sunday, Frank and his cronies were concealed in the shadows as the parishioners filed out of the church. The men loosened ties and opened the top buttons of their shirts, the kids ran down the steps to meet with friends to make plans for later in the day. Women removed sweaters as they walked gingerly on high heels along gravel paths to the family sedans.

It was all going according to plan. The daemons waited for the last vehicle to leave before they entered the church, gaining access through the rustic front doors and stained-glass windows. Inside, the minister and a few elders were in the kitchen discussing Easter matters as they unwittingly sipped tea spiked with a sedative that Frank's bff, Larry, had slipped into the teapot before the water was poured.

Side by side, the two best friends enjoyed the minutes watching the humans go from alert to unconscious as they sipped and giggled, their heads nodding, the teacups and saucers dropping from sleeping hands, and their bodies falling from chairs into disheveled yet colourful Easter-dyed heaps on the floor.

Frank and Larry each grabbed an unconscious human off the floor and played with them like dolls, posing them like action figures and making them do things they would never have done while awake. It was one of the highlights of the daemon's day, perhaps of the entire weekend.

While the two besties were having fun in the church, a horde of daemons were spreading out over the town like an evil dark cloud, intent upon grabbing as many humans as they could before they ran from their sedans and barricaded themselves in their homes. Every human hunted by daemons fervently believed they would be safe within the walls of their abodes, but that belief was violently shattered once the daemons broke down doors, smashed windows, and ripped roofs off houses to get at their prey. The humans screamed and pleaded with Jesus to save them, but to no avail. Jesus was incommunicado and couldn't or wouldn't answer any of their prayers.

The prayers, screams, fires, sirens, and mayhem began to subside sometime after 11:00 Monday night. Most of the daemons had filled their quota of humans by then and were returning to their nests with their catch. Years ago, daemons who participated in the annual Easter Massacre gathered in the centre of town to begin the process of disarticulating, gutting, and wrapping human parts in butcher paper, ready for the freezer. The practice was abandoned, however, when Satan accused his neighbours of encroaching upon his property for the sole purpose of stealing meat and other victuals. The culprits, denying any involvement, conveniently disappeared shortly after the accusation. Also, their house burned to the ground. The daemon community chalked it up to angry humans seeking revenge, and that was the end of it. No one said a word when Satan's household took delivery of a big new freezer, and immediately stacked it to the hilt with meat that 'miraculously' appeared at Satan's back door. No one ever questioned their supreme leader's actions or motives since accusers didn't survive long enough to apologize for or make amends.

The thrill of hunting devout humans was just the beginning. Daemonic Easter Weekend had a carnival atmosphere, much like Mardi Gras but without the beads. Instead, there was a teacup ride that sprayed a mist of diced guts at the riders — a favourite among the younger daemons — and a pie-eating contest in which many daemons wanted to participate, because the pies were made from ground gnomes spiced with human sweat and the watery liquid drained from blisters. There were shooting galleries filled with human corpses to amuse the little imps and their parents. BBQed people ribs, lizard chops, and garter snake steaks were on the menu, along with gallstone ice cream — served in a cone or a bowl — and the ever-popular blood and bile milkshakes.

It was getting late, and Frank was tired, and bloated with all the things he'd eaten throughout the day. He tried calling an Uber so he wouldn't have to walk or fly home, but no one was answering his calls. It took some effort, but Frank was able to stand up and take some staggering footsteps in the general direction of home. The more he worked at it, the better his footwork became, until he finally found his stride. With renewed confidence, Frank made it home within hours, a trip that usually took him mere minutes. He was out of breath but still alive. As the front door crashed open, Frank briefly wondered what had happened to Larry. He'd last seen him accosting an elderly man in the middle of town, shredding the man's overcoat and suit jacket to get at the meaty centre.

Frank's knees buckled and he fell face first onto the mat just inside the front door, cracking his forehead on the hard stone floor.

"Well, crap. That's gonna leave a mark," Frank thought to himself. He wanted to get up and go to his room, but his body was spent, so he slept where he fell.

Later that morning, Frank was awoken by the aroma of frying bacon. As he stumbled into the kitchen and took a seat at the table, Frank's mom slid him a plate of eggs and bacon, laced with arsenic, just the way he liked them.

"Coffee is still brewing, but it won't be long," his mother informed him. "Here, have a glass of stomach juices and intestinal fluids while you wait."

"Thanks, Ma, but I think I'll pass on the juice," replied Frank. "My guts are inflamed as it is, and I don't want to risk having them explode on me again. That really hurt, and I couldn't eat for months afterward, until they re-grew. I don't want to go through that again. Losing my arms was bad enough, but regrowing my entire digestive system was the worst," he recalled.

Just then, Larry came in, dragging a sack of bloody people parts across the kitchen floor. Frank's mom was about to bite Larry's head off for making a mess, but restrained herself when he revealed the contents of the sack. There, in the middle of the floor where it had been dumped, lay a glistening pile of brains, kidneys, and livers, the daemonic caviar of meats. Strewn amongst them were forks, spoons, and knives; Larry always collected cutlery from the scenes of his kills simply because he liked the way they glinted through the all the gore.

"Wow! You outdid yourself, Larry," congratulated Frank.

“Thanks, man. I appreciate that. Hey, Mrs. Satan, is there any more of your famous coffee left? I’d love a cup if there is,” said Larry.

“Sure thing, Larry, I’ll grab a mug for you,” Frank’s mom replied, grabbing the freshly brewed coffee off the stove, and pouring mugs full of the steaming hot liquid for the three of them. A drip from the pot landed on the table and ate a neat hole through it.

“Don’t get any coffee on yourself or you might lose a body part,” she warned, as she sat down to enjoy her mug.

From 365 Zen daily readings by Jean Smith

The sutras, especially Mahayana sutras, are direct expressions of spiritual experiences; they contain intuitions gained by digging deeply into the abyss of the Unconscious, and they make no pretension of presenting these intuitions through the mediumship of the intellect. If they appear to be at all ratiocinative and logically demonstrative, this is merely accidental. All the sutras attempt to give the deepest intuitions of the Buddhist mind as they presented themselves to the early Indian Mahayana followers. Therefore, when the sutras declare all things to be empty, unborn, and beyond causation, the declaration is not the result of metaphysical reasoning; it is a most penetrating Buddhist experience. This is why so many scholars and philosophers of Buddhism who endeavor to understand or interpret these intuitions according to rules of logic fail in their endeavors; they are outsiders, so to speak, in Buddhist experience, and consequently they are bound to miss the mark.

-D.T. Suzuki, *Essays in Zen Buddhism, III*

From Llewellyn's Witches' Calendar 2023



There are some varieties of roses that bloom year-round, but in many areas, June is traditionally when the rose – the flower of love – steps into the spotlight. So, it's no surprise that June is also a popular month for weddings, no doubt because of the abundance of roses, but also because the month is named after the goddess Juna, the patroness of marriage. Since ancient times, June has been an auspicious month to merge. My own wedding took place on a New Moon (good for beginnings) in June over thirty years ago!

How do you know you've found your soul mate? The word is loaded with multiple meanings and has often been viewed only through the lens of lovers, but soul mate relationships transcend sex and romantic love – although these aspects can certainly play a part! A soul mate is a being who holds up a mirror, shows you yourself without judgment or bias, and enables and empowers you to be your best self. A soul mate

can most certainly be a lover but can also be a friend or sibling. And I believe you can have more than one; no one thing or person can fulfill all our needs and wishes in this life, nor do we focus on one task, passion, or person – our life affects and influences many, many other lives. As you can imagine, soul mate relationships are not always rosy, but true love comforts and conquers all.

Rose Water Soul Mate Ritual Bath

Finding and identifying a soul mate is a process that requires interaction with others as well as introspection. A rose-scented ritual bath will cleanse soul and body and help you identify the potential soul mates in your life. If possible, perform this ritual at the New Moon on June 18th. You will need the following:

1. Rose essential oil.
2. Rose petals in as many colors as you can get, as each symbolizes an aspect of the emotional spectrum that we encounter through the different relationships in our lives (intensity heightens with darker hues): red for romance and passion; pink for joy, grace, and affection; purple for enchantment and wonder; orange for desire; yellow for friendship and joy; and white for purity and innocence.

3. Small white candles with a short burn time

Place your candles strategically around your bathing area, but don't light them yet. Make sure that their placement does not hinder you from getting in and out of the bath in any way. Lay out anything you will need for when you get out of the bath (a robe, slippers, etc.). You want this ritual to be as comforting and relaxing as possible from start to finish. Draw a bath, making the water temperature comfortable. Pour in the rose essential oil, then sprinkle the surface of the water with your rose petals. Now light your candles! Once they are all lit, it's time to get in. As you do so, bless your ritual with these words:

Who is my soul mate, my other half?

Quarter? Eighth? I step into this bath. (Get in!)

Immersed in the scent and softness of affection,

Show me my best friends, my soul's reflections.

While in the bath, meditate on these words. Who comes to mind? Are they faces you know or ones you have yet to meet? Stay in the bath until the candles burn out. Write your reflections in your journal if you wish – and watch for soul mate encounters!

-Natalie Zaman

Marina's Divination Station

By Marina Evans

Well, Hello and welcome back to Marina's Divination Station!

One of the most common things that people ask when they are trying to figure out what deck to buy or if they are new to decks is, what's the difference between Tarot and Oracle decks and which one should I get? This is a loaded question, and the answer can change wildly depending on who you ask, but, since you asked me (you didn't but I'll tell you anyway!), I'll let you know some of the differences I have found between them!

There are several different aspects you can look at when attesting to the difference between the two, but for me, it's always been depth. Tarot cards, for me, have always been a way to get a more in-depth picture of the situation I'm asking about. It can give you things like a description of a person, a time frame, a place, a specific action for you to take or that has been taken, etc. Tarot is meant to be delved into and the deeper your understanding of the cards, the more detail oriented the reading can become. The downside to this? It does require some practice and study. To be able to read out these finer points, you will need to know in depth the imagery of the cards (which, although the style or art may change deck to deck, always retains some similarities to each other to retain consistent meanings), and you will need to trust intuitive hunches. This can take some time to get the hang of, so it

does require a bit of commitment on your part. It's really a 'you get what you put in' kind of thing.

So, if tarot is so great, why use oracle cards? Well, I'm glad you asked! Oracle cards can vary WIDELY from deck to deck. Unlike tarot, there is no adhered to meaning that must be present for any cards, so there can be any number of cards with any number of meanings. Is this good or bad? Again, it depends on who you ask. Some people can find tarot intimidating to start with, or entirely, and would rather the more open concept of oracle cards. While I have found oracle cards to be a little less able to give specifics in a reading, I find they are great for giving you messages that you may need to hear, or describing the emotional space that you, or those around you, may be in. They tend to be softer in the deliverance of the message as well (though not always as you will find with some decks!) and will guide you to answers by making you think about where you are or how you are feeling. The downside is, because there is so much variety, you cannot study one deck and hope to understand them all. Each deck is unique to the person who created it and what they feel the card represents, so every deck you get will require some time to get to know. What this diversity does allow, is the use of your intuition to provide meaning. Many oracle cards, I have found, are much easier to read intuitively drawing from the imagery of the card and the feeling from the cards themselves. Yes, you do want to make sure you are conveying the right information, especially if you are reading for someone else, but sometimes you are the right information. I also like to use oracle cards alongside tarot in a reading where applicable. Sometimes after a tarot reading, I will use an oracle deck that can help flesh out information about where I will be mentally when this happens, whether I will need more support, etc. So don't be afraid to try both!

On that note, and without further adieu, a look into this month's deck and maybe your future partner tool! Blessed Be!

HEDGEWITCH BOTANICAL ORACLE by Siolo Thompson

This deck contains 40 beautifully, but simply illustrated cards containing the plants image, common name, Latin name, and divinatory property written on the card. If you are a practitioner of herbal arts, a seasoned gardener, or simply interested in learning about plant and herbal properties, this may be a deck you want to check out. The high gloss finish and light card stock of the cards makes them very pliable (as well as more susceptible to damage so be careful!), and lovely to hold and shuffle which is always a selling point for me.

The guidebook is also something to admire as it goes above and beyond the scope of most guidebooks. At 186 pages it's even a great bedside table read, as each card is represented with a full color illustrated page and, while it contains the divinatory meaning, also gives you a short history of each plant and it's uses in cooking, medicine, and craft work. While all the plant artworks are illustrations, they are clear and concise and make the plants easily identifiable. Some of the plant descriptions in the guidebook will even give you some pointers on how to identify the plants. It's one of the few guidebooks you could enjoy reading cover to cover.

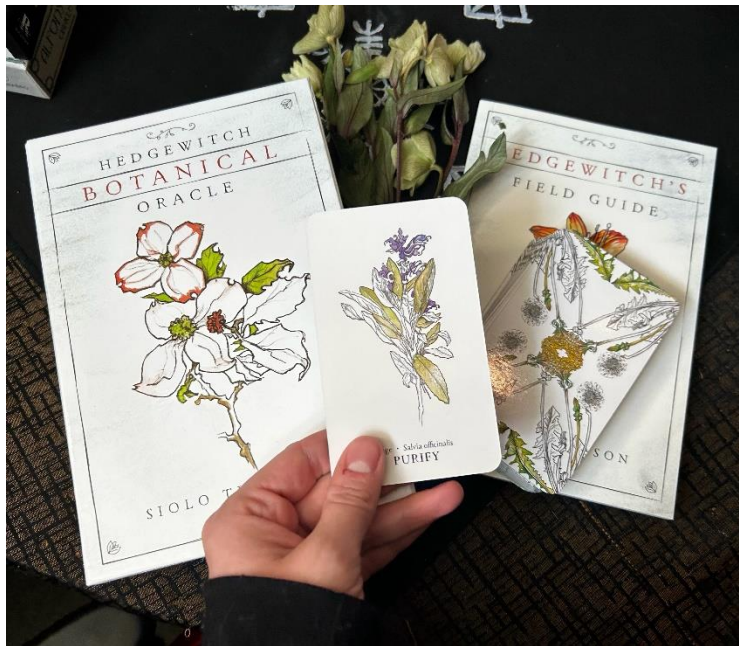
And though the cards maybe of a lighter stock, the box it comes in is anything but! Beautifully designed and sturdy enough to keep everything firmly in place and safe from

accidental damage (and out of sight of pets that might fancy a taste of those shiny plant pictures.)

The Drawing of the Card

Purify

Sage - *Salvia Officinalis*



Sage has been used by indigenous peoples around the world for centuries to purify and cleanse spaces, people, and objects. Sage can remove old stagnant energy that no longer serves us or is harming us, will fill the space with newness, openness, and protection. The message of sage when it shows up in this card is very much the same. As we go through our days, our months, our years, we develop habits and routines that get us through what we need to get through, help us survive, or, at the very least, help us get things done. As time goes on though, those practices can be less effective, or a

downright hinderance. Every now and again we need to pause to look at what habits, routines, thought patterns, or even objects we are hanging onto that are simply holding us back. We wonder why the new things we want in our lives aren't coming when we are sitting in a pile of old ways. But wait, doesn't this sound a little bit like the message of organization from last month? YES. But where organization helps us to tackle and maneuver the piles of our lives, purity tells us to figure out which piles can be tossed in the recycling. Some doom piles will never be sorted, and you need to let them go. New cannot enter if there is no room.

With spring in the air, this is the perfect time to set ourselves straight. The world is becoming new, and we are given the chance to do the same. I always thought it was strange for people to make New Year's resolutions in the sea of winter when we are meant to be resting. This is the time of the year when we shed our old thoughts, we shed our winter cloaks, and shed our winter blues and indeed come alive, born again into the purity of a new season. This is the best time to purify ourselves, our spaces, and our minds, however that looks to you, so that new things can come to you. We must take the lessons of sage and remove the stagnant, old, and harmful practices to allow for new growth and new ways of being to enter.

If you enjoyed this and would like to see more of this deck and many others, follow me on Instagram @29crows and 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

Hurts so Good.

By Trent Deerhorn

Many of us have had the experience of not understanding why another person, or even why we, ourselves, take so long to finally get the healing work that is so needed. It is like everyone else in the world can see that it is needed, except for the person who is in it. This can become quite frustrating, especially if some of the healing has to do with self-destructive tendencies. For the one who is in it, there is often a cloud of illusion and even delusion that prevents them from seeing how much trouble they are actually in. Where everyone else in the world is seeing it with crystal clarity, the one who is in it is oblivious to the fact that chaos is within them and around them. It is like when someone becomes nose blind to a hideous scent in their home. Someone else walks in and is taken aback by the scent. But even when it is brought up, they just can't smell it.

Often in situations such as these, the one who is in it truly believes that it is "not that bad" or that "you must be exaggerating" or that "you must be super sensitive to this and are being triggered by something in YOUR life or past." This is how they allow themselves to slip deeper into denial.

Over time, as enough people mention the issue to them, there will come a moment when suddenly it hits them like a major revelation. Some random person has said something to them, and it finally clicked, and that random person is instantly their guru. They become a self-appointed spokesperson for the one from whom they FINALLY HEARD THE MESSAGE. Meanwhile, everyone else around them is putting their palm to their forehead because they had only told this person 500+ times...to no avail.



It is important to remember a few things about this scenario. First, don't take it personally. This friend or family member simply was not ready to hear it until that exact moment when some random person enlightened them. You were not delivering the message wrong. They were not receiving it right.

Secondly, often it *HAS TO* come from some random stranger to not have the automatic filter system in the person's brain just weed out the information in lieu of simply running the old internal program. Everyone close to this person is, unbeknownst to themselves, a part of the weeds that are discarded. It does not make the random person more of a gem, although you would certainly think so by how wonderful they suddenly become in the person's life. Anyone raising a child understands that the absolute identical advice coming from anyone other than the parent will be absorbed and integrated, whereas if it comes from the parent, it gets filtered out. Then 20 years later the person finally realizes that the parents knew what they were talking about. It is a story as old as time itself.

Thirdly, it takes a lot of patience to allow a person their own healing journey without trying to take the driver's seat in that journey, especially when that person is driving like a five-year-old who simply picked up the keys and decided to play in the car. But the thing is that we cannot drive their car for them. That is something that only they can learn how to do effectively. So, we must take a more impartial approach to the entire thing. This is not easy, especially when our own inner control freak is screaming in our heads that they really do not know what they are doing, and that they are going to crash and burn!

Fourth, sometimes people are just addicted to their own chaotic drama and no matter what anyone tries to do to help them out of that quagmire, they are going to simply jump right back into it. It has become a habit, so we need not expect anything to change, at least not immediately. That change needs to be desired by them on a deep, soul level for them to take the necessary steps.



Fifth, often, if we allow it all to stay its course, a person will self-correct on their own. Yes, they may need some encouragement, and nobody else can do the correction for them, but it does have a profound effect on them when they make the discoveries and the changes without our expectations or instructions or demands. This is because they,

themselves, must simply become exhausted with the same pattern repeating itself. And once they are at their point of exhaustion their own inner inspiration has an opportunity to

blossom from within. Sometimes the life lessons hurt but end up turning out beautifully in the long run.

This is not to say that we should never help someone in crisis. It is not to say that we emotionally abandon someone who is going in circles. We must remember that compassion goes a long way, and this is different than enablement of dysfunction and it is different than trying to take control over a situation over which we have none. Compassion is beautifully expressed without emotional charges. Those emotional charges are what will hook us into the tailspin of the person's drama, thus feeding it more drama instead of diffusing the drama by being more impartial.

Sixth, last, but not least, we also need to remember that sometimes a person will not want to accept advice or help until that moment when they realize that they have finally been hurting long enough. Some come to this realization much sooner than others. There is no judgement on how long it takes, nor should there ever be judgement on that. This is their healing journey, not yours. So, when they finally come to a point where they are ready to do some healing work, remember not to criticize or condemn them for how freaking long it has taken. Instead, celebrate the fact that they are ready and willing and show support for that as they walk through it. Also remember not to have any expectations on how long the healing work will take once it is begun. No human is a cookie cutter carbon copy of another, and each is allowed to take however long it takes. And while they are taking their time to heal, if you are patient and observant, you will see an entirely different and more whole person emerge from the quagmire that once held them back. There is a wonderful mantra that is applicable to this. *Nam Myoho Renge Kyo*, which, when translated, means, "From within the mud, the Lotus will bloom."

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

Thought for the Day

Before enlightenment, chopping wood, carrying water.

After enlightenment, chopping wood, carrying water.

Zen Proverb

TRANSFORMATION

By Ave Riddler

Once she was afraid,
Timid,
Cowering...
Voice muffled by doubt,
Terror of being seen,
Heard,
NOTICED.
She did not like how this felt,
The way she would huddle in a corner
Hair hanging over her face,
Trying to be invisible
UNSEEN.
Speaking in whispers
She would stammer
Words a tangle
Throat tightened to
SILENCE.
Yet she longed to share her voice,
Share the light she knew she had within.
She forced herself out,
Pried herself out of the corner,
SPOKE.
There were tears
Setbacks,
She often regressed
Losing those steps forward,
Yet still she fought
DETERMINED.
She put herself into situations that scared her,
Challenged her,
Safe situations with supportive people guiding her,
She did this despite her fear
HOPE.
The whisper
Gradually became a roar.
TRANSFORMED.

According to the Farmer's Almanac 2023:



Bouquet Brighteners

Native to Central America, drought-tolerant and heat-resistant gomphrena, aka globe amaranth, produces colorful, papery, globe-shape bracts in pink, purple, red, white, and orange. Blooming from mid-summer through the first hard frost, the actual flowers are tiny white or yellow trumpets. These annuals maintain their bright color and shape when dried, making them great for arrangements and craft projects. To dry, cut stems when blossoms are at their peak. Remove foliage and bunch stems loosely; hang upside down in a warm, airy spot out of direct sunlight for 2 to 3 weeks.



June 3: Full Strawberry Moon

Worker honeybees change roles as they age. Their tasks may include cleaning cells, tending the brood and queen, making food, building, ventilating, guarding, and foraging.



June 5: World Environment Day

Toads eat cutworms and other garden pests. Welcome them with a shallow dish of water in the shade.



June 18th: New Moon

Harvest rhubarb stalks by pulling gently from the base of the clump.



June 21: Summer Solstice

Summer is finally here!

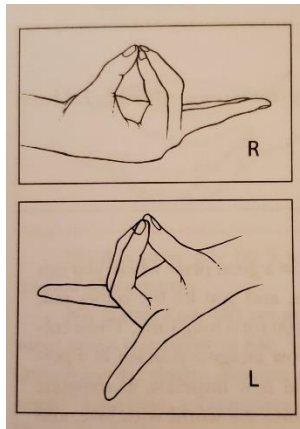
Mudras

Taken from Mudras: Yoga in your HANDS by Gertrud Hirschi

Pushan Mudra

(Dedicated to the sun god, Pushan, also the god of nourishment)

Version 1:

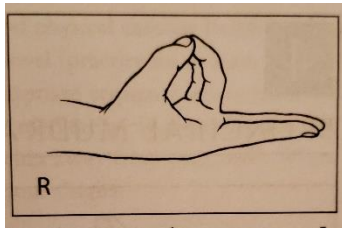


Right Hand: The tips of the thumb, index finger, and middle finger are on top of each other; the other fingers are extended.

Left Hand: The tips of the thumb, middle finger, and ring finger are on top of each other; the other fingers are extended.

This mudra symbolizes accepting and receiving with the gesture of one hand and letting things flow, giving, and letting go with the gesture of the other. Both should be coordinated with each other in digestion. It influences the energy currents that are responsible for absorbing and utilizing food, as well as helping with elimination. It intensifies breathing and therefore the absorption of oxygen and the release of carbon dioxide in the lungs. It has a relaxing effect on the solar plexus (the area of the stomach, liver, spleen, and gallbladder), regulates energies in the autonomic nervous system, mobilizes energies of elimination, and detoxifies. It has an excellent effect on general or acute nausea, seasickness, flatulence, and that sensation of fullness one feels after meals.

Version 2:



Right hand: The tips of the thumb, ring finger, and little finger are on top of each other, the other fingers are extended.

Left hand: Same as Version 1.

Connecting the energies of the thumb, ring finger, and little finger activates the lower digestive process and the elimination process. This mudra can be called the general energy pump. It stimulates the functions of the brain, a fact that has also been proven scientifically. The finger position of the right hand activates energy in the pelvic floor, like a smoldering fire that has been stoked. With the finger position of the left hand, the kindled energy is directed upward. Every organ, the general mood, and thinking (concentration, memory, logic, enthusiasm, etc.) are positively influenced as a result.

These two mudras can be used as immediate help or practiced four times a day for 5 minutes in the case of chronic complaints.

Herbal Remedy: Fennel, anise, and caraway support this mudra.

During *inhalation*, take in energy in the form of light. During the pause in breathing, give it the time and space it needs to spread within you and become transformed. During *exhalation*, let the expended energy flow back out of you. With every breath, there is increased light and clarity in your physical and mental-emotional realms.

Affirmation: I thankfully accept everything that is good for me, let it have its effect within me, and release everything that is spent.

Inspirational Quotes by Alan Chazen

Meekness is unfortunately associated with weakness. Meekness is to be teachable, to accept and adhere to the laws of God, and not to conform to the pressures of man. To do this requires great character and strength.

Ask the Shaman: With Trent Deerhorn



Q: Is there any steadfast way of getting rid of dandelions in your yard?

A: Why would you want to? Dandelions are some of the most powerful herbal medicines. The roots, because they are bitter, make an excellent tea that supports the function of the liver. The leaves and blossoms are excellent in salads. The first blossoms are ideal for helping the pollinators in early spring. Yes, they can get intrusive, but if you harvest them, you will experience an entirely different aspect of the dandelion.

The dandelion is also a spirit representative of those who have experienced harsh abuse in life. Those who have are referred to in some cultures as “dandelion children.” They have gone through devastation, yet they spread sunshine and seeds of positivity everywhere they go!

Tidbits and Tickles:

At first sight we knew it was the perfect Christmas tree. Tall and full, with no bare spots. Even our grown children were impressed.

“Wow,” said my son. “If you didn’t know it was real, it could easily pass as artificial.”

Forum

We like your feedback! Of the previous issue:

* Unfortunately, due to a computer malfunction that delayed this issue by 2 months, none of the Forum comments were saved. So, next time!

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Vicki Lund

Hypnosis & Holistic Practitioner

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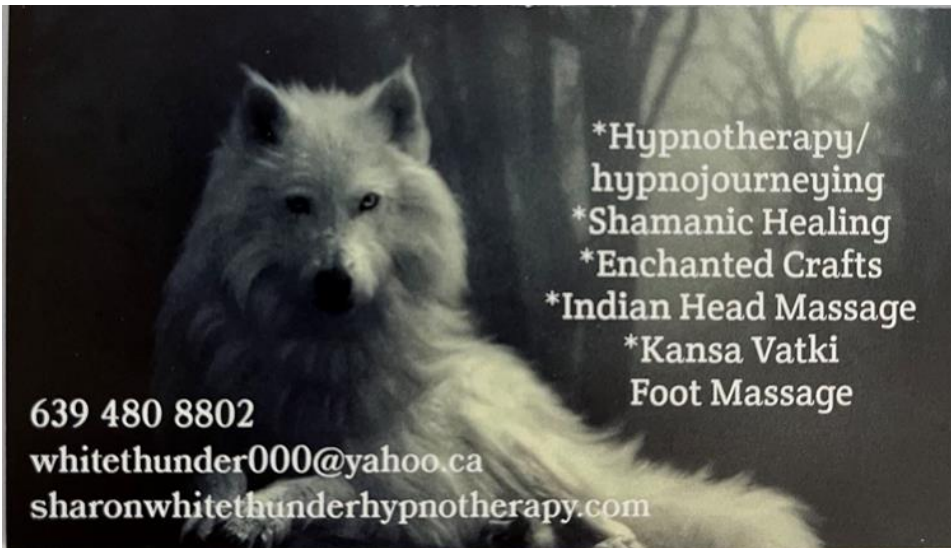
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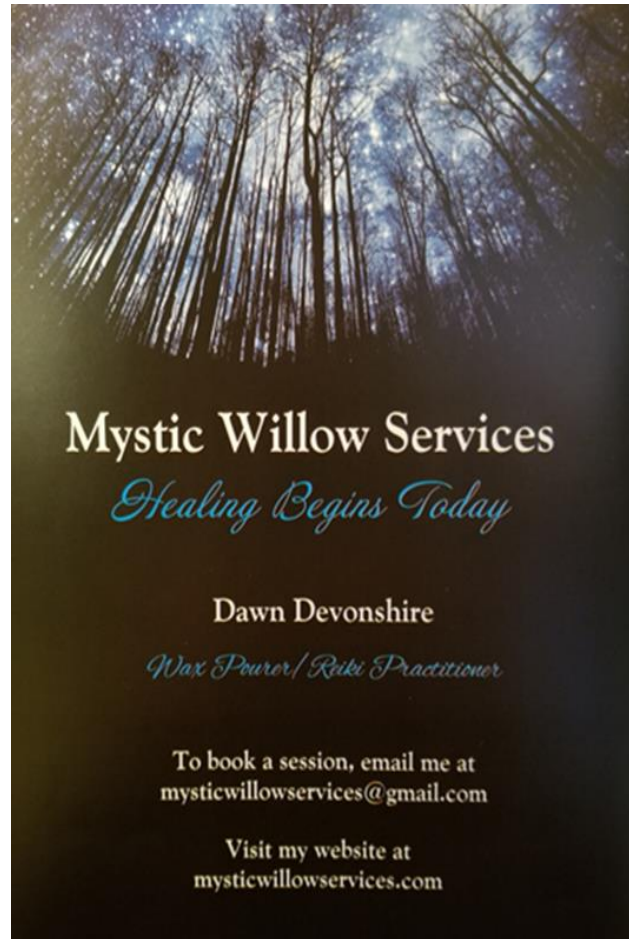
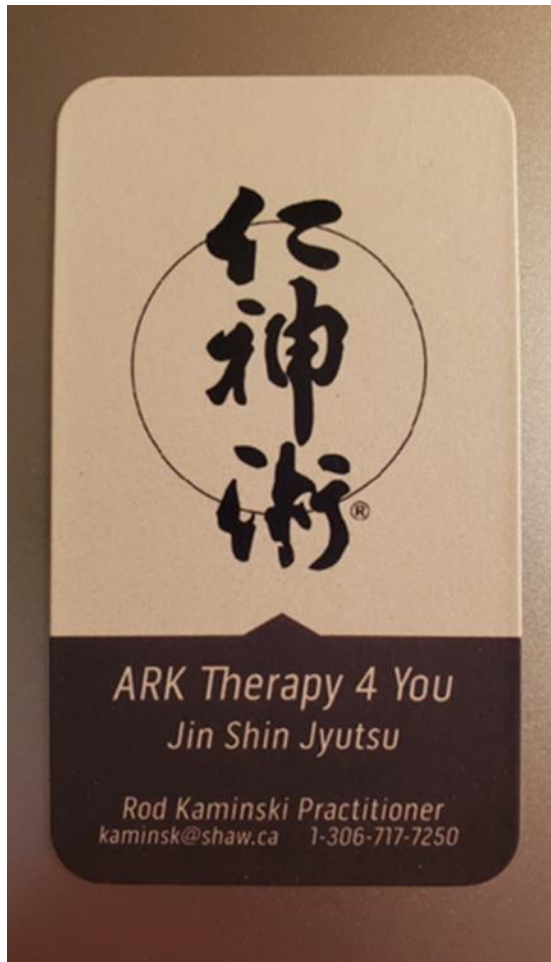
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Video Chat with the SHAMAN!

As part of my Shamanic Practice I have, for years, provided long distance healing work for people. This sometimes comes as an energy treatment and sometimes as a telephone counselling session. Well, now there is even another option available! We can now have sessions on Face Time, Skype, or Telegram, and you can speak to me face to face! If you are interested in this option, simply email me at deerhorn007@gmail.com or phone me at (306) 978.5300 to make arrangements. Blessed Be!



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