

Flight: A Living, Breathing Document of Consciousness

Volume 12 Issue 128, September 2023



Articles and excerpts that will inform and inspire!

Letter from the Editor



I can hardly believe that Summer is already coming to an end. Although I look forward to the Halloween season, I really enjoy Summer and all the fun that goes with it...without the need for jackets and parkas! My garden and yard have never looked so good, the renovation on the gazebo on our deck has progressed beautifully, and we even had time to fit in our son's wedding! All in all, it has been a wonderful Summer.

Thank you to all my contributors! I know that this issue kind of snuck up on you, as it did on me, and I also know that some of you who are recovering from various things such as surgeries etc. had to type with one hand. Your dedication is noted and appreciated.

If you, the reader, would like to forward this newsletter on to a friend or family member, please do. And if you are receiving this for the first time and would like to be on the free direct email list for it, let me know at deerhorn007@gmail.com and I will make it so.

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: September 29, 2023

Full Moon 5:58am

Color of the day: Pink

Incense of the day: Violet

Harvest Gratitude Full Moon Spell

Over the centuries, the full moons were given many different names. The September full moon is known in some traditions as the harvest moon. This is the perfect time to harvest your gratitude.

Since this full moon occurs near the autumnal equinox in the Northern Hemisphere, you can reflect on the year, see how far you have come, and count your blessings. Finding reasons to be grateful is a good way to enhance the love in your heart. Place your dominant hand on your heart, think about what you are grateful for, and repeat these words:

On this full moon night, as the moon

shines bright, I am grateful for the

many blessings I have in my sight.

Harvesting gratitude for your blessings in the present moment will help shift your focus to what you have, instead of what you may think you lack. Harvest your gratitude.

Sapphire Moonbeam



White Magick Weekend

Where: The Studio at Midtown 201 1 Ave S Saskatoon, SK.

When: Saturday, September 16, 2023, through Sunday, September 17, 2023, during regular mall shopping hours

Join Ashley of Made by a Real Witch™ in The Studio at Midtown (across the hall from Tim Hortons) for a weekend of White Magick fun! Are you curious about magick & witches? Want to learn about magick in a safe environment? Not wanting to dabble in anything dark or questionable? Would you like to learn from an authentic white witch who has been honing her craft, helping people & casting spells for decades? If you answered yes to any of these questions, this event is for you.

Weekend will include workshops, guest speakers & magickal product sales.

Tickets for workshops & discussions will be made available for purchase in advance through the events page of my website or can be purchased at the counter during the event - based on remaining seats available. Seats are limited & will be reserved on a first come, first served basis in the order of payments received. Best to book early to avoid disappointment.

You can find the most up-to-date information regarding the event here:
<https://madebyarealwitch.com/classes-events>.

I hope to see you there.

A Day of Shamanic Readings

Saturday, October 28th, 2023

Readings by Trent Deerhorn

230 Charlebois Cres (BACK DOOR ENTRANCE)

By Appointment Only

Participants will have a choice of a Water Reading or an Egg Reading

Price: \$90.00

Cash, Credit or Debit

All Readings will be 20-25 minutes in length.

To book your time contact Trent at deerhorn007@gmail.com or (306) 978-5300



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

**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>



Upcoming Dates:

September 23, 2023, Mabon Celebration *Bring a rhythm instrument.*

October 28, 2023, Samhain (Halloween)/Full Moon Celebration *Bring a rhythm Instrument.*

Rock Talk



by Ave Riddler

HEART SHAPED STONES

For a good handful of years now I have been finding naturally heart shaped stones, while on walks in nature, on the beach or on hiking trails. Even sometimes on city streets, or paved walkways. I used to find them and not do anything about it. In fact, at first, I was sort of angry about it. I was single and a little unhappy about it; not actively trying to change my relationship status though, just wondering why gift hearts to a

girl who was romantically on her own? I would grumble or scoff and walk away.

Gradually I started to accept these hearts as a sort of love note from the universe, and was happier to find them, even getting amused by how consistently I would find these hearts. I even started saying “thank you” to the Gods when I would find them. Message received; I am loved.

I had mentioned to a friend that I kept finding heart shaped stones, which was when I started taking pictures of them where I found them, with backgrounds of farmland, or wooded areas, vast lakes, and sunsets. Spring through winter I started posting pictures on my Facebook. It became a bit of a game, what would be the heart today, where would I find it? Would it be rounded, or sharp? Lopsided or nearly perfect? In fact, one of my favorites over the years is in that group photo, it looks a little worn, missing a bit of the heart, yet inside is a key shaped hole, it's not locked or closed.



Sometimes I even find more than one heart shaped stone on a single walk, which I often find amazing and amusing. Half as a joke I posted a question on my Facebook, wondering how many of these heart stones I had found by now, and the reply was “enough for a calendar?” which proved to be MORE than true, I was able to find enough pictures of them to be selective of heart shapes, AND even have seasonally appropriate photos on each month!

When I started dating someone, I was sure these love notes from the universe would slowly fade out, which has proven to not be the case. Occasionally I do find a heart shaped stone while we are out walking together, and often I simply hand him the heart.

There are times I find an ALMOST heart shaped rock, one where shadows make it look like a heart until you go to move it. Or as you pull it out of the dirt, half of the bottom or side is clearly

missing, these I still see and acknowledge the message of, with gratitude, before moving on with my walk.

It lifts my spirits when I find these stones, often in unexpected locations. Most of the time I pause, pick up the heart rock, I admire it, then leave it behind, sometimes taking a picture to share, sometimes not. I walk a grid road around my town, sometimes daily, and I started wondering if I would just find the same ones over again, so I would nudge it off the road, yet find new ones the next time I went for that walk. Freshly graveled or heavy rains, I anticipate finding those hearts now. Friends of mine have started to look for their own heart shaped stones when they go out walking, which also gives my spirit a lift. In the hustle and bustle of the day we far too often overlook the tiny messages offered to us from the universe. Plus, there are worse things than heart shaped stones, and the color yellow; that people could associate with you.



From 365 Zen daily readings by Jean Smith

Whenever you study and ask questions, there aren't so many things to be concerned with. (Concerns arise) because outside you perceive that mountains and rivers and the great earth exist; within you perceive that seeing, hearing, feeling, and knowing exist; above you see that there are various buddhas that can be sought; and below you see that there are sentient beings who can be saved. You must simply spit them all out at once: afterwards, whether walking, standing, sitting, or lying down, twenty-four hours a day, you fuse everything into one. Then, though you're on the tip of a hair, it's as broad as the universe; though you dwell in a boiling cauldron or in furnace embers, it's like being in the land of peace and happiness; though you dwell amidst gems and jewels in profusion, it's like being in a thatched hut. For this kind of thing, if you are a competent adept, you get to the one reality naturally, without wasting any effort.

-The Blue Cliff Record

From Llewellyn's Witches' Calendar 2023



September sneaks up on us. It is a month of long shadows and mellow light. It is a month that can give us exhilarating storms and a golden Moon that coats the landscape with such loveliness it can bring one to tears. The scent of apple and plum coaxes us indoors and reminds us how good it feels to sit in front of a fire with a mug of tea. It teases us with chilly mornings, persuading us to pull out those winter sweaters, which we promptly tear off when the afternoon heat sets in. And though thoughts of autumn tingle at the periphery of our senses, we still ponder the question, where did summer go?

During this time of equal day and night, we celebrate Mabon and are grateful for the bounty of all that is good and nourishing that has transpired throughout the year. But just as summer's raucous energy is reluctantly released and we accept the introspective dime of

darkness that comes with winter, we also need to remember to be grateful for the harder lessons we have learned and be willing to free ourselves of those things that may have hurt us in some way. Remember, letting go isn't giving in. It is seeing a world full of abundance and new possibilities. It is being thankful for change and growth and releasing those things that no longer serve us. September is a month of transition and clarity – use this time to be thankful for the gifts that come even with the most difficult of endings.

Release with Courage

It is difficult to let go of emotions such as resentment, judgment and fear that come with being hurt or let down by those we love best. And being grateful for those emotions can feel impossible. Gratefulness is the key that opens our hearts and frees us to grow. And letting go of those unhealthy manifestations that cause us to feel victimized brings balance to our sense of self.

For this spell, we will be making an incense blend using these ingredients:

2 parts common garden thyme for courage and letting go.

1 part pine resin for clearing negativity.

½ part lavender for calm.

You will also need a small cauldron or firesafe container, a charcoal incense disc, a mortar and pestle (or electric grinder), and a sheet of paper and pen. I suggest doing this spell outdoors.

Use the mortar and pestle to combine the herbs and resin. In a small cauldron, light a charcoal incense disc and place it in the cauldron. Sprinkle the herbs into the cauldron. As the scent rises, focus on those things that no longer serve you. What lessons have you learned? Verbalize your gratefulness for those lessons in your own way. To close, write down what you need to release on the sheet of paper. Tear it up and put the strips into your cauldron. As the paper burns, focus on releasing all that pain.

Monica Crosson

Marina's Divination Station

By Marina Evans

Hello one and all and welcome back to the Divination Station!

The sun has begun its long journey back to the darker months of the year, and as such, we enter a season of reaping what we sow. The summer fields are ready for the plow, the fruits are ripe for picking, and we begin our preparation for the colder seasons coming. Now, if you're anything like me, you are dreading the end of summer's warmth and could cry into your pillow about it. So, instead of doing that, let us try to turn towards another common feeling of the season, gratitude, but not just any gratitude! Oh, dear me no! Gratitude for the dark.

When we think of gratitude, we think of all the wonderful things in our lives we are grateful for: our homes, families, friends, pets, warm weather, good food, etc., and we assume that these are the types of things we should be grateful for. When you're feeling low or defeated often people come at us with "you should think of all you have to be grateful for!" And doesn't that just automatically fix everything and make you feel better? No, I didn't think so. Now, don't get me wrong, of course it's wonderful to be grateful for all the beautiful gifts we have in life. It's a little harder to be grateful for the not so pleasant things, like, for example, the coming snow. People will often say we should find something to love in every season, for they are all a part of the natural cycle, and all carry their own purpose and beauty, yet we are never really guided to do the same for our own changing seasons. We are a reflection of the Earth, are we not? Maybe it's time we spent a little more time loving our winters too. They are a part of us after all!

In keeping with that theme, this month's deck is a good reminder that sometimes when we ask for something, like, say, courage, we are not given courage, but instead we are given opportunities to be courageous. They are hard times that help us because of who or what we needed to be. Hard truths that, while uncomfortable to hear, give us the blueprint to something better. A reason to honor the winter times.

DARK GODDESS ORACLE by Barbara Meikljohn-Free and Flavia Kate Peters

This 48-card deck features many dark goddesses that have been revered throughout history all over the world. Some loved, some feared, some are both, but all impart great wisdom if we have the courage to listen! The cards are silver-gilded (my weakness!) With a haunting allure created by the detailed artwork featured on each card. They are a lighter card stock, making them easy to shuffle no matter how you like to do it and are high gloss (so avoid the flash if you like to take pictures of your reading!). The deck features various goddesses such as Medusa, Persephone, Skadi, Fortuna, Baba Yaga, and a plethora of others! The 110-page guidebook gives a slight history on the goddess as well as the wisdom she has for you, but be warned, some of these cards bite. However, if you are ready to hear some harder hitting truths, this may be a good fit.

The Drawing of the Card

The Morrighan - Sovereignty
"A raven heralds a battle cry.
Angry mists swirl through the sky.
The Morrighan will serve you well.
You'll survive where others fell.
By the power of the Dark Goddess in me,
Protection in place, Blesses Be."
-from the Guidebook



A goddess known by so many as 'the Battle Crow', this card (ironically) was in mind while I wrote the intro before I even drew the card! The Morrighan can be rough, harsh, and blunt, but it is generally warranted. You have endured a lot for a long time, and it has played a part in helping you build your defenses. This card indicates a battle is coming, and it is time to rise and fight it. It will be unpleasant, and against every fiber of your being, but avoiding conflict now will do nothing but bury you further in the dark. It is time you let those around you, those who have wronged you, or taken advantage of you, know that you have had enough, and you will not be walked on. You can do this with kindness but be sure to stand firm. Your troubles have been preparing your mind for this and the time is coming when you must let them know enough is enough. You are ready to fight for what you need.

This doesn't mean you must get defensive, but it does mean you will have to stand up for yourself and what is important to you. This Goddess is fierce, and can be brash, and, as I mentioned earlier, she will not give you courage, but situations to be courageous. However, that means all your strength is earned and yours and yours alone. With that in mind, and the Morrighan to back you, there is no war that can't be won, but it does mean you will have to fight.

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 that you would like to see!

Until then, Breathe.

For the Love of it,

Marina

Reflections from the Shaman's Hut

Plant Life

By Trent Deerhorn

I consider myself to be a gardener. It began on the farm where I grew up. Gardening was something that I enjoyed doing more than working in the fields. I joined a 4H club and learned as much as I possibly could and that year, I set up a garden plot beside our family garden. It was not quite as spectacular as some of the other gardens that the other club members had set up, but for them it was not the first time at the rodeo, so-to-speak. For me it was the first time doing my own garden from start to finish. But from there I got better and better at it over the following years. I have gardened in a plot that was 30 feet by 50 feet, and in a plot that was made up of plant pots on a terrace, and everything in between.



These days I am gardening for the pollinators. We don't have a vegetable garden because we have three dogs and a small backyard. One day I would like to create a vegetable garden in our front yard, but that is going to take a LOT of work to create and, frankly, we have had a lot of other projects on the go around here. So, that will have to wait a few years.

I have always found the lawn in the front of a house to be the most useless waste of time, energy, and water. If it does not actually feed something, then why have it? And considering that we do not own any horses, cows, sheep, or goats, then why have it? So, in the meantime I have seeded things like vetch and flowering clover etc. to take over where the grass would normally be. It is a slow process, but the other plant life is slowly choking out the lawn, and when it blooms it is spectacular!

So, now for the part where I talk about what draws me to plant life in the first place. I hear it. Yes, you read that correctly. I *hear* plant life. It speaks to me. It tells me when it needs water or fertilizer, or better exposure to the sun, or less exposure to the sun and so on. But it also tells me about other things. For example, one morning I went out to water my front

flower bed and the dogwood bush told me that there was a neighborhood rabbit that spent the night sleeping under it. I went over and looked under the bush and, sure enough, there was a patch of grass beneath that had been slept upon!

I think that the plants speak to me because they know that I listen to them. I mean, let's face it. If we have an encounter with a human being that does not listen to us, how much time and effort do we put into trying to speak to that person? None. At least that is how I approach any relationship. But when a person takes the time to listen, I am all over the possibility that the relationship will be mutual. So, I guess that one could say that I have a mutual relationship with plant life, because as much as they speak to me, I also speak to them. If I must prune something I speak to it while I do the task at hand. I speak to them if I am rooting a cutting. I speak to them if I am planting something. I give them encouragement to grow and to stand up and be counted. When a flower blooms for the first

time in the season I always take a moment to thank it for its absolute beauty and for feeding the pollinators. I believe in my heart of hearts that the earth and its creatures are all able to communicate with each other and that everything is a sentient being. So, I talk to plants, animals, rocks, rivers, clouds and so on. That is just how I roll.



Thought for the Day

The measure of mental health is the disposition to find good everywhere.

Ralph Waldo Emerson

DAEMONIC NIGHT TERRORS

By Gail Fulkerson

Not much scares a daemon. However, after years of hearing bedtime stories told by his father, Satan, Frank the Daemon learned that lions are number one on their list of things that terrify. Anne Frank takes second place, followed by little girls wearing their Sunday best pinafores, white knee socks, white lace gloves, shiny black patent leather shoes, and a bonnet with colourful, wide, grosgrain ribbons streaming down their backs. Many a daemon-child awakes screaming because of nightmares involving these pure and innocent children. Their parents repeatedly warn them to stay away from these little rays of sunshine, fearing their blithe spirits will rub off on their precious little imps, and ruin a promising life of horrifying, kidnapping, and murdering humans of all stripes.

Here's a quick rundown of what scares a daemon, curated by Frank the Daemon, one of Satan's sons.

1. Lions: With sharp teeth and claws that rival those of a daemon, lions always win battles between them. Their prowess and fighting spirit are legendary in the daemon world.
2. Anne Frank: Even though she's dead, Little Miss Positivity can still bring a chill to a daemon's heart, and that is no small feat. Watching her short life come to a close, many daemons find her tenacity and zest for life absolutely appalling.
3. Little girls wearing pinafores: Many a daemon parent uses fear to control their little imps. Sometimes, little girls in pinafores do not have the desired scare factor, so daemonic

parents must improvise, coming up with even more terrifying alternatives, such as a visit to Santa Claus in a department store during the Xmas season. Sitting on that great big lap sends chills down a little imp's spine. Most of them lash out in fear and bite the jolly old elf in the face. The wound bleeds profusely and Santa must leave to stop the bleeding and get cleaned up. Many a human child is disappointed when this occurs. Their sadness is palpable. Negative human emotions are like candy to a daemon, and they slurp it up with great gusto every chance they get.

4. Puppies: With their needle-sharp little teeth and claws and a tongue that never stops licking faces, daemoniac or human, puppies are the bane of a daemon's existence. More importantly, they grow up to be dogs that can easily sniff out an invisible daemon and bite them in the face before any harm comes to their human family.

5. Watermelons: Satan tells the tale of daemons killed by a watermelon, his little imp's favourite bedtime story. Up to six melons, hollowed out and filled with rocks and broken bones with sharp ends, are placed in a row on a trebuchet and launched into the air, striking daemons hundreds of meters away, killing them instantly. The best part is that they never know what hit them.

6. Witches: Capable and powerful, a witch can take out a daemon with the flick of a curse. One of the first cases of a daemon killed by a witch occurred in the Middle Ages, when a sea hag named Agatha dragged a daemon by his feet to the bottom of the ocean and tethered him to a shipwreck in the inky depths of the Mariana Trench with strips of cloth from a sweet little girl's pinafore. Rumor has it that the daemon is still down there, struggling to free himself.

7. Little Richard: This singer's rapid speech and bellowing style of music grates on a daemon's nerves, making it next to impossible to think straight. Over the decades, Little Richard's songs have unwittingly thwarted many a plot to kill and eat humans of all sizes and ages.
8. Sunshine: Direct sunlight is bad for a daemon's skin. It creates blisters that fill with blood and pus, then break open and run in rivulets down a daemon's body and stink to holy hell. Some male daemons, who want to impress a date, will stand in the sunshine until their skin blisters and pops open. However, female daemons prefer the eye-watering stench of the unwashed suitor, with or without the pungent pustules.
9. Fresh air: Many daemons, cultivating a robust reek, find fresh air offensive, because it dilutes the godawful smell wafting from their malodorous pores.
10. Chicken wings: These appendages look eerily like the wings of a gestating imp. Whenever a daemon sees them, their lips curl into a ghastly sneer, their eyes squint and water, and their noses wrinkle in disgust. There is much fang-gnashing, a daemonic expression of displeasure and loathing. Despite this obvious behavior, not one daemon has ever admitted to being afraid of or put off by the wings, since that would weaken their reputation as the nastiest killers in the universe.

No human has been able to learn why these items so terrify daemons; whenever anyone got close enough to one to ask, the potential interviewer disappeared down said daemon's gullet. When one of the interviewer's recording devices was discovered in a fetid,

water-filled ditch, the playback of the tape yielded garbled voices, screaming, and a deep voice that kept repeating the same words over and over: “Kill them, kill them all...” No one knew to whom or to what the daemons were referring when they said it.

The Daemon Frank knew, but he wasn’t about to say anything. That would spoil the surprise coming at the end of humankind’s existence, and he knew what would happen if he blabbed. He wanted to keep all his toes and fingers, thank you. Regrowing all of the digits at once was a real drain on his system and kept him house-bound until the process was complete. He couldn’t afford another two months of idleness, not when the annual human hunt was so close at hand. The thought of missing out on the harvest was too much to bear.

In daemon years, the end of humanity was just around the corner, and Frank could hardly wait.

According to the Farmer’s Almanac 2023:



Also known as blazing star or gayfeather, liatris produces a basal rosette of grass like foliage from which 1-to-5-foot-tall floral spikes emerge in late summer. Each spike features masses of small purple, pink, or white thistlelike flowers that open from the top of the stem downward. This American native adds a vertical element to perennial gardens and fits in nicely with meadows and native plant or pollinator gardens. Bees and butterflies are attracted to its nectar-rich blossoms; plant late bloomers to provide migrating monarchs with much-needed fuel for their journey south.



September 4th: Labor Day

All the flowers of all the tomorrows are in the seeds of today. -Chinese proverb



September 15th: Rosh Hashanah begins at sundown.

Despite their name, yard long beans are best harvested when their pods are between 10 and 18 inches long.



September 23rd: Autumnal Equinox

Even if something is left undone, everyone must take time to sit and watch the leaves turn.

Elizabeth Lawrence, American garden designer (1904-85)

September 24th: Yom Kippur begins at sundown.



September 29th: Full Harvest Moon



September 30th: National Day for Truth and Reconciliation (Canada)



Mudras

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



Bronchial Mudra

Both hands: Place the little finger at the base of the thumb, the ring finger on the upper thumb joint, and the middle finger on the pad of the thumb. Extend the index finger.

For an acute attack of asthma, first use this mudra for 4-6 minutes and then practice the Ashma Mudra (next issue) until breathing has become normal again. For a long-term treatment, hold both mudras for 5 minutes, five times a day.

People with respiratory problems often also suffer from inner loneliness, isolation, sexual problems, and sadness. To the outside world, these feelings are often successfully played down with humor. Or these individuals are pressed for time and out of breath. Since I am all too familiar with such problems, I can perhaps advise you how to get out of this dilemma. It is important to admit your negative feelings and moods for once and take a good look at them. Be aware that even these feelings are like waves on the surface of the water – they arise and then pass on. The reason for such feelings is often a general weakness that is caused by shallow breathing since improper respiration doesn't build up the inner reservoir of strength. When it is reduced, weakness occurs not only on the physical level but also in the mental-emotional area. Fear, sadness, discontentment, exaggerated sensitivity, etc., are the consequences.

In yoga, every breathing exercise and physical exercise builds up this inner strength and keeps up the energy level. The following mudra meditation is also effective. Sit upright and hold your hands about 4 inches away from your body. When your arms get tired, place the hands on your thighs.

*Direct your consciousness to the pelvic floor and sense the surface you are sitting on. **Inhalation:** Now direct your consciousness into your abdomen, stomach, chest, throat, forehead, and top of the head. Count from 1 to 7 while you do so. Now hold your breath for about 5 seconds.*

Exhalation:** Direct your consciousness from top to bottom and count backward from 7 to 1. Wait patiently until the impulse to inhale comes, then direct the consciousness back to the top again while inhaling. **The pauses after inhaling and exhaling are very important here.

Affirmation: Every breath gives me strength. It strengthens my body, mind, and soul.

Inspirational Quotes by Alan Chazen

The root cause of fear is simply a lack of belief, faith, self-confidence, and self-image.



Ask the Shaman: With Trent Deerhorn

Q: What is your favorite crystal/gemstone, and why?

A: That is a very difficult question to answer. I love a lot of them. And I cannot choose one particular favorite. But I do have a few that are absolutely amazing in how they work for me:

Garnet: Because it helps to ground and stabilize my energy.

Blue Topaz: Because it helps my throat chakra, thus helping my personal self-expression.

Citrine: Because it clears my energy regularly.

Black Tourmaline: Because it defends my energy field from invasive outside forces.

Fluorite: Because it helps my energy to transform.

Chiaistolite: Because it keeps me on my Sacred Path.

Labradorite: Because it keeps me connected to things that are deeply mystical.

Kyanite: Because it levels out the effects that electromagnetic fields have on my energy.

These are just a few of them. I have a lot of them in my medicine pouch and use them all regularly.

Tidbits and Tickles:

A defendant was asked if he wanted a bench trial or a jury trial. "Jury trial," the defendant replied.

"Do you know the difference?" asked the judge.

"Sure," replied the defendant. "That's where twelve ignorant people decide my fate instead of one."

Forum

We like your feedback! Of the previous issue:

Richard Wrote: I love Amber and really enjoyed Ave's article about it.

Leo Wrote: As a wounded healer, I totally appreciated Sharon's article on the subject.

Sherry Wrote: Marina, what a beautiful deck that Hedge witch Botanical Oracle is!

Betty Wrote: Oh, Trent, I could very much relate to the frustration felt when people act as you described in Hurts so Good!

Classified Ads



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Mindful Living
Mind, Body, and Soul Healing

Marina Cummins

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

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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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