

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

Volume 12 Issue 131, December 2023



*Articles and excerpts that will inform and inspire!*

## Letter from the Editor



We have had such an amazing autumn weather-wise. The last time we had such mild temperatures in November was 2016. And I certainly appreciate the fact that the snow has not heaped down upon us...yet.

I want to mention that there will be no January issue for 2024. It is just too difficult to get everyone's ducks in a row for publishing an issue right around Christmas time.

I would also like to thank all my wonderful contributors for their hard work and diligence in getting their articles and stories to me in a timely fashion. This helps so much for the editing process! And thank you for the wonderful information and creative writing as well!

If this is your first time reading this and you would like to receive a free subscription, email me your request to [deerhorn007@gmail.com](mailto: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](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

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

### Full Moons of 2023

Date: December 26<sup>th</sup>

Time: 7:33 pm

Color of the Day: Gray

Incense of the day: Cedar

#### Comforting Warmth Tea Spell

During the hubbub of the holiday season, it's comforting to take a moment for rest and reflection. This tea spell promotes centeredness and cleansing. Throughout this spell, use slow, mindful breaths and movements to enhance the comfort qualities.

Gather these materials:

Kettle, 8 ounces water, 1 teaspoon lemon balm, ½ teaspoon sage, teapot, strainer, teacup

Take a deep breath, pour the water into the kettle, and boil it. Measure the herbs and place them in the teapot. As you wait for the water to boil, stretch, or give yourself a light massage.

When the water boils, turn the stove off. Take another deep breath before pouring the water over the herbs.

Let the tea brew for five minutes, then strain it into your cup. Inhale the aromas and say:

*May blessings rain upon me as I take time for myself.*

Take a sip when the tea is cool enough to drink. Enjoy the peaceful moment.

-Astrea Taylor

## 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 Ki'smet Co. at (306) 880-3433 or visit the website at <https://www.kismetco.net/> (16-2220 Northridge Drive Saskatoon) or <https://deerhornshamanic.com>



**Upcoming Dates:**

**January 27<sup>th</sup>, 2024: Full Moon Ceremony! Bring a rhythm instrument!**



## Rock Talk

by Ave Riddler



### Ammonite

I want to start off by sharing a rare experience I had when I touched the chambered piece I have shared pictures of. This Ammonite was gifted to me many years ago by someone who found it while she was walking near her hometown in Alberta. She knew my

love of minerals so felt it belonged with me. I don't often receive visions when working with minerals, my connection tends to be more mental and communicative, it's not like talking to a person exactly but it is a message in words or feelings. The moment I touched this fossil I saw in my mind a cave with dripping water from the start of what would someday become massive stalactites, these were tiny in my vision and the water was dripping into a pool of water, there were scuff marks from the tunnels to that pool that would imply this was a place creatures came to drink at. Almost completely camouflaged by the stones a large spiral shelled creature lay in wait, it looked vaguely like a snail, or some similar shelled creature, it would lift its front portion slightly exposing an opening lined with sharp spikes, they didn't make me think teeth more like the spines of a carnivorous plant. The impression I got was this shelled creature was a predator waiting patiently for the next water seeking prey. I have no idea if there was such a creature, but the message was clear to me, a message of patience to receive what is needed.

There is Ammonite and Ammolite, ammolite is a gemmy flashy rainbow-colored portion of the shell of an ammonite. It is a delicate mineral with a Mohs hardness of 3.5-4 and the surface can be flaky, most jewelry will often have a layer of epoxy, glass, or other synthetic minerals over the surface to protect and seal in the gemmy colors, it is also often left on a portion of the matrix mineral beneath the layer of colorful shell since the colorful part is fairly thin. Ammolite jewelry is often a doublet or even triplet with both treatments increasing durability of the gem.

Metaphysical properties time...

Ammolite is often used by crystal healers to help find personal awakening, as the stone is intended to connect one with the environment on both a physical and spiritual level. Working with ammonite can assist in promoting balance to the mind and body. By connecting on this level, this can help one rid themselves of unhealthy attachments. By opening one up to a more balanced self, ammonite can guide one towards developing and maintaining emotional growth.

It works well with the root chakra and can help one channel and tune their energies. It is said that that stone has strong protective energies that can help guide people through challenges, and various other problems, soothing “troubled waters.” The grounded energy of this mineral can help calm a chaotic environment, while promoting stability in relationships. The energy of this mineral may help one to discover the will to live life to the fullest. Working with ammonite may also help spark one’s survival instincts, supporting efforts to reduce caustic situations within their lives. Ammolite is believed to absorb the knowledge of the universe and radiate this energy out in a centrifugal motion for the benefit of those nearby.

Ammonite is defined by intuitive knowledge, grounding, while helping one to see the “whole picture”, from the conception to completion of a goal. A protective stone, ammonite may help one generate stability and structure to their life, including relationships.

The interior structure of this mineral may make this a valuable mineral for those who work in architecture, or construction.



Physically Ammonite may help support treatments to help detoxify and cleanse the body from the results of trauma, or sickness. Keeping a piece by the bed may help with the prevention of exhaustion, and due to better rest increase

stamina and stability in the body. Working with ammonites may be soothing to both mother and child after birth, to alleviate some of the traumas and burdens of the birthing process. It can be used to support treatments of disorders of the lungs, and limbs, potentially assisting in efforts to rectify degenerative disorders. It may have a positive impact on the nervous system, helping to reduce stress and promote relaxation.

This article is a combination of information found on the website.

<https://korite.com/blogs>



As well as paraphrased from Love is in the Earth –A Kaleidoscope of Crystals written by Melody.

## Empathy vs. Compassion

By Tamala King



We react to other people's presence. We connect with others to aid our health. This human-to-human contact is a neurophysiological process where our nervous systems need to be in contact with other nervous systems to experience physical and mental wellbeing. This developmental process starts in infancy by the ways we are touched, the quality of eye contact received, facial expression or body language that are witnessed, and by the tone of voices heard. Signals of safety and support sent from parent to child help adjust actions and emotions within the child to create and maintain a positive state. This process is called co-regulation.

If abuse or neglect is experienced, then prolonged periods of emotional dysregulation can occur. If someone continually experiences having to hide how they feel or suppress their own needs, often they develop a skill set of disassociating from what their body is trying to tell them. This disassociation means there is an inability to honor what their body is trying to tell them, have a lower self-esteem and then put themselves in a state of "I must listen to the other person". As a child, then, feeling for others becomes a way of connecting. This dysfunction can also lead to excessive or unreasonable distrust, withdrawal, difficulty in conflict resolution, or trigger a circuit that shuts them down. These responses are not voluntary; they are neurobiological responses. Often, the person is unaware of the cues that trigger these neurobiological responses.

According to Dr. Porges (the author of *The Pocket Guide to the Polyvagal Theory: The Transformative Power of Feeling Safe*, (Norton, 2017)), having compassion for another person is dependent upon engagement of the nervous system. Empathy is not interchangeable with compassion. Empathy often involves feeling someone else's pain or negative emotion; this can feel threatening and may pull us out of our own center. As a result, our body begins to engage in a defensive activation of the sympathetic nervous system (fight, flight, or freeze). Moreover, when we take over another person's pain it can lead to feeling fear or shame. In short, too much empathy can be maladaptive.

On the other hand, compassion offers a calm vagal state, in which there is a "safety of self" and is the neural basis for co-regulation. Compassion is the ability to witness and respect both

the suffering and joy of others. We honor the other's capacity to experience their own pain without sharing their pain. Compassion is not driven by a need to "fix" another. Compassion doesn't mean non-action; however, our actions are wisely chosen ways to engage with others that doesn't inadvertently suggest that they are broken or weak. Compassion also rests upon a principle that we must start by attending to our own pain and suffering first.

Even if comforting and nurturing pathways have been covered up by experiences, we can, with time, become more of an operator of our own nervous system. Permissions and play are an important part of this process. Giving ourselves permission to no longer carry the weight of the world; permission to say it is okay to "let go,"; permission not to feel sometimes. Play is critical as it helps regulate our neural state. Play also creates neural organization of interactions of movement and calming; allowing us to achieve self regulation. In time, we can build the neural circuitry that supports self compassion and our capacity to lovingly attend to others in a way that doesn't drain our energy. As an adult, I can now choose when and how much to sense and feel. I can honor my need to connect to others without having to take it all in. I get to have and honor my own boundaries. My empathy is no longer stuck on over drive. I don't have to turn off my gift.

You can visit Tamala's website at <https://tamelareflexologybodytalk.ca/>

**Proud to be Canadian.**

**What do we Canadians Have to be Proud of?**

***As your beauty fades, so will his eyesight.***

***—Phyllis Diller***



## From Llewellyn's Witches' Calendar 2023



December brings us to a very liminal space within the year. The world around us is cold and in hibernation, yet we stand on the precipice of new beginnings. The old year is ending, and the new year is about to be born. The winter solstice is the longest night of the year, yet in the coming days the light will begin to grow stronger. During this time of the year, our inner fires are banked. The stress of holidays and our activities from the rest of the year begin to add up and take their toll, and we often realize we are depleted. Just as the sun's light strengthens with each day after the solstice, we too need to tend to our inner flames and nourish them. The Dagda and his son Aengus Og can be powerful allies in this work. Both were said to own Bru na Boinne, including the megalithic passage tomb known as Newgrange, at different points. At the winter solstice sunlight illuminates the central chamber, shining light, and life into the darkness of the tomb.

The Dagda is a warrior and king, as well as a builder and a magician. He is quite lusty and clever and

often finds himself in comical situations. He lives life to the fullest in every way possible. He is the old year, experience, and fullness. Aengus Og's birth is a magical one: he was conceived at the beginning of the day and born that evening. Because of this, he is given the epithet "Maccan Oc," or "young son." Aengus Og is the Irish god of love and embodies youthfulness. He is a dreamer, one who often makes his dreams reality. He is the young year, full of promise. Together, the Dagda and Aengus Og remind us to find joy in life, to birth new ideas, and to chase our dreams.

### Reignite Your Inner Fires

We all have passions and dreams, but sometimes the fire and joy we put toward them dwindle. We can lose confidence and motivation. This is when we must renew the fires that fuel what we are passionate about. On a candle or a piece of paper to be burned in your ule fire, write a goal you wish to manifest or an area of your life you want to restore you passion about. See the fires of the Dagda and Aengus Og enlivening it, bringing joy, passion, and renewed creativity to it. Before lighting the candle or burning the paper, say,

*Dagda, Good God,*

*Club wielder, harp bearer,*

*Fiery one, full of knowledge,*

*Aengus Og, young son,*

*Begotten and born within the same day,*

*Dreamer, who makes dreams reality,*

*The light of the shortest day*

*Shines in your halls at Bru na Boinne.*

*Clear away the old,*

*Kindle in us new fires:*

*The fire of joy, the fire of strength, the fire of new beginning.*

*Instill in us your abundance and mighty skill.*

*Teach us to chase after our dreams as we move from darkness to light.*

-Stephanie Woodfield

## **The Silver Years**

**Just once, I want a username and password prompt to say,  
Close enough."**

# THE SPIRITUAL WAR CREATING DIVISION

By Sharon Whitethunder Baldock

I was scrolling through Instagram on a quiet Sunday and trying to enjoy taking a break from house chores. I saw someone asking about an item they had found at their new home and was asking people what it was. It was a Valhalla Ladder with a crystal on it, so I was going to make a comment with my thoughts of what it was. As I scrolled through the comments up pops this one "It's DEMONIC, pray to Jesus and get saved. You will never be bothered again." The best form of ignorance and gaslighting I have seen in a while.

Let me be very clear, I am supportive of all beliefs so long as they honor everyone's path, other beliefs, and respect that tradition. But the minute a belief system begins to speak on the behalf of privilege, projection, ignorance, and hate, I won't hesitate to speak my mind. I won't go into bashing Christianity but when a religion and its followers base their information on what they have been taught and think that it's fact... it's hatred and it perpetuates hatred.

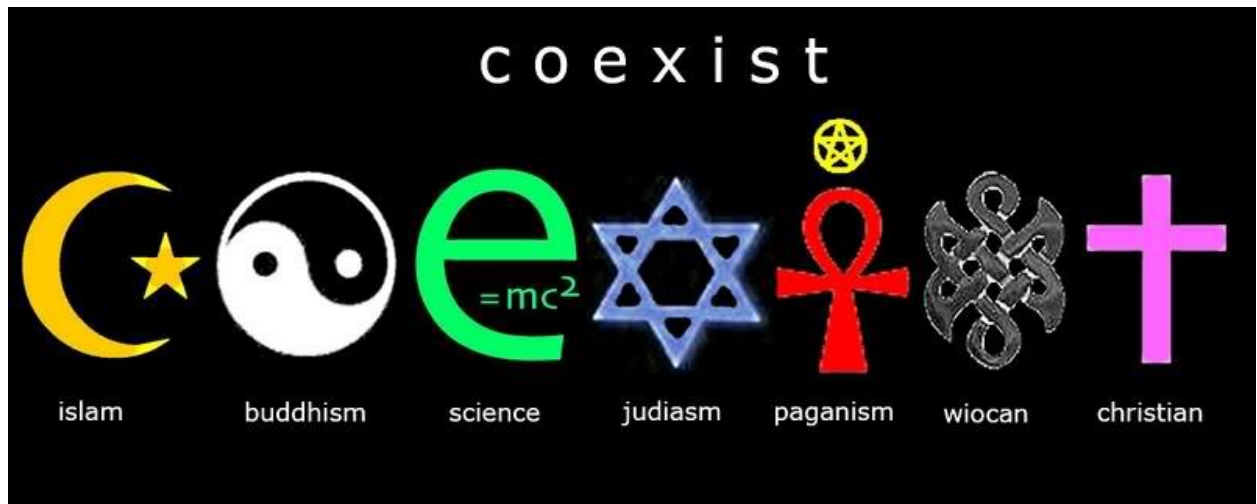
However, as people find their way through their own religious beliefs, if they come from a place of love, respect, compassion, and integrity, then we can sit at a table of acceptance. When we disrespect other spiritualities, it says one religion is better than another, and those who practice that belief are less than or not equal. Sure, everyone is "free" to practice that belief but how you act towards others says more about you than it does about them.

I have never believed that anyone is better or more powerful than anyone else. Although, I felt intimidated at first and that speaks to my insecurities...and it's speaking to the insecurities of others who cannot support other belief systems. There is so much narcissism, ignorance, misinformation, cynicism, and malice for others who walk a different path that it creates division. It alienates people from families, friends, and communities.

There is a cult that made its way through my spiritual community, and it created a huge division filled with misinformation, and that cult still walks among us today. They are honing their ignorance to the gay community focusing on Transgender people. Once again, they spew their ignorance and misinformation from an extreme right winged ideology. It has also created a division in the Gay community.

ANYTHING OR ANYONE who uses information based on their beliefs or religious teachings are not Christian, in my opinion. They are "Karens" looking for a place to insert their ignorance. They gaslight and throw out their thoughts regardless of how it affects others even though they have no tangible or respectable knowledge of that spirituality or of the Gay community. This cult, or right winged extremists, have never asked anyone or got their information from any official Gay organizations. This same division and ignorance from right winged cult ideology is also reaching into the education system regarding children using pronouns. I knew that I was

gay when I was 3 years old, but I didn't have the words or understanding of why I felt strongly connected to someone of the same sex.



Today the younger generation is much more astute to who they are and how they identify. They are trying to feel comfortable in their own shoes and feel safe ...allowing kids to identify without judgement also opens acceptance for those who are different...rather than creating hate towards something they don't understand. The adults, cults and authorities are doing a fine job in creating hate with their right winged agenda.

Regardless, it's all labels to help understand who they are and until we get that, we will continue to see the highest rates of suicide in the gay community. All of this pertains to a spiritual war creating division at all levels. There is a difference between having an opinion and spewing words that create hate verses allowing a child to feel safe and understood. This is about controlling someone else's path and belief by inserting the words you have learned in your world...it has no business in someone else's. Before my favourite Aunt June and Godmother passed, I asked her if she had any wisdom that she could give the younger generation what would it be? "LOVE ONE ANOTHER!" Simple and to the point.

If it doesn't come from love, in words, thoughts or actions...it's not Christian or a true believer in your "God" or from any other belief system. My Aunt was Christian and went to church, she also taught Sunday School. She knew I was Gay, and she loved me no less. We are here to support others along their journey PERIOD. No exceptions.

Wars are created by dividing people, from greed, wanting power and control...stop letting your own fears and ignorance project onto others in the world. Until that happens you are a creator and contributor to hatred...and you cannot hide behind God or Jesus ...you cannot use scriptures, the bible or cult mentality and say you're a Christian.

Love One Another...Love is all there is...Period.

## **Sacred Source Medicine**

### **HOLIDAY SPECIALS !**

Gift Certificates are available for the Holiday Season.

**1. HYPNOSIS - ONE SESSION - \$90. - Packages available** (Please note that one session will NOT help for issues with deeper healing)

**2. HYPNOJOURNEY - ONE SESSION - \$80.** (General inquiries to help you connect through dimensional travel)

**4. DREAM CAST - ONE SESSION - \$70.** (General information or assistance understanding your dreams)

**5. Buy One Valhalla Ladder and One Nordic Energy Mobile for \$170.**

**6. Buy One Protective Energy Necklace and One Nordic Energy Mobile \$150.**

These orders will take two weeks to one month to complete. The Nordic Energy Mobiles on special will be no larger than a one strand mobile or 10 inches in diameter.

### **COMING IN DECEMBER & JANUARY!**

#### **ENCHANTED CRAFT WORKSHOP!**

Learn how to make Nordic Energy Mobiles using the Futhark Rune Symbols and other forms of charging and enchanting your energy mobile. All materials are included, driftwood, lace for web of life, crystals, shells, bone, and more.

Oracle card for spirit messages.

Drumming & sound bowls.

One small journal book.

You receive a 15-minute guided meditation to focus your attention with your Nordic Mobile.

Learn general meanings of Runes & other forms of symbology.

A draw will be made at each workshop and one person will win a FREE Hypnosis or Hypnojourney Session.

Investment: \$100. Per person - Bring a friend & pay \$80. (One friend)

6-person limit.

Gift Certificates Available

**Choose One workshop and One location below.**

1. Sunday, December 3<sup>rd</sup>, or December 30<sup>th</sup> at 1428 Folk St. Holdfast, 10:00 a.m. - 4:00 p.m.
2. Saturday, January 27<sup>th</sup> at Essential Elements Metaphysical - 134 Main St., Moose Jaw

Contact Sacred Source Medicine

Whitethunder000@yahoo.ca (Zero's)

Or

639 480 8802

**More workshops will be posted in the coming weeks.**

Follow Sacred Source Medicine on Instagram or subscribe to the website  
[sharonwhitethunderhypnotherapy.com](http://sharonwhitethunderhypnotherapy.com).

## **BLOODY MASON JARS**

**By Gail Fulkerson**



Ophelia was thirsty. She hadn't had a soul-nourishing meal since the seasons changed in September and it was now November. If she could have seen her image in a mirror, she would know how pinched her face looked from a lack of nourishment. She'd be on the hunt later tonight.

As was her usual routine, she checked her equipment before she left her abode — razor-sharp fangs polished to a dazzling whiteness,

manicured, and polished red nails shaped like daggers and just as deadly — and a garrote that she kept secreted in a small pocket at her waist until she needed it to subdue her larger victims. She replenished her supply of garbage bags and paper towels, both of which she kept in a small black satchel she took with her when she went hunting.

Excitement building, Ophelia smiled as she spied on her prey: a mild-mannered gentleman strolling home from his job as an accountant. He was oblivious to Ophelia



stalking him and didn't realize that the meal waiting for him in his freezer would never be eaten.

The evening's shadows deepened as the man made his way home, and Ophelia darted from one inky shadow to the next, getting close enough to smell the blood coursing through his veins and arteries.

"Not too long now," thought Ophelia, as she closed the gap between them. She could almost taste the little man's blood on her tongue.

He was rounding the last corner before he got to his house; Ophelia would have to act fast to ensure he didn't slip through her famished fingers. She leapt out of a black shadow and onto his back as he passed her on the sidewalk. He screamed like a schoolgirl as Ophelia's fangs stabbed into his neck. He stumbled backwards, falling to the ground. The little vampire girl held on tightly, drinking in great mouthfuls of the man's lifeblood.

It didn't take long before he was drained and dead; Ophelia was wiping blood from her lips onto the lapel of the man's suit coat. She thought of leaving bloody lip prints on his cheek, like a death kiss, but decided not to, in case it was construed as a 'calling card' of sorts, and Ophelia must remain anonymous.

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Still feeling a mite peckish, Ophelia hunted the streets, looking for another victim.

A lone woman sat on the steps of her dilapidated front porch, so lost in thought she didn't notice the black shadow that was Ophelia approaching her until it was far too late. Ophelia drank her dry and dropped the husk that was the woman's body onto the creaking porch steps, where her husband would discover it the next morning.

Ophelia haunted the streets until the first glimmer of light stained the sky. It was a good thing that she had brought the garbage bags; they came in quite handy to carry the unconscious and dying snacks (read: 12 large wharf rats and 8 small dogs) back to her lair.

Once she arrived home, she throttled the life out of her catch, made a small nick in each jugular, and drained the red elixir into a large bowl. She then ladled the blood into sanitized one-litre mason jars and sealed them. These new jars would go on the shelves next to the other jars of blood that lined the basement walls. When it comes to blood, a vampire never seems to have enough on hand, and Ophelia didn't want to be one of the vampires who never stocked up. Besides, hunting on winter streets in Saskatchewan was a huge pain in the butt.

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She stifled a yawn as she got ready to slip into her coffin-bed and snuggle under the many blankets and afghans she had collected over the decades. Ophelia herself didn't knit or crochet, so the ones in her possession were covers she had stolen from her victims' beds. Oftentimes the victims' energies remained on the blankets and afghans and Ophelia would have weird and sometimes scary dreams. The dreams that scared her the most were the ones in which she opened a door at the end of a hallway and hot, unyielding sunlight greeted her. The door would disappear, and Ophelia would be left to burn to ashes. She'd wake screaming and covered in blood-sweat afterwards.

After such dreams, she made sure to sneak out before sunrise to lay the items on her front lawn to let the sun purify them. Later she would launder her snuggly collection and put them back in her coffin-bed.

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Ophelia stretched and settled in for a good day's sleep.

## Marina's Divination Station

By Marina Evans



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

December is upon us, Yule approaches, and the weather outside, at the time of this writing, is...delightful? We entered December with green still lingering in the grass, the smell of Autumn still hanging in the air, and Jack Frost still slumbering and saving us the nips of our noses. While we know the winter snows cannot be staved off forever, it does provide some solace knowing the cold approaches, but we are, thus far, given some reprieve. It gives us a little more time to enjoy the sweater weather and time outside and fills us with somewhat of a sense of contentment.

Contentment can be so simple for some, and largely more complicated for others, and both for the same person depending on where we are in our lives. It can be related to gratitude but is fundamentally different in some ways. Mostly in that, contentment is the feeling of satisfaction. The feeling of being where you want or need to be and having what you need. The feeling of being able to sit in peace and accomplishment. A moment of stillness in the chaos. It's a fleeting feeling for most and looks vastly different for everyone. Some believe contentment limits your growth, believing that to be satisfied with where you are eliminates a drive and desire for more. That may be true in some sense, but I think, as with everything, it depends on who experiences it. While contentment can mean you are satisfied with where you are and feel no need to pursue more (not always a bad thing!), it can also be something you feel after a time of tumultuousness, chaos, and anxiety. Feeling contentment after a time rife with uncertainty is nothing short of a blessing for those who need it. There is certainly nothing wrong with 'boss babe' energy (go get it, babe!), but there is nothing wrong with 'content cat' energy either.

To feel happy with where you are at can be something so rewarding when everything has felt like a struggle, and like I mentioned before, this too shall pass as life is prone to the changing tides of ups and downs. Speaking of tides and contentment, that brings us to the deck of the month!

### MESSAGES FROM THE MERMAIDS by Karen Kay

Being an ocean witch myself, these cards were something I could not pass up! The deck contains 44 beautifully illustrated oracle cards and with simple, yet vibrant symbolism,

makes them easy to interpret. It's easy to intuitively read and the messages are gentle and encouraging (which can be vastly different from some other decks! You know the ones I mean!). They are a medium card stock, so they are nicely playable without being fragile, but the high gloss finish is a bit of an enemy to the camera flash and can make them a little sticky to shuffle. Don't let that deter you from checking them out though as it is quite an alluring deck, and sometimes we just need our messages to be a little nicer. The 119-page guidebook features black and white images of all the cards in an easy to find alphabetical format (this is less common than you think!) and each one features a small quote to sum up the card as well as a detailed look into its meaning.

### *The Drawing of the Card*

#### **Contentment**

*Count your blessings to stay in a place of contentment. Feeling content is a wonderful feeling. Enjoy this time dear friend, you earned it.*



The mermaid sits upon the bridge simply observing the world around her. Being in the moment and taking in the day gives her a sense of contentment. Contentment is not permanent, so when you feel the sense of peace it brings, allow yourself to sit with it. There are so many things in this up and down world that can cause us feelings of lack, insufficiency, stress, that can make us feel guilty for taking a moment to be content with where we are. We are always told to keep striving, to keep pushing, to never let it be enough, and there isn't anything wrong with always striving, unless we deprive ourselves of moments of contentment. You are allowed to enjoy your moments of peace. You are allowed to enjoy the quiet times and sit quietly with a

preferred beverage and listen to the birds and be content. You are allowed the moments, and they are indeed fleeting, so let them come.

Contentment can be more complicated as well when it comes to being content with who we are and how we look. Societal norms and pressures can make us look at ourselves in awful ways, and in these times, contentment must be a more practiced thing. It can take time, and effort, but falling unconditionally in love with yourself is a feeling of contentment that is unrivaled. Not every day will you feel it, but when you do, allow yourself contentment. If you're in a place of anything but contentment, then let this be your sign that it is not impossible. It's easy to say you just need to change your perspective, but when you're in the thick of it that can feel like a lot. Even impossible. So instead, know that the moments will come, and they will go, but you are allowed to feel those moments too and no matter what you strive for, be content that you are, in fact, enough.

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

### Repairing What is Broken

By Trent Deerhorn

We live in a society that seems to prefer throwing things away that are broken instead of repairing them. When we take the time to repair them, although they may never be quite the 'same,' they can also become even more beautiful than they once were! The Japanese practice of kintsugi comes to mind when thinking about this. They repair broken pottery with gold, thus making it more beautiful than it once was. I know that there are a few precious items in my own possession that have been wounded or broken at one time or another and, whenever possible, I have repaired them with loving hands. Often, after the repair is complete, they are stronger and more resilient than before.

This makes me wonder about things other than objects. I believe that we also live in a society that likes to hide away or discard broken people. The value of people has, for too long now, been associated with financial "success" and community "worth." But those standards have been set by folks who have particular standards and stick to those standards. Because of this, they try to bring down those who do not fit into the tiny boxes of reality that they have created in their own minds.

Take, for example, how some artists are treated by society. They are told that they are weird, unpredictable, negative, worthless and that they should do their art for free. The "starving artist" syndrome is the result of this hogwash.

Healers are often treated in the same manner. People complain about having to pay a healer for a session when what the healer is doing to assist



The Japanese art of repairing broken pottery with powder gold lacquer to highlight the imperfections is called Kintsugi. Kintsugi teaches that broken objects are not something to hide, but pridefully display.

them is worth far more than they would ever charge. People think that they have, at least in this country, “free” Medicare. But the truth is that NONE of that is free. It comes out of the taxes we all pay. So why hassle someone about having a fee for their service just because they are not a part of the medical profession? After all, we pay our lawyers, accountants, electricians, plumbers, construction workers, architects, and so on. Everyone has a right to charge a fee for the work that they do. And doing so does not, in any way, shape, or form diminish the work that is done.

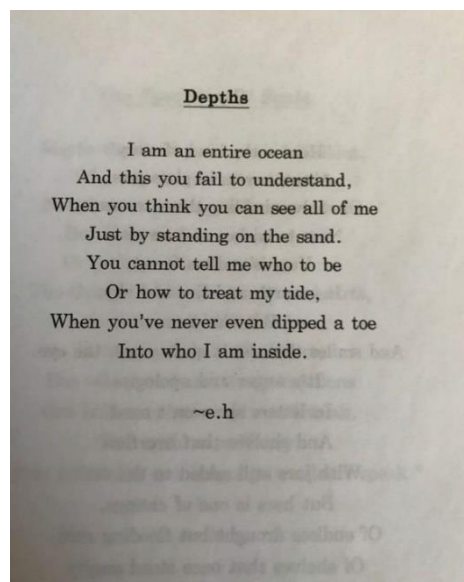
And what about those who are on the fringes of society? Those with mental illness, physical disabilities, the aged and so on? How do we treat them? Those on the fringes are often a last thought to so many. And if there is a mental illness, then there is a social stigma that goes with that. Is it any wonder that so many refuse to get diagnosed? They don’t want the stigma attached to their names!

People who have been through difficult breakups, who have survived relationships that were abusive, and how have come from highly dysfunctional homes are often said to have “too much excess baggage.” Who doesn’t have baggage?? Everyone has something that they carry with them from former relationships. What we do with that baggage is what makes a difference. We don’t have to lug it around and obsess with where we last left it. We can move on and do some healing work around it.

I invite you, the reader, to consider how you might be able to apply the philosophy of kintsugi to these other types of situations.



For more articles by Trent, check out his blog at [www.deerhornshamanic.com](http://www.deerhornshamanic.com).





## According to the Farmer's Almanac 2023:



### Winter Snack

The American Cranberry Bush offers showy white flowers in spring; bright red, cranberry-like berries beginning in September; and yellow to reddish-purple foliage in fall. Growing up to 15 feet tall and 8 to 10 feet wide, this shrub forms a dense, rounded shape that is perfect for hedgerows or as an ornamental accent in the garden. Because the flowers are self-fertile, only a single plant is needed to produce berries, which serve as a winter food source for wildlife such as birds, deer,

foxes, moose, and rabbits.



### December 7<sup>th</sup>, Chanukah begins at sundown.

Gardening is a matter of your enthusiasm holding up until your back gets used to it.



### December 12<sup>th</sup>, New Moon

Although late winter is a better time to prune many evergreens, feel free to gather a few clippings now for holiday decorations.



### December 21<sup>st</sup>, Winter Solstice

Ease the bite of winter by spending a few hours near the fire with your seed catalogs, a sketch of your garden, and the memory of a warm spring day.



### December 25<sup>th</sup>, Christmas Day

After the first 24 hours indoors, the average Christmas tree may drink up to a quart of water daily for every inch of stem diameter.



### December 26<sup>th</sup>, Boxing Day

Now that the heaters are on, houseplants need humidity. Set them in a tray filled with pebbles and add water to just below the surface of the stones.



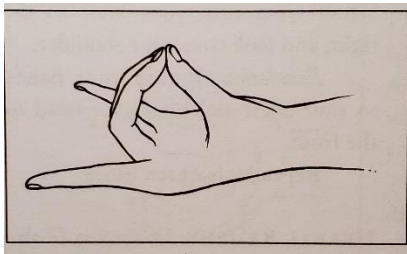
### December 31<sup>st</sup>, New Year's Eve

A harvest of peace is produced from a seed of contentment.

-Indian proverb

## Mudras

Taken from Mudras: Yoga in your HANDS by Gertrud Hirschi



### Apan Mudra (Energy Mudra)

With each hand: Place the thumb, middle finger, and ring finger together – extend the other fingers.

When needed, do for 5 to 45 minutes, or use three times a day for 15 minutes as a course of treatment.

This mudra supports the removal of waste materials and toxins from the body, as well as eliminating urinary problems, according to Keshav Dev.

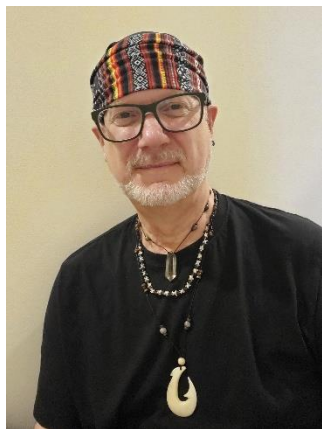
The Apan Mudra also stimulates the wood element, which is associated with the energy of the liver and gallbladder. This element also contains the power and pleasure of springtime, of new beginnings, of tackling and shaping visions of the future.

In addition, the Apan Mudra has a balancing effect on the mind, which is largely dependent upon a well-functioning liver. It gives us patience, serenity, confidence, inner balance, and harmony. In the mental realm, it creates the ability to develop vision. You need all of this when you look into the future, while facing new challenges, and if your wishes are to be fulfilled.

### **Meditation:**

In your imagination, sit in a beautiful, richly blossoming garden. You enjoy the various colors and forms of the plants. You observe the great mystery of nature – how a seed germinates, how a plant grows and blooms. Now, in an empty bed, plant something that should bear rich fruits for you: a conversation, a relationship, a project, etc. Imagine how it sprouts, continues to develop, blossoms, and bears rich fruit. Who should benefit from these fruits? End this image with a big thank you.

**Affirmation:** I plant my seeds, care for them, and receive a rich harvest that I thankfully accept.



## **Ask the Shaman: With Trent Deerhorn**

**Q:** Can you please speak about the importance of dreams?

**A:** Ok. They are important. (cheeky grin) But, seriously, dreams are your subconscious's method of de-stressing events of the day, and they can be anything from highly entertaining to deeply profound. In Shamanism we also acknowledge the importance of "Medicine Dreams," which are about dreaming something healing or inspiring for the self, for another, or for the community.

Some of us are also Dream Walkers, meaning that we can, through the dream realm, enter another person's dream state to assist them in healing something for themselves. We may deliver messages, or we may simply show a person how to release a fear of something.

This is not to be confused with Dream Stalking, which is about using dream walking abilities to terrify a person in their dream state. There are things that can be done to disable a Dream Stalker, so never think that you are going to forever be victimized. Dream Stalkers are rare. Dream Walkers are far more abundant.

## Tidbits and Tickles:

3 T-shirts:

I'M THE OLDEST – I MAKE THE RULES.

I'M THE MIDDLE – I'M THE REASON WE HAD RULES.

I'M THE YOUNGEST – THE RULES DON'T APPLY TO ME.

## Forum

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

**Alexa Wrote:** Gail, I am so glad that Frank finally got killed off. Those stories gave me nightmares. I am much happier reading about Ophelia, the child vampire.

**Angela Wrote:** Ave, thank you for sharing your healing journey in such a deeply personal way. You are an inspiration.

**Mark Wrote:** Marina, I am very much enjoying the Divination Station. Keep up the good work!

**Betty Wrote:** Trent, thank you for sharing your thoughts on Faith in Humanity. I really needed to have those ideas to put into use!

## Classified Ads





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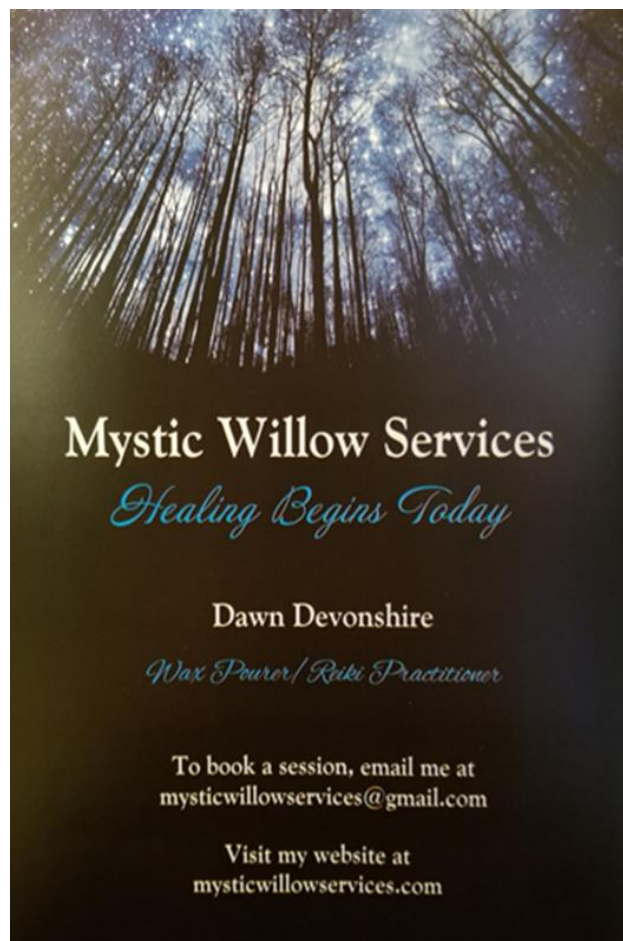
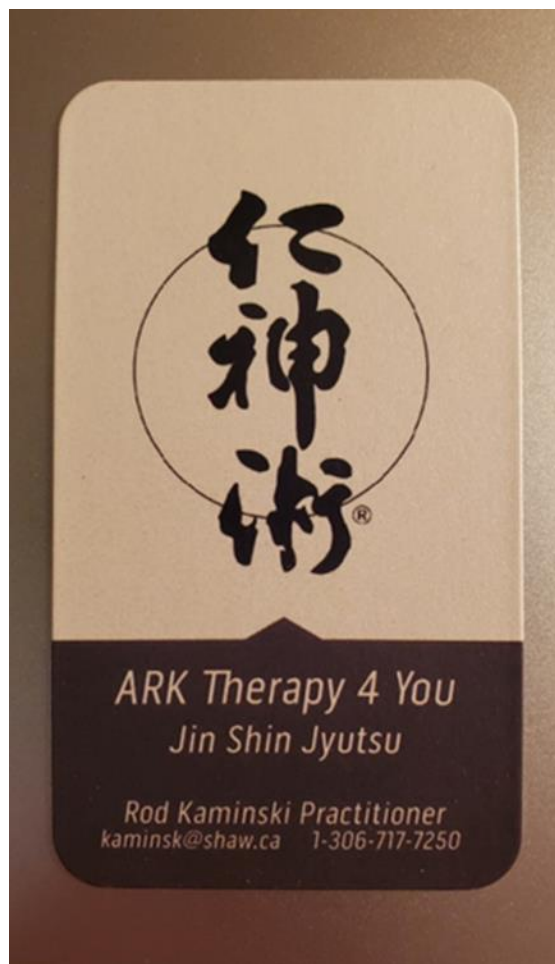
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## Video Chat with the SHAMAN!

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



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All ads must be in by 6pm on the 20<sup>th</sup> of the month PRIOR to the issue that the ad is to be placed in. No exceptions. Send to [deerhorn007@gmail.com](mailto:deerhorn007@gmail.com).

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