

*Flight: A Living, Breathing Document of
Consciousness*

Volume 13 Issue 132, February, 2024



Articles and excerpts that will inform and inspire!

Letter from the Editor



We had such a lovely long autumn with such mild temperatures that the cold, harsh reality of January's weather has felt like Mother Nature slapping us in the face! Nonetheless, we are a hardy bunch, and we will get through this, like we do every year. But this time it will be for only 3 months instead of 6 months. So, there is that.

February is the month in which we celebrate Love. For me, this is celebrated every day. But, in the words of someone wise, "When in Rome, do as the Romans do." So, the Valentine's Day décor is up, and our house emanates love.

I want to thank all my contributors for your hard work and prompt submissions. That makes my job as editor a LOT easier. And I very much enjoy reading everything you create. You make this newsletter ROCK!

Please, as a reader of this newsletter, do forward it on to whomever may be interested.

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 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

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

Full Moons of 2024

Full Moon: Saturday, February 24, 2024

Time: 7:30 am

Color of the Day: Blue

Incense of the Day: Sandalwood.

Moon Wisdom



Today is the full moon of February. This phase brings things to fruition. It correlates with wealth and prosperity. The full moon is round like a silver coin. It is the peak of all that has come before.

This is a good time to meditate on your accomplishments and how you achieved them. Take a silver coin, such as a nickel, dime, or quarter. Hold it in your hand to use as a focus. Sit in a chair or on a floor cushion.

Think back over the past two to four weeks. Consider the financial decisions you have made. How much money have you earned? How much have you saved? What temptations have you avoided? What have you invested in? How have these choices contributed to your prosperity?

Turn over the coin in your hand, round and silver as the moon. What mistakes have you made? How can you avoid repeating them? Carry the coin into the next month as you continue working on your prosperity.

Elizabeth Barrette

Ceremonies with the Shaman

Space is limited, so reserve your spot!

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. Please be ON TIME or come Next Time.

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 CASH ONLY, no Debit, Credit, or e-transfers accepted.

**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, **and reserve your spot**, 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)



Upcoming Dates:

February 10, 2024: New Moon Ceremony! Bring a rhythm instrument!

Rock Talk



by Ave Riddler

The Ugly Stones

I wanted to talk about something near to my heart. When someone is shopping for a crystal or stone, they are often looking for shine and sparkle, clarity, and smooth surfaces. Shops set up their shelves up with those ideals in mind, quartz that shimmers in the sunlight. Not to say anything is wrong with that, but there is something amazing and unique about the “ugly” crystal.

If the shops even bring in a less than perfect piece, it's often marked down for less than one of the same size, only clear. I have over the years adopted a few “ugly” crystals. I can recall there was one crystal I found while traveling that was less than the perfect clear quartz. I was captivated by the unique inclusions, yet when I touched it, I could feel every rejection it had received. That crystal had been handled by people who looked at it and put it down as not good enough. If you think about how you can program and charge a crystal, you can imagine what repeatedly being cast aside would imprint into the crystal. It was perhaps one of the saddest crystals I had ever touched! I brought it home even though I knew it was not meant to be mine. I worked with it to clear that “not good enough” feel it had gained, fill it instead with how wonderfully unique it was. I did eventually end up finding someone who loved it for all its inclusions and properties.

One of my quartz spheres was a similar issue, I found this amazing milky white sphere, it was sizable and yet lower priced than other smaller spheres because it wasn't the perfect crystal. I would never say to EXPECT this to happen but over the years that I have worked with this sphere it has gradually cleared, it does still have many cloudy areas, but now you can see rainbows and clear areas where you can gaze through the entire sphere. It has now come closer to the more desirable clear quartz, and I know if I were to purchase it as it is now, the price point would have been higher. At times I wish I had realized how much it would change over time, because I would have taken before and after pictures.

I had this lifetime goal of someday having a quartz point bigger than my head (high school me dreaming of this thing) of course I always envisioned it as a sparkly shining clear quartz. The price point of such a wonder is way beyond attainable for me, yet I would always say someday I would have a quartz point bigger



than my head. Eventually it did happen, and it wasn't nearly as expensive as I had thought it would be because it is packed full of all kinds of minerals, so many that I can't even guess what all is in it. There are literally no clear patches and I know this beauty will NOT clear up with time and effort. It is "ugly", and I love it, the energy it radiates is beyond anything I could have imagined. The quartz amplifies the effects of all the other minerals it holds within its body. I was lucky enough to find it at a touring mineral market where the focus is science and less metaphysical, so they often have unique items the shops won't have.

Another example of an "ugly" stone is my pair of lightning struck quartz; they are marred from the intense energy they had pass through or near them when the bolt struck. Visually they are not sparkly clear beauties, but they are alive in a way that no other crystal I work with is.



The photo of the three crystals I include with this article shows two lightning quartz and, in the center, another long sought after quartz "orange river quartz". This is a newer piece for me, so I have not worked with it much yet. I can't recall how or when I learned of this variation, but when I finally saw them in person, after finding a few that energetically spoke to me, I went through them visually, to select the most "orange river quartz" looking one. I wanted it to be "ugly" because that is

what these are known for.

The last quartz I wanted to mention is this dark crusty carbon coated piece. It has a rough coating that covers most of the crystal, there are tiny areas when you can peak into the body of the crystal, and I strongly suspect it would be a glassy clear crystal IF I were to give it the kind of bath most of those shiny smooth clear crystals get. Which is neither gentle nor is it any of the metaphysical recommended ways to clean a crystal, often using acids to remove the clay, or carbon, or minerals the crystal was surrounded by when harvested from the earth. You can see where someone tried scratching off the coating, which makes me sad it was treated harshly. This black crystal was filled with an extra heavy amount of "worst day ever." It felt like someone had come along and dumped every bad day and stress into it and then just walked away. I worked on clearing it but tried to not bond to it. I spent a while doing this, checking how it felt anytime I saw it. The location it was at was stolen from, a big theft, clearing out tons of crystals. I was terribly sad about the situation, but then suddenly worried **my** carbon quartz was gone...promised myself if by some chance it was still there despite the heist, I would finally bring it home.

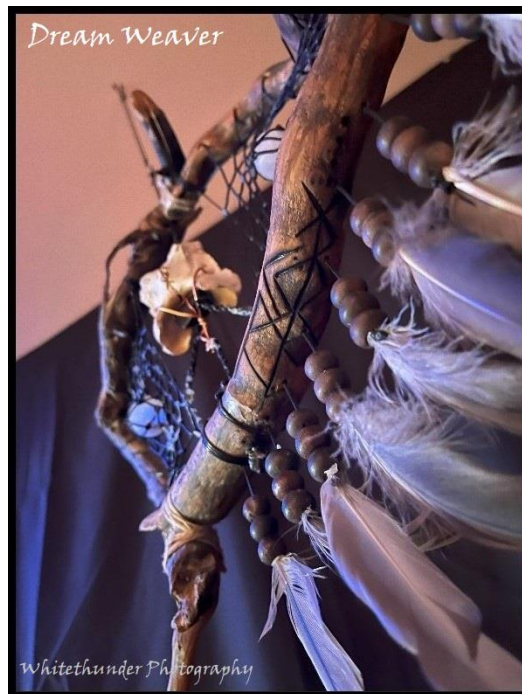


Proud to be Canadian.

Crispy Crunch, Coffee Crisp (not sold in the U.S.A.)

NORSE "SEIÐR" SHAMANISM & CRAFTS

By Sharon Whitethunder



There are cultures all around the world that have used magic as a form of protection, luck, vision, prosperity, abundance, healing, weddings, birth, death and more. They placed symbology on different items, in caves, sticks, amulets, and tattoos etc. They held great power to ward off evil, enemies, to bring luck and abundance. The Egyptians made pyramids, ankhs for divine protection known as a key of life and is still a potent symbol today. Pagan, Druids, witches, Aboriginal, Indigenous people all have their talismans, symbology that has been a practice for hundreds of years. Christians also use the cross to symbolize their connect to their Divine higher power.

Paganism is an umbrella term for many forms of practices and magick. Depending on how long an alchemist has been practicing magick can allow them to bring a variety of methods to empower their enchantment. I started with Reiki, Reiki is Shamanism, it came from Tibetan

Scrolls in Asia where the beginning of the use of the term "Shaman" began. Today it is used widely but different cultures to describe the energy work they do.

I became a Reiki Master, worked with clients, taught Reiki classes, and studied Reiki for over 17 years. As I followed my path as a healer, I was guided to learn Druid, Witch, Indigenous, Peruvian, and today Norse energy methods. My healing methods have evolved as do all who walk this path. We add things that have worked well and resonate with the methods we use. Some work with people on an individual basis, some work with groups or audiences. My focus is working in groups and audiences, relaying messages or "channeling" or teaching. I also became certified in Hypnosis and began to guide people on dimensional journeys with hypnosis which also involves past life regression.

The energy I have worked with for over 20 years has brought me to Runic Symbols and Norse Paganism. I have been working with Rune symbols with my Enchanted Crafts for over 6 years. I am always guided intuitively of which runes to learn and use to place on each Craft. Some Shamans create magical items to use for energy purposes. Creating Shamanic items is one of the elements in Norse Shamanism or for those who become a "Seiðr." Seiðr's are storytellers, channelers or seers to help guide people on their journey.

Each time I create a Norse Web of life it is channeled through me, guiding me to its general purpose, how it is to be, what it needs, the intentions, runic symbols or bindrune, feathers, bone, crystals, stones, feathers and sometimes seashells. I use brass wire to create natural good, inner truth, clearing away old debris for energy to flow. Feathers bring movement of air, wood, crystals, and stones are earth, water comes from seashells, and I wood burn the runic and bindrune symbols into the wood which represents fire. Some, or all, of the elements can be in each creation.

The web of life is spun into the center to clear conscious and subconscious thought forms that do not benefit you. The web also creates a pure connection when we are in dream states to keep you safe and bring you back where you belong. Dream states can also be when we are meditating or creating. When we are centered and focused on a specific task, it is the same as meditation or dream state. I do not refer to the Norse Mobiles as "dream catchers", it does not resonate with me or connect with the ways of Norse Pagan. The Norse Mobiles also have a connection to Druid energy.

Crystals are usually placed at the center of the web to enhance what is needed or required in your space. I usually place shungite in the middle for protection, clearing and connection to the ancestors. The type of crystal placed in the web will depend on the guidance I receive. They should be cleared regularly with smudge or incense. If you don't use this type of clearing then make sure they are in a place where they can get sunlight, constellation, or moon energy. I also invoke, that if I did not include the right intentions for the holder, to allow the holder of the Shamanic Norse Web to set their own intentions.

All my creations and crafts are made with the purest intent.

I accept contracted commission pieces and will begin to make larger land installations of the Norse Web of Life pieces. Contracted commission pieces require a deposit, and a consultation is included. Contact:

Sharon Whitethunder

Email: whitethunder000@yahoo.ca

Phone: 639 480 8802

From Llewellyn's Witches' Calendar 2023



In February, the grasp of winter seems unbreakable. The weather is frigid and gray. The nights are long and the days short, barely seeming better than Midwinter. Imbolc brings a glimmer of hope, but there's still a long month ahead.

Then the first flowers begin to appear. They dazzle with pops of sunny yellow and summery purples, vivid against the white snow and brown mud of winter. They embody the promise of spring.

Witch hazel is a bush that blooms in late winter or early spring. Its tiny flowers have ribbonlike petals of yellow or red. They symbolize protection, inspiration, magic, and mysticism.

Winter aconite is only an inch or two tall. Each bulb puts up fanlike leaves and one yellow blossom, which stands for hope, rebirth, and new beginnings.

Snow crocus often blooms through the snow. It has grassy leaves and flowers of purple, yellow, or white, smaller than the giant crocus of mid-to-late spring. They represent cheer and happiness after the cold winter, along with youthfulness and a spirit of positivity.

Snowdrops grow in clumps with long narrow leaves. They put out a bouquet of pearly, pendant blossoms. They symbolize hope, rebirth, innocence, and the ability to overcome challenges in life. They also refer to spirituality and offer sympathy to someone who is struggling.

Forsythia is a bush with vivid yellow flowers that embody the spring Sun and anticipation. They can refer to dignity and nobility or show high esteem.

Dwarf iris is a miniature of summer iris. It only grows a few inches tall and typically blooms in purple, blue, yellow, or white. It expresses strong devotion.

Seeking the First Flowers

Flowers can be used as a form of divination. As winter draws to a close, you can use them to determine a theme for the warm season to come.

Ask for the blessings of the Goddess for your rite, for she presides over all growing things. Ideally, walk around your yard. If you don't have a yard, walk around your neighborhood or a local park instead. If you're worried about not finding any flowers at all, you can print pictures of early spring flowers and draw one from your pocket at the end of your walk. Finding the first flower is always a delightful surprise. As you walk, say:

Flowers of spring now come to me. Give me a glimpse of what's to be.

When you spot the first flower, look up its meaning. A few are listed above, but you can find many more in a dictionary of flower language in case you see something different. Don't pick the flower, but you can take a picture to keep on your altar as a reminder of the season's theme. When you get home, meditate on the symbolism of the flower and what it means to you.

-Elizabeth Barrette

DEADLY HUGS

By Gail Fulkerson



A sun-dappled back yard. A black golf umbrella opened to make shade for Ophelia, who sat patiently waiting for the storm to arrive.

She didn't have long to wait before thunder pealed and a flash of lightning lit up the blackening sky. A few drops of rain became a deluge. The winds kicked up and tore leaves from trees and flowers, scattering petals into the air. As the storm continued, Ophelia became

more and more energized. She could see herself discharging energy through her fingertips, the ends of her toes, and out her eyes, beautiful arcs of blue light. Ophelia loved storms: they made her feel 'alive.'

Ophelia remained outside until the storm started to weaken, then went in to prepare for the evening; a rousing game of Vampire with her after dark school yard chums, in which she could bare her fangs and pretend they weren't real. Her acquaintances were the misfits, delinquents, and misunderstood kids in town, who wore black and met nightly in the shadowy yard by the swings and slides on the school grounds. Ophelia happened upon them one evening as she was prowling the town in search of sustenance.

Her comrades were fooled more than a few times, but tonight there were questions. They wanted to know how a little girl's teeth could grow so long and sharp in an instant, then return to normal a split-second later. And why did Ophelia's eyes turn red and hypnotic whenever she played this game? The kids never got any answers, but a couple of the clever ones noticed that at the end of the game one of them invariably became 'extremely fatigued' finding it difficult to keep their little eyes open. Ophelia always offered to escort that one home.

This evening, it was Clyde. Just before they reached Clyde's house, Ophelia suggested a friendly hug. There was no resistance; she held him closely in her deadly embrace, drinking up his tired blood. The shell of a body fell to the ground with a thud. The sound made Ophelia snicker. She made a mental note to try dropping her next victim from someplace higher, like a second story window or a tree branch hanging over a sidewalk. She imagined that the sound would be closer to a splat rather than a thud. She couldn't wait to test out her theory.

The following night, the kids, down one, all met in the school yard after dark, and Clyde was the topic of conversation: where's Clyde? Has anyone seen him? Did a bad man get him? Is he dead? Ophelia kept her mouth shut.

Don't want to tip my hand, she thought, as she glanced over the remaining kids, trying to decide who to reap tonight. She decided on a relative newcomer, a chubby eleven-year-old boy named Cecil. Her mouth watered. With the back of her hand, she quickly wiped away the drops of reddish fluid oozing from the corners of her mouth. His blood will be sweet and refreshing, she thought. She sidled over to stand just a tad behind him, watching him with glittering red eyes.

It was getting late, and the kids had to get home; it was a school night after all. Ophelia followed her victim as he made his way home, unaware he was being stalked.

She floated up into a tree and waited for Cecil to walk under it. Ophelia loosened her grip on the branch and fell on top of the boy. He let out a scream, but she quickly placed her hand over his mouth. She sank her fangs into his neck and drank great streams of his blood. Once she had drained him, she let his body drop from the tree, where it bounced once and splatted wetly on the sidewalk below. The sound was better than she expected. Ophelia snickered and floated away from the scene, wiping Cecil's blood from her lips.

The local police were investigating the missing kids in the area. One of the children had mentioned Ophelia's name to the cops. They paid her a visit. Maybe this Ophelia would have some information about the disappearances. If only they knew how correct they were...

Ophelia lied her little face off and told the cops she'd never seen or heard anything about kids disappearing. They believed her; why wouldn't they? They had no reason to think a sweet little ten-year-old girl, with blonde curls and sparkling blue eyes, would lie to them. She noted the cops' names and badge numbers, then looked them up on the internet

to find out where they lived. She'd pay them a visit later, after all of this had blown over. In the meantime, Ophelia kept hunting, but not in the neighborhood where she'd reaped the children.

The police set their sights on a pedophile, an ex-con out on parole. They hauled him into the precinct for questioning, but he was not their man. This guy had an airtight alibi; he was in jail on the nights in question.

They would have to keep looking.

It had been months since Ophelia had hunted anything larger than a neighbor's cat, and she was ravening. The last human she had reaped was Cecil. She decided to expand her range and went in search of a victim on the University of Saskatchewan's quad.

So many young minds and bodies to choose from. Ophelia was overwhelmed, until she decided to weed out the dandies and those who chased the green fairy, because their blood was tainted. She wanted fresh, unadulterated blood, and the university was the perfect location to find it.

Ophelia rumbled up her clothes to make it seem that she had been mauled, a ploy that played on the emotions of many of the students (victims). Worked every time. Some poor schmuck would take pity on poor little abused Ophelia, take her back to the dorms, offer her some food and drink and perhaps a blanket, maybe take a cloth to her face to wipe some tears away, and Ophelia let them do it all, biding her time. At the right moment, she drew them in to within a hair's breadth of her fangs and struck with lightning speed. The

victim never saw it coming and Ophelia drank them dry, leaving a corpse on the bed and slinking out of the dorm. Students often die mysteriously.

She always made sure her victims were good and dead, since she didn't want any additional vampires horning in on her territory. She learned through trial and error to take ALL the blood. Leaving not one drop of blood in the veins, and perhaps some backwash — her vampire blood mixed with their blood — ran the risk of the victim being transformed into an immortal being, awakening the next day craving the blood of mortals. Ophelia had no need for competition.

Whatever blood she couldn't finish she put in bags she once stole from a blood bank and kept in her satchel. She'd pour the contents into a mason jar and put it on the shelf in the basement when she got home.

Ophelia was bone-tired and fell into her coffin-bed before first light. It had been a long and productive night. She snuggled under the covers and was fast asleep in no time.

Hunting and reaping took more out of Ophelia these days than she cared to admit, even to herself. After all, she'd been at it for more than two centuries, and gave herself precious few breaks.

Age can surely sneak up on a person, even a ten-year-old vampire girl...



Mindset vs Positive Thinking

By Tamela King

Our attitude towards daily stress (family, work, traffic, money etc.) is very important. Chronic stress can increase inflammation which over time can get stuck in inflammation mode and accelerate aging.

This is different than simply thinking positive thoughts, however. From Bruce Lipton's book: The Biology of Belief: "You need more than just 'positive thinking' to harness control of your body and your life." Although it is important for our health and well-being to shift our mind's energy toward positive thoughts and eliminate energy-draining, and debilitating negative thoughts, merely thinking positive thoughts may not necessarily have any impact on our lives. Sometimes people feel they "flunk" positive thinking and end up feeling hopeless as if they exhausted all mind and body remedies. Here enters the difference between the conscious and subconscious minds. The conscious mind is the creative one that can create positive thoughts. The subconscious mind runs automatic responses based on instincts and learned behavior. The subconscious mind reads the environment and is strictly habitual in its behavioral responses.

We can do inner work through mindfulness, meditation, Qi Gong, Shamanistic healing, BodyTalk, Reiki, etc. to resolve patterns and beliefs that stem from childhood, past life, and ancestral imprints. We can take responsibility for our emotions and responses to life. When these patterns are neutralized, there is a quality of unconditional love and acceptance.

Even if things are not going as planned, by opening up to the belief that something is possible allows the potential of change. If we think that something is difficult then we shut ourselves off from the possibilities. The easier we think something is to achieve, the easier we make it for ourselves.

In the book MINDSET the new psychology of success, by Carol S. Dweck, Ph.D., she discusses two types of mindsets: fixed mindset and growth mindset. The fixed mindset is believing that your traits are carved into stone (in which people become consumed with trying to prove themselves, need validation, often feel rejected, and feel judged or judge others harshly). The growth mindset is based on the belief that everyone can change and grow through application and practice. The growth mindset allows people to love what they are doing even in the face of difficulties; they feel an endless curiosity



and enjoy exploring their potential and are amazed how people support and help them and others.

If you're starting to feel depleted, walk with the energy of the earth. Let the earth push your legs forward. Sit against a tree to recharge. Perhaps there is an awareness of being in this state before; then be aware that you got out of it before, and you can do it again.

Mindset is everything.

Marina's Divination Station



By Marina Evans

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

We have begun our journey to longer days and warmer weather (albeit the weather keeps us on our toes) and the human spirit begins to reawaken. With the promise of spring written in the lengthening days, we begin to feel somewhat like we are alive again. Suddenly we feel the need to make plans, to get out of our homes, and to venture out into the world, even if not right away. The pullback into existence is making itself known.

Now we begin looking at the silver lining which seemed so incredibly impossible only a few short weeks ago. We have spent enough time in the desolate darkness that we have begun to allow ourselves to find the beauty in it. For even though the nights are long, and the landscape is all but devoid of color, we begin now to realize the sheer pleasure of the peaceful quiet and begin to appreciate the stillness. There is so much to be drawn from this time of year, and for many years this was a time of creative peak. There are so many incredible works of art that come from the times of darkness. Transforming something so seemingly bleak into something that will carry through the ages for decades, maybe centuries to come.

With so many artists who have masterfully crafted this beautiful art from the bleakness, it should be unsurprising that many of them would be turned into tarot decks. Which brings me to the deck we will be looking at today, inspired by one of my favorites, Edgar Allan Poe.



EDGAR ALLAN POE TAROT by Rose Wright

This Poe inspired tarot deck features beautiful artwork by Eugene Smith that is directly inspired by the life and works of Edgar Allan Poe and are masterfully crafted into the cards of the tarot to tell not only the story from the great writer, but to eventuate the meanings of the cards themselves. They are easy to handle on a light card stock with a

beautiful color illustrated 274-page full sized guidebook giving not only the meaning of the cards, but a bit of the story that each card came from. All of this in a sturdy box featuring the legend himself.

This deck is an easy favourite for those who are fans of his work or seek to know more of them. The artwork is stunning and the color scheme, while darker, still carries a mysterious vividness with it. This is one I would recommend to any person who has an interest in Edgar Allan Poe and the Tarot. It is one that is all too easy to fall in love with!

Drawing of the Card



Eight of Wands

*As I nodded, nearly napping,
Suddenly, there came a tapping,
As of someone gently rapping,
Rapping at my chamber door*

The Eight of wands is a card of movement. A card of getting things started and getting there fast. The story of the raven is taken in this respect, as a man too caught up in the past to move at all, so stuck in regret and sorrow that there is nowhere to go and no way to get there. In this case the raven comes to take the quiet respite of solitude and destroy it, forcing his hand to act in some way or another. Moving him, if involuntarily, through the paces of his grief to set his heart ablaze, on anything, once again.

This card is an indication, just like this time of the year, that you are beginning to feel the burning desire to act, to get things done and to start the fires burning. Now is a good time to act on those feelings while the embers are still hot. It is a good time for travel, making plans, starting projects, and getting the ball rolling so to speak. You are waking up in more ways than one and there is no point in procrastinating and putting off this desire because it will only fizzle out (you know yourself well enough to know this is true!). Make the plans and take the trips. Be a little spontaneous and live a little. Do it while the fire is hot in you to do so, and you will not regret it once it is done. As they so often say, you miss 100% of the shots you don't take. Even if it is for nothing else other than to get you back into the world after a long dark night, get out and do it. The world is waking up. Be there to greet it.

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

When Someone Knows You

By Trent Deerhorn

There are a lot of people who, having been wounded in the past, spend much of their lives hiding themselves from other people. Some of them equate this with a form of strength. I do not. It might feel strong because it keeps you relatively safe, but this tactic comes from a place of weakness and woundedness that has not yet been healed. I know this well because I spent much of my life keeping myself hidden from the rest of the world. For some of you reading this, this information will come across as incongruent with the Trent Deerhorn that you know. The reason for this is that I can also be quite gregarious...a social butterfly in fact.



I was not always like that. I grew up keeping myself silent and hidden away, first from my abusive father and equally abusive brother, and then from the rest of the world around me. It was a method of staying alive when I was growing up. Then it was a method of having peace when I got older. If I kept to myself, then no one would notice my presence.

But that was not entirely true. You cannot have an effervescent aura and expect to not be noticed. In fact, you tend to get noticed when you most want to be alone and undisturbed. The fact of the matter is that most people who have survived abuse do have an effervescent aura about them. That is why they were targeted in the first place by those of a much lower vibration.

The trick here is to find ways of gradually building some trust in humanity. I know that I have written many times about this struggle. But every time I have succeeded and allowed myself to let someone in, I have been rewarded with deep and meaningful friendships. Yes, there have been some betrayals along the way, but I do my best to not hold onto those because they are the exception to the rule and the people doing the betraying were weak. Besides, I have become an expert at transmuting negative life experiences into a strength with which I can walk through the rest of my life, helping others to do the same along the way. Mostly, though, in allowing others in, I have found high quality people to hang out with.

Case in point: I have a dear friend that I have known for at LEAST 20+ years who is a gifted artist. I enjoy purchasing her crafts because they are spiritual and profound and of high quality. Today she delivered yet another piece that I purchased from her. But along with that there were other small gifts that she had created for me out of gratitude for my continual support of her and her business. And with those gifts was an information sheet that she prepared that explained the gifts and the sigils that were on them. How she wrote this information showed me just how well she knows me. It was heartwarming.

Sometimes, when we keep ourselves at a distance for self-protection, we also risk isolation that is painful. And when that happens it is often the pity party of “nobody really knows me” that is visited several times over. Well, how is anyone to know you if you don’t allow them in?

This does not mean that you must instantly allow access to your inner circle of trust. There are many circles around that circle of trust that extend outward from the most trusted to the less trusted...so far...to those you would not trust no matter what the circumstances. It is important to know where people sit in these circles. That way you can move through life safely while remaining open. You don’t have to trust every plant in the forest. The trees are one thing, the Poison Oak is quite another!

Learn about your social environment and pay attention to your intuitive processes. But don’t confuse intuition with fears. Those are False Evidence Appearing Real. Do your best to not project those fears onto others. Heal the fears instead.

There is this thing called “instinct.” It allows us to know, for example, when we are being watched. It also allows us to know on an instinctual level who we can and cannot trust. And that might change depending on circumstances. But if we trust our instincts and don’t make assumptions about other people, we will usually find ourselves to be quite safe and we will find who it is upon which we can rely.



For more articles by Trent, check out his blog at www.deerhornshamanic.com.

According to the Farmer's Almanac 2024:



Berry Bliss

American Elderberry is native to North America. The plant has a compact, bush-like habit and grows to be 5 to 12 feet tall with umbels of clustered, lemon-scent white flowers in early summer. In late summer, birds often feast on purple-black elderberries that emerge, ultimately spreading their seeds. Humans shouldn't eat the raw berries, but the cooked fruit is often used to make wine, jam, tea, syrup, and juice.



February 10th: Lunar Year of the Dragon (China)

To celebrate the Chinese Year of the Dragon, welcome a dragon tree into your home! Some larger species, such as *D. Draco*, have red sap said to resemble dragon's blood.



February 14th: Ash Wednesday/Valentine's Day

There is no gardening without humility. Nature is constantly sending even its oldest scholars to the bottom of the class for some egregious blunder. – Alfred Austin, English poet (1835-1913)

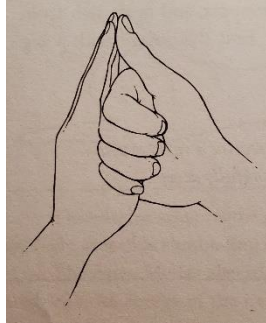


February 24th: Full Snow Moon

The common snowdrop emerges in late winter or early spring, sometimes when snow is still on the ground.

Mudras

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



Shankh Mudra (Shell Mudra)

Encircle your left thumb with the four fingers of your right hand. At the same time, touch the right thumb to the extended middle finger of your left hand. Together, the two hands look like a conch shell. Hold your hands in front of your sternum.

Do this as often and as long as you want. Or use it three times daily for 15 minutes as a course of treatment.

When you want to practice this mudra, you can first sing “OM” several times. Then listen within yourself, to the silence, for several minutes afterward.

This mudra is used during rituals in many Hindu temples. There, the conch horn is blown in the morning to announce the opening of the temple doors. The same applies to our inner temple, in which the divine light shines – it should also be opened.

The Shell Mudra drives away every kind of problem in the throat. If you practice it regularly, especially if you sing “OM” as you do it, you can improve your voice. It also has a very calming effect and leads to collection in silence.

First let yourself be brought into collected repose through the mudra and by singing OM. See your hands as a seashell and the encircled thumb as the pearl within it. Your left thumb becomes the symbol of the higher self, with which you connect yourself in love, and which lets you receive all the help you require, or which gives you confidence and a sense of security – simply everything you need.

Affirmation: I use thoughts and words of strength and love, and everything that I think and speak comes back to me.



Ask the Shaman: With Trent Deerhorn

Q: Why do you include horror fiction in an otherwise uplifting newsletter?

A: I appreciate most forms of literature. There have, in fact, been very few that have annoyed me. But none of the ones that have annoyed me have been in the genre of horror.

Horror fiction allows one to encounter and process the darkness within oneself. We are often bombarded with toxic positivity in our world, which harms people far more and more deeply than horror fiction ever will. The fact of the matter is that many folks don't think that they have a shadow side because they are in total denial about the entire nature of their being. But once the shadow side is acknowledged, it becomes an ally to us, giving us courage and strength that we were once completely unaware we possessed. I accept most aspects of submissions to my newsletter. And if someone has taken the time and energy to create a fictional story, of whatever genre, I will consider it. The stories that are submitted are by some of the best writers in our province and beyond. And honestly, if one does not like that genre, one can simply scroll past the story and move on to the rest of the newsletter.

Tidbits and Tickles:

I'M SO TIRED: An adult T shirt.

I'M NOT TIRED: A Toddler T shirt.

Forum

Joanna Wrote: Ave, I really enjoyed learning more about Ammonite. Thank you!

Roxanna Wrote: Tamala, I enjoyed your article on Empathy. I hope that you write more in the future!

Alex Wrote: Trent, your article about Kintsugi and applying it to relationships was BRILLIANT!

***Housework can't kill you, but
why take a chance? -Phyllis Diller***

Classified Ads



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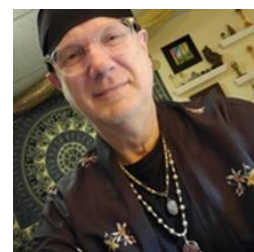
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Video Chat with the SHAMAN!

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 or phone me at (306) 978.5300 to make arrangements. Blessed Be!



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