

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

Volume 14 Issue 145

June 2025



*Articles and excerpts that will inform and inspire!*



### Letter from the Editor

I spent my afternoon buying and planting my bedding plants and I feel so Zen now it is amazing! One forgets how working with plants and the soil can ground you so efficiently.

We have some excellent articles this month for you to enjoy! A warm thank you to my contributors for your efforts and punctuality in submitting your awesome articles!

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.***

***\*Please note that there will be no July or August issues. See you again in September!***



*Enjoy the reading!*

*Trent Deerhorn*

# Upcoming Events

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

Full Moons of 2025

Full Moon 3:44am

Color of the Day: Brown

Incense of the Day: Bay laurel

## Full Moon Love Spell

The full moon in June is a time when love is in bloom. If you don't have a romantic partner at the moment, this spell can help attract the love that you desire. The flower of the month of June is a rose. Obtain a rose so you can use the flower petals in your spell. Red roses symbolize romance, pink roses are for adoration, an orange rose boosts enthusiasm, a purple rose has the energy of enchantment, and a yellow rose symbolizes platonic friendship. You can choose to use just one color or use all of these colors. On a piece of paper, draw a circle to represent the full moon. Place the rose petals in a circle around the moon you have drawn. Once you are clear in your intention for the love you desire, use these words to enhance the outcome:

***I utilize the power of this magical full moon***

***So, the love I desire will appear and romance will bloom.***

You can dispose of the paper by safely burning it three days after the full moon. You can bury the rose petals in your garden or in the dirt of a house plant to represent planting the seeds of the love that you desire.

-Sapphire Moonbeam

## Ceremonies with the Shaman

Join Shaman, Trent Deerhorn of Deerhorn Shamanic Services for a special ceremony once a month, hosted by Ki'smet Co, Saskatoon 16-2220 Northridge Drive. 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 Cash only, no debit or e-transfers**

\* If you are not feeling well, please do NOT attend the circle. We like to keep people healthy, not allow germs to spread everywhere.

\*It is essential that you pre-register attendance for each circle with Kiernan. Space is limited and there is a maximum of 10 people per circle. If you are pre-registered and need to cancel, please do so 24 hours ahead so the space can go to someone else on the waiting list.

*\*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.saskatoonheavenlyreiki.com> or  
<https://deerhornshamanic.com>**



## Upcoming Dates:

**June 7th, 2025. Full Moon Ceremony:** *Rhythm Instruments Welcome!*

*Last Circle Gathering of the season! See you again in September!*



## TOON TOWN'S PAGAN SUMMER FEST

Friday June 20 to Sunday June 22, 2025

The **TWENTY THIRD YEAR** of festive fun!

A community and connectivity focused spiritual retreat not far from the city of Saskatoon.

All-inclusive three-day, two-night camp-out festival, to celebrate the summer solstice. Included in the ticket prices are rituals, meals, camping fees (non-electric) crafting, guest speakers, drum circles, circle dancing, and MORE!

Tickets on sale starting May 1

Early bird ticket prices - May - \$125 per adult, \$75 per child (ages 2-12)

Previous Fest attendees (If you have attended two or more in person festivals) presale May 1-8.

General Pre-Sale tickets are on sale May 8-June 1

Regular Tickets - June - \$150 per adult, \$100 per child

Regular Ticket prices go into effect from June 1-13 or until sold out, spaces are limited so please get your registration in early!

Registrations closed to all after June 13.  
We do not offer a day only rate.

You can find us on DISCORD and Facebook!

Email [toontownspagansummerfest@gmail.com](mailto:toontownspagansummerfest@gmail.com)

Website <https://tptsfest.wixsite.com/toontownspaganfest>

There is a merchant's row on Sunday June 22 from 11-2. If you are interested in being a merchant at this event, please contact us!

**Proud to be Canadian.**

**The only person who was arrested in our  
civil war was an American mercenary, he  
slept in and missed the whole thing.  
He showed up just in time to get caught.**



A 16-year-old created a 3-cent cancer test in 2012 that works 400 times better than \$800 hospital versions. After 199 lab rejections, Jack Andraka's sensor at Johns Hopkins detects multiple cancers in just 5 minutes.

## **"TOO INTENSE FOR COMFORT:**

### **The Healer Who Makes People Pull Back"**

**By Sharon Whitethunder Baldock**



There seems to be an excess of "new age" healers, modalities, and events in the world today. When this happens the intention and energy become diluted and confusing. I am very moved by how Indigenous Healers (Medicine People) do not talk about their gifts, it is considered arrogant and ego centric to talk about your abilities. Yet we have a flood of new age healers that boast about their gifts and use their voice to stand on a pulpit to voice their truth.

I have never been one that likes to approach people with intensity. When I create circle it's an open space for sharing and learning...not just for those in the circle but for myself as well. I also believe that when I share my truth (because it is mine alone) that others can relate to it, and it offers help to others who walk this path of healing. When I create sharing or healing circles, I am a channel, guide & facilitator for the words, thoughts, and energy in that space. It's also a space where people can talk about spiritual ideas and experiences.

But there are healers that spend an awful lot of time posting about their truth and how others should accept that truth. If other people can't handle their intensity, it means that they are just following their passion and their path. Some of that might be true. But if you have to boast and post about it then the issue goes much deeper than that.

In my experience a good healer does more listening and tries to understand *rather than getting others to listen to their truth*. As a healer our truth is irrelevant. Some may like being told in intense, blunt, and harsh ways to create change and that's okay. However, I would never want that approach to be done to me while doing healing work, so I don't use that approach with any of my clients. I am not a counsellor, and I do not have the education or experience to know when a client requires or needs a specific type of counselling approach. It is dangerous for anyone that works as a healer in ANY capacity to start pushing and becoming overbearing to someone they are trying to help, especially if they are not trained or licensed in Psychology.

The other important aspect of these intense new ager healers is I don't think they realize the things they are voicing intensely are actually deep wounds that have not been addressed. They confuse "speaking their truth" with expressing their painful wounds. Words are powerful, if you're beating someone over the head with your truth just to get others to see, then it's not about truth and you're causing more harm and deeper wounds in others.

How do I know this? I used to think I needed to post what people were too blind to see. At times I still do that, but I am more aware when I need to take a step back and do a self-check. People will shut you off and tune you out if you're in their face about what you think they need to do. This is not the purpose of a guide and healer. It is different when we use our wisdom with compassion and speak in a way that draws people into what we are saying. It also allows people to be more open to our suggestions and guidance. But most importantly it helps people to feel safe in our presence.



I know of only a few new age healers that walk in their truth. They are mostly successful in all areas of life, and they offer a place for other healers to thrive. They are also aware of their own shadow traits and have done a lot of work around shadow issues.

For those who are just starting to walk this path you need clear, simple, knowledgeable information. I've been walking this spiritual path for more than 20 years. I have a lifetime of knowledge and experience of over 60 years to share. I am here to guide you and cocreate a path with you that resonates with where you are.

## **SACRED SOURCE MEDICINE**

### **Shamanic Intuitive Coaching**

Shamanic Intuitive Coaching is a powerful process that helps you align with your true essence, unlock hidden potential, and deepen your spiritual awareness. By integrating ancient wisdom with intuitive guidance, this approach empowers you to heal, transform, and navigate life with greater clarity and purpose.

For more information:

Sharonwhitethunder000@yahoo.ca

## **Rock Talk**

### **By Ave Riddler**



It's fairly difficult for me to explain what I mean when I say I can hear stones or that I have rocks in my head. It's not like a conversation exactly, nor is it visions while I hold the stone. It can't really be explained in terms that relate to any conversations we have day to day. What I can do is share a few experiences I have had over the years while talking to or being talked to by minerals.

I've heard stones for as long as I can recall. I know I've said since I was child in past articles this year. Like any gift I did need to learn how to listen and focus to be able to understand the messages. I can clearly

recall a trip to Banff when I was in high school, walking into a mineral store, and being drastically overwhelmed and uncomfortable. I had to leave and take a few minutes before going back in. I didn't understand why at the time but, as I developed my gift, I figured out stones can get pretty EXCITED when someone can hear them. I fully believe that was what happened at that time in Banff; the excited chatter was too much. The next time I went to that store it hurt, but I didn't feel overwhelmed, just headaches and discomfort. I recall turning a corner in the store and seeing a staff member polishing quartz crystals with WINDEX! I didn't like it then, but now that I work with stones, I would never clean them with chemicals like that. I know that mines use acids to clean the clay and muck from them, which is another problem. Years later I was lucky enough to return to that rock shop in Banff and learned they no longer used Windex to clean the crystals. Water and a cloth only if the minerals can handle water, dry dusting if not.

At first as I learned to listen, I had a hard time understanding if the excited chatter I was "hearing" was eager "take me home" or "you can help me" or "you KNOW the person I am meant to help". I would purchase minerals, bring them home and often fairly quickly end up giving them to a friend. It didn't bug me, but sometimes it was a costly issue. As I got better at hearing them and understanding I would often direct the person it was waiting for to hold it.

As I expanded and developed my gift my friends would hand me their stones asking what I felt from them. Gradually I started getting clear ideas. This crystal needs a saltwater cleanse, that amethyst needs a break, have you tried putting that jasper by your feet? It was like a whisper or intuition, a feeling inside my head, or gut. Sometimes the crystal was VERY clear and almost loud, or a soft timid plea, sometimes I would be told to mind my own business it was between them what it was doing. A quartz sphere of mine almost demanded to be rolled in fresh fallen snow.

The first time I did my rock talk thing for a group, as a presentation, I didn't know if it would work for strangers. I wasn't sure if I relied on knowing the people the crystal belonged to, my insight having more to do with them than the stone. I had the most unbelievable experience that first time. I went to Regina and there were at least 30 people at the event. Some I knew, others not at all. The messages came through as clearly as could be. A pendulum was handed to me, its owner saying it never gives straight answers. As soon as my hand touched the crystal it was a scream in my head "I'M NOT A PENDULUM!!" which I blurted out almost before I could think. When asked what it was then, I answered that the pendulum wanted to be worn over the lady's throat where she had undergone a surgery I could not have known about. Or the rough mineral specimen that clearly let me know they both knew what they needed to work on and were doing that thing. When I asked the owner if it was a test, that he and the mineral knew the task, he admitted he didn't believe I was legit, and realized he should have brought a different stone. I have accidentally made people cry, a broken pendant almost lost in the fabric of the sweater, calling to me while the person tries to give me a tumble stone, I ask to hold that pendant instead. "This broken thing? I was going to get rid of it, it just broke today." As soon as I touched it, the words came out of my mouth "damaged does not mean trash, worthless, or

useless.” She started crying and admitted she’s a survivor and has always struggled with feeling exactly that way. She left, clutching that broken pendant to her heart.

At a different event I learned it can work even with heirloom jewelry; when a lady not understanding she needed to bring her own stones, handed me a gold and diamond ring. Suddenly I’m having a hard time breathing; I feel a weight on my chest, have to give it back to catch my breath. I’m still trying to “hear” the message, holding it again instead of trying to hear a message, I tell her what I feel, and she starts crying, tells me it was her grandmother’s ring, a lady who had died of lung cancer.

One of the most memorable experiences was the time I did my rock talk thing at a Crystal weekend event hosted by the Crystal man himself. The man who held the first crystal workshop I had ever attended. We had some reoccurring history over the years after that workshop, always involving crystals. I was slightly star struck and very nervous when he decided to sit in to observe my rock talk presentation. I’m doing my thing around the group that is there, when he suddenly says he needs to go get a crystal that he doesn’t want to miss out on this. When he hands me the crystal, it is beyond years old, and all I can ask at first is JUST HOW LONG have you worked with this? He grins, and asks how long it feels like? Decades? Lifetimes? Forever. Then I am able to dive in a little, telling him it has changed drastically over time with him, has cleared up, was smokier, which he calmly confirms. I also acknowledge that unlike the many pieces he works with this one is HIS, he is not the brief caretaker. I am humbled and honored that the crystal man has let me talk to one of his personal crystals. At the end of that presentation before everyone leaves, he stops everyone and says “what this girl can do with stones is rare and a real gift” I will never forget that moment, nor how it felt to hold that crystal.

When I am lucky enough to do these group rock talks, I always leave amped, yet there is a moment of almost disappointment that there are no more rocks to talk to. I never know what they will say, or how the one hearing the message will react but I almost always am ready to listen though.

## **BEING SEEN**

**By Gail Fulkerson**

The townspeople had had enough. It was time to end the reign of terror brought by Ophelia, the child vampire, when she moved to the area. Too many people had disappeared in the weeks since she settled in the area and began hunting the townsfolk.

Bodies drained of blood were discovered in ditches and along walking trails. At first,



the townsfolk put it down to a serial killer prowling the streets, but when bloodless bodies showed up with startling regularity, people became suspicious.

No one could recall ever seeing the little blonde girl in the daytime. They incorrectly assumed that Ophelia was ill and couldn't be in the sunshine. Boy, were they ever wrong.

One morning, before sunrise, a man looking out his living room window spied a tiny person in a bright white nightie standing over a prone body lying on the sidewalk. As he watched, the diminutive one got down on her knees beside the body, bent over, and put her face into the curve of the body's neck. Horrified, the man observed Ophelia in her crouched position raise her head, and when she did, her mouth and chin were stained with blood. Ophelia tore a piece of the victim's shirt to wipe her face, discarding it when she finished.



The man almost missed the little dog that travelled with Ophelia. He noticed it at one of the victim's ankles when Roscoe moved. When the man saw him, Roscoe had just finished his drink from a torn open vein and was wiping his face on damp leaves. Appalled, the man took

a few steps back from the window, his eyes never leaving the scene of carnage.

Roscoe noticed the movement and alerted Ophelia that the pair were being observed while they ate. They had a contingency plan for such eventualities and put it into action.

Roscoe walked out of sight, and Ophelia stood up and straightened her bright white nightie before appearing to depart the scene. The man who'd observed the pair opened his

front door to look down the street to see where they'd gotten to. Not seeing either of them, the man closed the door and returned to his living room.

There, in the middle of the room, stood Ophelia and Roscoe. The man was about to scream when Ophelia leapt upon him, sinking her fangs into his neck. It was all over in moments. The man lay dead in his living room as Roscoe tore open a vein in the man's ankle and started feeding. Ophelia filled four blood bags from the man's corpse before leaving it to cool to room temperature.

When they arrived home, Ophelia bottled the blood in mason jars and put them up on the shelf in the basement, reserving one to take upstairs to the refrigerator for the pair to imbibe when they awoke from their sleep. In the meantime, Ophelia brewed up some blood tea for her and Roscoe to sip on before bed.

Mounting the stairs with Roscoe trailing behind, Ophelia went to her bedroom and climbed into her coffin bed. She tucked Roscoe into his usual spot in the top right corner, snuggled under the blankets and quilts and got comfortable. They were both sleeping soundly in minutes, if you can call what they were doing sleep. It was more like a death that began at daybreak and ended after full dark.

Awakening in the pitch black of her sealed coffin bed was *de rigueur* for Ophelia and Roscoe. The light from the street was thin but brighter than inside the coffin bed, and Ophelia shielded her eyes until they could adjust to the increased light. Roscoe's eyes took some time to adapt as well. He squinted and blinked until his eyesight settled.

Ophelia went to the kitchen to put on the kettle for the night's first cup of blood tea. She made it strong for them both, adding an extra spoonful of powdered blood to each cup. Roscoe sipped his and told his mistress it was the best cuppa tea he ever had. He asked

Ophelia if she'd make his tea like this from now on. She agreed with his request, telling him it was the best tea she'd ever had. She made a mental note to make extra powdered blood the next time she concocted it.

It was easy to make powdered blood: pour a mason jar of liquid blood onto a cookie sheet and pop it into the oven on low heat until all the moisture is gone. Then, break up the dried blood clumps and return them to the oven to dry some more. It took time and patience, which Ophelia had in spades. By the time the sun was about to break, Ophelia had powdered a gallon of blood, which would last her and Roscoe at least a month.

Ophelia was beaten to a frazzle. She'd made two kills and a gallon of powdered blood in her basement in one night. She wasn't used to this level of activity anymore. It had been ages since the last time Ophelia had made more than one kill in a night, and her body complained of aches and pains, so she ran a hot bath and got in to soak. Roscoe was not invited into the tub until the water cooled a few degrees.

Ophelia stepped out of the tub and toweled off. Then she picked up Roscoe and set him on the bathmat. He shook the water off his coat onto Ophelia's legs, the floor, and the walls before she could towel him off.

Ophelia wrapped him in his replica miniature housecoat and hair towel, fashioned from an old nightie of hers. He proudly paraded around the house in his outfit, which made him look like an Ophelia 'mini-me.'

She brewed them both a cup of blood tea from the newest powdered blood batch. It tasted fresh and bright on her tongue, prompting her to brew a second cup.

Ophelia yawned and mounted the stairs to go to bed. Roscoe ran ahead of her, leapt onto the coffin bed, and waited for Ophelia to tuck him in.

She climbed into bed and snuggled under the blankets and quilts.

"Goodnight, Roscoe, my little man. See you after sundown."

## Releasing the vital energy force that is within you.

By Tamela King



If you have tried all the things (changing eating habits, increased exercise or modified exercise program, supplements, more sleep, etc.) and nothing seems to be working, there might be a missing viewpoint that needs to be observed to tie together all the things you are doing. This is, in effect, getting to the bottom of what is preventing you from moving forward. The proper food and exercise or supplements and treatments are valuable but are ways of gaining fulfillment from external

sources. If you are struggling to move forward in life, you may need to shift from the view that fulfillment needs to come from external sources (including other people) and aim for fulfillment coming from within (embodiment). Fulfillment from external sources is conditional and, therefore, not sustainable. Going inwards allows you to steer your vehicle and become aware of how, when, where, and why you do the external things that nourish you.

Dr Sue Morter (Master of Bio-Energetic Medicine and Founder of Morter Institute and the BodyAwake School of Yoga) gave a lecture on how to activate the energetic flow in and around the body for the purpose of unlocking your full potential. She states that energy is designed to be flowing. The energy flowing through your body determines how energy flows through your life. If you feel disorientated in life, there is a reflection of the internal energy of flow in your body. The biggest disruption of energy flow is being too much in our heads (thinking, analyzing, predicting, judging). We are not meant to be living in our heads all the time. If we don't live in our whole body, we don't feel our own feeling or gut intuition (inner wisdom) and then we don't have a sense of well-being; we are busy trying to be 10 steps ahead and trying to outsmart life. This causes exhaustion since pockets of energy go to wherever you are focusing. Often, we then look for outside sources for energy (coffee, food, attention of others, taking naps, being hard on ourselves, etc.) to give us a sense of fulfillment. Just ask yourself, "Is it giving me the type of fulfillment I want? Is this sustainable?". If we are always giving away our energy to worry, doubt, avoidance, shutting down, we have taken ourselves out of the game. Guarding and protecting results in a physiological clamp down. This resistance is not the real you; it is the abandonment of ourselves. When we resist, we suffer. We can feel abandoned or no support but what we need to ask ourselves is, "Am I helping myself?". When we open up to our own inner wisdom, we allow going with the flow of our life.

Instead of looking outside in, try looking inside out. We have an infinite and constant energy flow through our systems. Embodiment (the reconnection of the breath, mind and body) helps us feel our sense of personal power and feeling alive. We need to anchor ourselves in our body to access the deep core wisdom. Once we have that shift, we can make a larger impact on the world. We have a huge influence on creating our experiences.

The energy around our bodies (Toric field\*) is ever renewing and recycling. The Toric field flow allows us to rise up through the primitive brain (fight or flight). Fight or flight patterns such as avoidance, play safe, doubt, shut down use up a lot of energy which could otherwise be used for healing. These patterns distort the energy field and then we see the world through this distorted lens. We see a world that doesn't care, people that don't love us, no hope, and despair. How do we survive in this distorted reality? How do we get to receiving and enjoying life? What helps us get into the flow that is there for us? The more you pay attention to the internal circuits in the body, the more robust they become. The more ability to generate the life you want to live. This focus on the internal circuits is a combination of mind, breath, and body.

Simple visualization exercises can help you become more aware of your torus energy field. Imagining nature space for 5 minutes changes stress hormones, lowers cortisol, and lowers heart rate. Breathing exercises, being in nature, being present for yourself; these are all valuable ways of strengthening your field. I personally enjoy YOQI videos on YouTube (Daily energy recharge and Qigong breathing flow are 2 of my favorites).

The entire universe operates in cycles similar to your inhalations and exhalations. When you only give or only receive you become out of rhythm with the universe. Balance each inhalation in your life with an exhalation. If you have been giving much more than receiving, you have likely been feeling that others are taking advantage of your kindness. If your imbalance is in receiving more than giving, you may have felt uneasy, depressed, or even guilty. It is impossible to perfectly balance giving and receiving each day, just strive for a healthy balance. Give without expecting something return (could be time, compliment, or other gifts etc.). Also be a gracious receiver of unexpected offers of help, compliments, or other gifts. Say "thank you" without guilt or embarrassment. If you are in a relationship where you are the primary giver, express your needs and ask for help. When you give and receive openly, you allow your energy to become toroidal. Compassion and love (for ourselves and others) generate a harmonious pattern in our heart's rhythm, leading to coherence and greater emotional regulation.



True self is a flowing experience. You can't think (be in your head) and breathe at the same time.

*\*(Toric field is a very fundamental part of nature so fundamental in fact but science*



*is now seeing that everything moves through this form in one way or another including ourselves. The field of energy and information surrounding and permeating (affecting) the human body and all living things was term biofield in the 1990's by the National Institutes of Health. The human biofield is a toroidal field surrounding the body contained by a membrane made from light. This membrane is designed to protect the biofield and the body from the non-resonant energies we encounter daily. When we are grounded to the earth and connected to source light the energy flows through our central channel and around the biofield edge, keeping it strong. If connection to source is lost (ungrounded) the biofield can become weakened, thin or broken, creating a leaking of vital energy. Our energy loses its vibrancy and resiliency. We are triggered more easily by daily challenges, have extreme fatigue, attract energy vampires or attachments, and our overall health and well-being suffers. Outside influences affecting the biofield include: EMF influences, cellphones, microwaves, radio waves, toxins and heavy metals from our environment and the food we eat. Internal factors affecting the biofield include: daily stress responses to life, negative emotions, pharmaceuticals, drugs, alcohol, physical stress, shock or traumatic experiences, surgery. These stresses leave us ungrounded, anxious or imbalanced, experiencing sleep disturbances or feelings of lightheadedness. When the biofield edge is weakened, we can experience intense triggering.*

*With a stronger biofield, you are able to maintain our own light within, flowing and fueling your own energetic requirements. With a strengthened biofield edge resulting in more resiliency and the ability to move forward in life feeling empowered and with a balanced outlook. We live better – sleep better – perform better. Coherence is established in the body (the state where the heart, mind and emotions are in energetic alignment and cooperation). We are grounded deep in the earth. Our life force increases. Our overall health and wellbeing improve. We also project the state of our energetic field out to the world around us. **Non-coherence in our energetic state can trigger arguments, hostility and discomfort. Coherence in our energetic field can result in harmony and balance.** “So within. So, without” = Hermes Trismegistus.) \**

## **Tidbits and Tickles:**

**My alone time is for everyone's safety.**

## This is Canada

**Canada is the second largest country in the world. Canada is incredibly diverse and often looks nothing like people imagine it.**



**This Isn't Austria. It is Canada (Whistler)**

## From Llewellyn's Witches' Calendar 2025



The month of June heralds the beginning of summer as the Sun rises to its zenith, or its northernmost declination. In the Northern Hemisphere, this is witnessed as the longest day of the year, or the summer solstice. Also known as Litha and Midsummer, the solstice is an ancient solar celebration and fire festival celebrating light and the power of the Sun. In places like Iceland, the night is so short that the sky does not become fully dark on Midsummer. It was thought that if you went out to bathe in the dew on such a night, you would avoid growing older the following year. In Finland, bonfires were lit to ensure good luck and drive evil spirits away. In Latvia, Midsummer Eve is known as Herb Evening, for just as the Sun is at its zenith, the energy of many plants is more potent when they are gathered at this time.

Gather handfuls of fresh chamomile, lavender, and lemon balm on this day or night to make your own feel-good herbal blend. Stuff the herbs into a pouch and carry it in your left pocket to guard against negative words or brew the herbs into

an infusion and drink it to elevate thought and bolster good mood. Pour the infusion into your bathwater and soak to encourage a positive outlook.

### **Sun-Charged Chamomile, Lavender, and Lemon Balm Infusion**

This infusion has a pleasant flavor and a gentle, soothing energy to balance emotions, comfort a nervous stomach, and calm nervous tension. Chamomile, lavender, and lemon balm are herbs in the nervine class that support and nourish the nervous system while encouraging relaxation.

Chamomile is a cheerful flower with energy to support spells for abundance, communication, healing, peace, and rest. Chamomile infusions are used to maintain mood, improve digestion, treat body aches and remedy insomnia.

Lavender has a calming scent used to relieve tension headaches, calm anxiety, and remedy sadness and depression. It holds magical properties for calmness, cheer, clarity, communication, healing, love, peace, protection, sleep and transformations.

Lemon balm has a fragrant lemony scent and a light lemony flavor. It grows like a weed in most zones and holds magical energy to support friendship, happiness, healing, love, peace, and success spells. Lemon balm infusions are used to soothe a frazzled psyche, calm the spirit and lift mood.

#### **You will need:**

1 part chamomile

1 part lavender

1 part lemon balm

Gallon jar with lid

Use ½ cup of each herb per 1 gallon of water. Wash the plant material and place it in a clean gallon jar. Fill the jar with cool water and secure the lid. Place the jar in a sunny place where it will not be disturbed. Allow the herbs to steep in the sunlight for up to 6 hours. Strain out the herbs and serve the liquid over ice for a mood-lifting drink. Sweeten with honey or brighten the flavor with a squeeze of fresh lemon juice and enjoy. Store the unused portion of the infusion in the refrigerator for up to 3 days.

-Laural Woodward

# Mudras

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

## Garuda Mudra



Clasp your thumbs and place your hands, right hand on top of the left hand, on your lower abdomen. Remain in this position for about 10 breaths and then slide your hands up to your navel. Stay there for another 10 breaths. Then place your hands on the pit of your stomach and remain again for about 10 breaths. In conclusion, place your left hand on your sternum, turn your hands in the direction of your shoulders, and spread your fingers. Do as needed, or three times a day for 4 minutes.

Garuda, the king of birds and of the air, is the enemy of the snakes. This is the powerful and mighty bird that Vishnu rides. Birds generally have sharp eyes, a distinct sense of orientation, and strong survival instincts. Large birds have such an enormous wingspan and so much strength in their wings that they can let themselves be carried by the wind.

The Garuda Mudra is very powerful and should be dosed well. This mudra activates blood flow and circulation, invigorates the organs, and balances energy on both sides of the body. Whether in the pelvic or chest area, it invigorates and stimulates. It relaxes and relieves pain related to menstrual complaints, stomach upsets, and respiratory difficulties. It also helps people deal with exhaustion and mood fluctuations. Caution is advised for those who have high blood pressure.

### Meditation:

Try to imagine living your life as a big bird of prey (and not as a poor little mouse). You sail elegantly and lightly through the air and see the landscape (your challenges) for what they are (not too high and not too low), and you also see the best way to overcome them. You have the clear sight of a bird of prey and can differentiate between what is significant and what is unimportant. You don't strive to get more or less than you need and therefore live in contentment and harmony with your surrounding world.

### Affirmation:

I am inwardly free. I get what is due to me, and I live in harmony with my world.



## Marina's Divination Station

By Marina Evans

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

The spring and early summer months are always rife with tales of their tumultuousness. Everyone you speak to, regardless of what the weather is doing that day, has a story to share about snows in June or plus 30 temperatures in April. Hurricanes and hailstorms are half expected in these months along with wildfires and floods. Stories of amazing weather events that can instill us with awe or terror, depending on the person and proximity to the event. As hot airs and warm airs fight for supremacy in the coming months, we can be absolutely certain of one and I think only one thing: uncertainty. Hope for the best and expect the worst is something I have heard more than once when people reference the ever-changing weather of the prairie lands, for one never knows how the day will go. We send our littles off to school with winter boots and snow pants, but make sure shorts and sandals are packed for the afternoon. Yes, I am aware the flash flooding seems like a good enough reason to call into work today, but don't get too excited. It'll likely be a lovely spring day of calm skies and humid breezes by the time your shift starts. Best be packing your lunch.

Yes, upheaval and uncertainty can make these months seem daunting and unnamable, and yet, when you look around at the faces of the people who live inside the eye of the storm, you see smiles and contentment. Why is this, you may ask? Well, hope is renewed you see. The winter grip is finally loosened and no matter what the weather may bring in the late spring days, we know the Cailleach recedes her reign and summer is surely coming. (Though it is fair to say a run of cold weather after a taster of summer temperatures put a sour taste in many mouths for a while.) But this renewed sense of life and knowing the summer months are fleeting, allows us to be more in our moments and we can stop wishing to be in another time. We can sit and finally enjoy the space we are in. Which brings us to our deck today!

### THE MAGICKAL BOTANICAL ORACLE by Maxine Miller/Christopher Penczak

This is the second botanical deck I have gone through since starting these articles, and I would do a million more. I love botanical decks. This whole deck: the cards, the box, the handbook, all have a sepia tone that, along with the beautifully imagined artwork, is reminiscent of a centuries old grimoire lost for 400 years and unearthed to give you guidance. Once inside the box, you may be, at first, underwhelmed by the size of the deck. At only 33 cards it may seem a little small for an oracle deck that usually averages in the 50's, but don't let the number of cards fool you. This deck, while small in number, is dense in just about every other way. The card stock is quite heavy giving the cards ample support, and the imagery on each card is nothing short of thorough. Each card gives the feeling of walking into an old, heavily decorated apothecary, with countless things to see and feel and



every time you turn your head you see something else you missed the first time. With such ample imagery, you can imagine the wealth of information you could garner from it. But what's this? You need help deciphering what it all means? Fear not, for the guidebook is not to be trifled with. At 224 pages it is a novel all on its own. Each card is given four different areas from which to derive meaning, As well as some correspondences to the chosen plant. Could they have made it a 50 cards deck? Sure, they could. Did they need to? No, they did not. If you're a botanical fan, learning herbs, or just like the ancient alchemist vibe, you will love these cards.

## *The Drawing of the Card*

### 27. Vine

I will gush about the imagery of these cards every time, and this one in particular is no exception. There are grape vines surrounding the edges of the card making a frame for an image of Pan in the center. A goblet in one hand, his pipe in the other with sigils of corresponding planets and elements on one side and the corresponding ogham of Muin on the other. A sun can be seen in the background blessing the land beneath and a river flows onward nurturing everything along the way. There is so much to be celebrated and so much to enjoy. The grape vine has been seen as a symbol of life, fertility, and regeneration. It's important to remember here as well that while this can speak of human fertility, it is not confined to that! To sow new seeds, one needs a fertile earth, and when the vine appears you shall have it!



The message of this card is one of positivity and victory. It is a message that you are either currently in a place of joy and abundance or you are very likely soon to be! There is nothing but good things coming and you have certainly worked hard for it. It is time to drink the wine of your labor! There is much joy and happiness to be had coming for you, but there is something you have to remember. You must get out of your own way. In the world we live in now there is scarcely anyone who has not been touched by loss, defeat, poverty, or any combination of hardships. When we spend the majority of our lives in these places, we tend to look for them. We tend to be constantly vigil for signs that those things could happen again and always try to prepare ourselves or our loved ones. Now, there is wisdom in this. To remain vigil is to better ensure you are not caught off

guard and reduces the risk of harm, however, it does not allow us to live in moments of joy.

Again, there is great wisdom in vigilance, but if we work so hard for moments of peace and joy and abundance but cannot allow ourselves to enjoy them, then what do we work for at all? When your moment of joy comes, be sure not to waste in dreading the future. Live in your joyous moment for a while and reap what you have sown. The prairie summers are hot, but short, so we must take advantage of those beautiful days when they

come. Don't waste all of the abundance you have worked so hard for on preparing for disaster. It's time to give yourself the allowance to enjoy the life you wanted for yourself.

**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

### Possibilities Abound

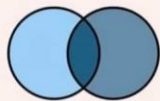
#### By Trent Deerhorn

My father was a traveler. He had many jobs over the years and would never dedicate any more than five years to any company he worked for. This way he felt he would avoid getting into a rut. By the time I came along (the youngest of 5 kids) his job involved a lot of traveling. Most of his travels would take him through Canada and the United States, mostly by car. But some of this more distant travels would take him all around the world. That is when he would fly from one location to the next and back.

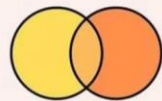


I used to marvel at how he would find his way from one unfamiliar location to the next. This was before GPS was invented, so he would use instinct and road maps. Paper road maps. The glove compartment of his vehicle always had an abundance of road maps. He truly lived a Gypsy lifestyle. I can say that because that is actually in our blood. Although I often dress like a Gypsy, I prefer to be a homebody. So, I guess the traveling part of that bloodline skipped a generation with me. But the fashion part landed upon me full force.

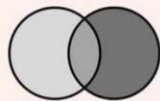
## IT IS POSSIBLE TO BE...



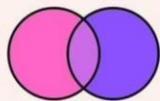
Capable & Lost



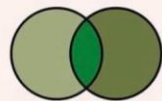
Smiling & Struggling



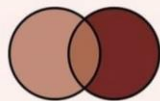
Kind & Set boundaries



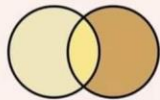
Vulnerable & Powerful



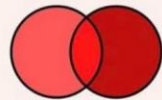
Successful & Traumatized



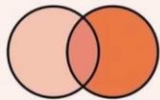
Extravert & Alone



Valuable & Flawed



Introvert & Reaching out



Loving & Questioning

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What was fascinating to me was how unsettled my father would become if he were actually lost. It would come out as irritation at first, then frustration, then anger and sometimes rage. I always wondered if this happened when he was traveling alone as well. What I think he failed to realize was that his being lost did not mean he was not capable. He was quite capable of many things. I wonder, though, if he suffered from some form of spectrum disorder. I wonder that now that I know that I am on the spectrum and if his condition was an indication of a hereditary thing.

The reason that I bring this up is that people often think that we must be one thing or another. Yet in my father's case, he could be both lost and capable. That did not mean he would

ever ask for directions! But he could be both things at once. So, what other sorts of things can we be as well as be something else?

1. We can be both lost and capable.
2. We can be both smiling and struggling. In some of my own darkest moments people would never know that I am struggling because I am also always smiling and laughing. When I share some of those moments with friends, they are always astonished that I was feeling that way in that moment, because I do not look like I am struggling. But that smiling and laughing is a defense system that was set up at a very early age. It is one that I have been working on adapting so that people can know me better. But it is hard work.
3. We can be kind and yet set boundaries. I was raised to believe that setting boundaries was an insult to the person you were setting boundaries with. But the reality is that that person was benefiting from me not having boundaries. Learning to set boundaries involved a learning curve that was pretty much vertical in nature. But once I did learn it, it became easier each time. Depending on the situation, I am usually kind when I do so. However, if someone is being hostile with me, I ditch the kindness part and completely go for the firm and assertive aspect (jugalur).



4. We can be vulnerable, yet powerful. I have often found my greatest strength lies within my personal vulnerability.
5. We can be both successful and traumatized. I am a successful businessman, yet I have had deep trauma in my past that I still work on healing every day. That is called life.
6. We can be an extravert yet enjoy being alone. I am a social butterfly, but I also value my quiet time, all alone, reading a book.
7. We can be valuable yet flawed. This one was not so difficult for me to learn about myself as it was to learn it about some of the people in my life who seemed determined to make my life miserable. I had to search hard for their value. And sometimes that value has shown itself 20+ years after the relationship is done and over. But at least I can appreciate the positive aspects of the relationship for what they were, and the value of the person for who they were.
8. We can be an introvert and be reaching out. I believe the term for myself is “ambivert”, meaning both and introvert and an extravert. I rarely reach out in difficult times. It takes a lot for me to do so. However, I have made some valuable friends who will immediately respond if I text them “S.O.S”. The phone will ring immediately. They will be at my door within minutes. I love these people and value them beyond measure.
9. We can be loving and questioning. Some folks think that loving means also trusting beyond question. That is an illusion. You absolutely **MUST** question things, even though you love the person. Otherwise, that person you love may be betraying you on a daily basis and you will be too blind to see it for what it is.



These are just a few of the things that come to mind. I am sure that there are many more. If we can let ourselves get out of the “either, or” thinking we can actually make great progress in our healing journey.

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

***Old age is when the liver spots show  
through your gloves.***

***-Phyllis Diller***

## According to the Farmer's Almanac 2025:



Depending on the variety, peaches may be harvested from late June through August. As fruit near maturity, their skin color changes from green to yellow/orange or even red. Peaches soften as they ripen, bruising easily. Taste a few to determine whether they have reached an ideal flavor. The fruit must be picked at the right time, as flavor and sweetness will not improve after picking.

If you need to harvest slightly early, place fruit in a single layer in a loosely closed paper bag. For long-term storage, refrigerate peaches for up to 2 weeks, freeze whole or sliced, or preserve by canning or converting into jam.

June 5<sup>th</sup>: World Environment Day



June 11<sup>th</sup>: Full Strawberry Moon

Plant everbearing strawberry varieties in containers filled with a well-draining growing medium.



June 15<sup>th</sup>: Father's Day



June 20<sup>th</sup>: Summer Solstice

“Summer Solstice” sundrops grow up to 2 feet tall. In early summer, red flower buds reveal golden-yellow flowers above dark green foliage that turns burgundy red in fall.



## Ask the Shaman: With Trent Deerhorn

**Q:** Is there a book you could recommend for dream interpretation?

**A:** Um, not really. Here is why. The books I have seen all have a slant toward one thing or another and then impose that slant on the interpretations of symbols and such in dreams. But dreams are personal. There is no cookie cutter approach that has much value. I would recommend that you share your dream with someone who works with dreams (myself or anybody else) to have a more personalized approach to your dream interpretation.

## Silver Years

**I may not be that funny or athletic or good looking or smart or talented...**

**I forgot where I was going with this.**

## Forum

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

**Michael Wrote:** I love this newsletter! There is so much juicy stuff in it!

## Classified Ads



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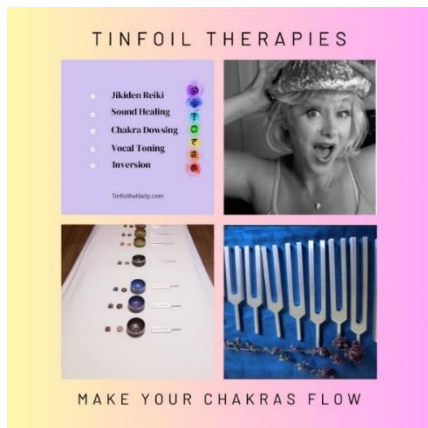
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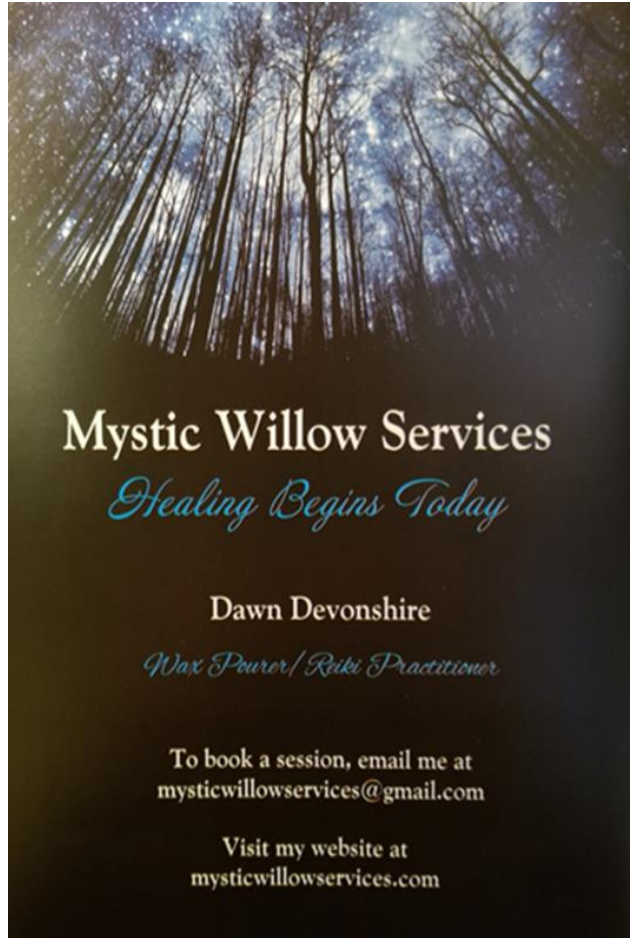
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