

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

Volume 14 Issue 146

September 2025



*Articles and excerpts that will inform and inspire!*

## Letter from the Editor



After a wonderful summer break, we are BACK! And we have even more wonderful articles and contributors than last time.

I enjoy my summer break, as I hope everyone enjoys theirs, and I feel more and more rejuvenated every time I take time off during the summer. Spending time in the yard and garden, playing outside with the dogs, and enjoying our gazebo with a cup of coffee makes life worth living.

Thank you to the contributors for your support and hard work in creating fascinating articles for this newsletter. It does travel worldwide, and has gone Viral a number of times, so your messages are definitely getting out there!

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

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

[https://youtu.be/O7-XUcfiz\\_I](https://youtu.be/O7-XUcfiz_I)

***☆Please note that opinions and views in articles in FLIGHT are not necessarily shared by the editor, Trent Deerhorn, or Deerhorn Shamanic Services.***

*Enjoy the reading!*

*Trent Deerhorn*

# Upcoming Events

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

### Full Moons of 2025

Sunday, September 7<sup>th</sup>, 2:09 pm

Color of the Day: Gold

Incense of the Day: Almond

Lunar Eclipse

### Full Moon/Lunar Eclipse Release Spell

When we have a full moon with a lunar eclipse, that's always a good time to clear, banish, or release anything we no longer need. That may include a habit, a relationship, or a fear. For this spell you will go to an apple orchard and select a windfall apple to aid you in the spell. If that's not possible, you may use a small rock instead. Think of what it is you wish to release from your life and follow the instructions in this verse:

***Go to an orchard where forgotten apples may be found,***

***Brown and soft and scattered upon the ground.***

***Select one to help you with this deed.***

***It will help you release what you no longer need.***

***Whisper to it what it is you must release,***

***Then throw it far away – no you'll find peace.***

Walk away and don't look back. Your problem has been harmlessly released.

*-James Kambo*

## 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:

**September 20th, 2025. Autumn Celebration:** *Rhythm Instruments Welcome!*

## Proud to be Canadian.

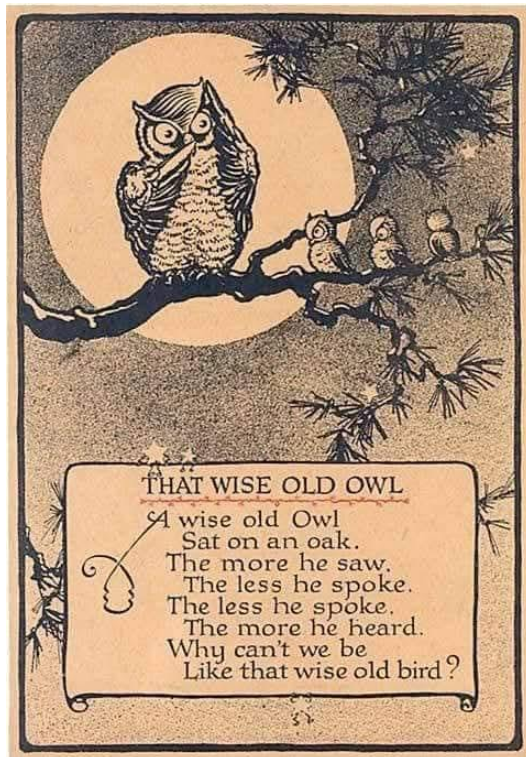
A Canadian invented Standard Time.



Bette Nesmith Graham was tired of retyping entire pages for one mistake. In 1956, she mixed white tempera paint in her kitchen blender to create Liquid Paper, building a \$47 million empire from her garage.



# From Echoes of Myths



## That Wise Old Owl

“Why can’t we be like that wise old bird?”

This simple old English rhyme, often found in schoolbooks or stitched into embroidery, carries more than just a lesson in good behavior. Beneath its nursery rhythm lies a deep cultural reverence for the owl—one of the most enduring symbols of wisdom in human tradition.

Across ancient civilizations, the owl was more than a bird.

To the Greeks, it was the sacred companion of Athena, goddess of wisdom and strategy. To the Celts, it was a silent guardian of the Otherworld, able to see what others could not. In many Native

American traditions, it served as a night sentinel, a keeper of secrets, and sometimes, a harbinger of change.

What do all these traditions have in common?

They didn’t admire the owl for its words—they revered it for its watchfulness.

The poem’s message is simple but profound:

Speak less. See more. Listen deeply.

For true understanding doesn’t always come through talking—but through observing what others miss, and hearing what goes unsaid.

In a world that often rewards noise, perhaps the owl reminds us that real wisdom waits in the quiet.

# The Shadow

By Tamela King



All experience in life is the result of contrast. Light and shadow, up and down, pleasure and pain, hard and easy, giving and receiving..... If we didn't have these divisions, you would have no experience, no manifestation.

In 1916 Carl Jung described the unconscious mind that contains everything we reject about ourselves as our shadow. The shadow increases power when we keep secrets (from ourselves or others), harbor guilt or shame, making self and others wrong, need someone to blame, ignore your own weaknesses while criticizing those around you, separating yourself from others, or struggle to keep evil at bay. Shadows are projected and people that aren't more conscious take on that shadow. In the book The Shadow Effect illuminating the Hidden Power of Your True Self by Deepak Chopra, Debbie Ford and Marianne Williamson, Deepak Chopra discusses the typical forms of projection: superiority, injustice, arrogance, defensiveness, blame, idealizing others, prejudice, jealousy, and paranoia. Some typical examples he gives of these projections: superiority disguises the feeling that you are a failure or fear of rejection if people knew who you really are. Injustice disguises the feeling of sinfulness or the sense that you are always to blame. Arrogance disguises bottled up anger, and beneath that lies deep-seated pain. Defensiveness disguises the feeling that you are unworthy and weak. Blame disguises the feeling that you are at fault and should be ashamed. Idealizing others disguises the feeling that you are a weak and helpless child who needs to be taken care of. Prejudice disguises the feeling that you are inferior and deserve to be rejected. Jealousy disguises your own impulse to stray. Paranoia disguises deep-seated anxiety. "Whenever any of these attitudes appear, there is an unconscious feeling hidden in the shadow that you cannot face." When we must lie to ourselves to survive, this is a core wound we hide from.



"The shadow which makes you see a limited, fearful world full of threat and dark possibilities, is masking many unseen possibilities that could spring into your awareness if you expanded beyond the shadow."

Negative emotions are the tip of the iceberg (many more are stored in the shadow). Negativity is sticky and this stickiness is a survival mechanism. First, you must acknowledge your feelings and then detach from them (like a flu or allergy changes you for a moment, brings misery, but it isn't you).

Derek Rydall (American Screenwriter) states that the shadow drives you because you are running away from it. The problem is not that you are broken, a failure, a loser.... The problem is that you think it is a problem and have rationalized why it isn't happening, protecting

yourself from fear of losing something, protecting self from the shadow. The old paradigm is to keep improving and waiting; the next level is to embrace and integrate your shadow (the thing you have been trying not to be).

The first step in defeating the shadow is to abandon all notions of defeating it. As soon as you talk about 'winning' you have already lost – nothing can end duality. If the good me has no chance of having a peaceful life unless the bad me is caged; if you try and smother feelings of anger, jealousy, fear, insecurity, sexuality – the shadow gains more power. If we want to find the true self, we must dive into the shadow world. We can be preoccupied by the fragments of everyday life (work, leisure, like dislikes, chores, etc.); these details can give us a sense of separation. Stop and ask what impulse will give us a new reality? What judgement am I afraid of? Just sit with the emotions (no judgement, just see how they show up in the body and just observe. If you are observing something, it can't control you. It has no choice but to dissipate). To escape make the opposite choices; stop projecting, detach and let go, give up self-judgment, and rebuild your emotional body. Wholeness and healing are intimately related. Wholeness overcomes the shadow by absorbing it. The shadow loses power when consciousness stops being divided. Without wholeness all we can create is superficial change.



For example: The relationship with our father (and our relationship with the masculine) represents the structure of things, the things that keep us safe and shape our relationship with success. If success becomes associated with pain, shame and guilt, which can be antithetical to heart's desires; our heart's desires then become the shadow, and we live more in the feminine. The feminine requires the masculine energy to take action to manifest the desires of the heart. Without this action, the feminine becomes a victim mode. The feminine is the "yes" we need to listen to, and it will speak to us. This feminine energy/ life force can't be experienced until it becomes a form (material). We need to be able to act – repair the relationship with the masculine. What are you afraid you would lose if you asked for what you wanted? What happened that you became responsible for everything and unwilling to receive? What fear of judgement do we need to sit with? Your relationship with your own masculinity can help support the feminine into expansion, into abundance rather than shrinking her into what feels safe. Release the old paradigm of having to prove yourself. I am going to become more and not less. You can love your neighbor and not take on their stuff.

The reticular alarm system (RAS) found in the brainstem seeks information that validates your beliefs. It filters the world through the parameters you give it, and your beliefs shape those parameters. If you think you are bad at giving speeches, you probably will be. If you believe you work efficiently, you likely do. The RAS helps you see what you want to see and in doing so, influences your actions. Fine tunes the perception of the world.



**Exercise:** Close your eyes and imagine a vivid visual experience (tropical sunset, mountains) with color and depth. Now imagine a taste you love. Go into that sensation deeply until you actually taste it. Now go to a sound that you love, then a delightful texture, and finally an intoxicating smell. Now after imagining all these vivid experiences in all five senses, open your eyes. Notice colors are more vivid? Or a vibrancy in the air? This highlights that heightening your inner world causes the outer world to automatically follow suit. Response ability - I am the one generating my life.

Every feeling you have invisibly moves outward into your environment, affecting the people around you and ultimately society.

“The evolution of human beings depended not on the physical brain, but on the mind that uses it.” Deepak Chopra.



## Rock Talk

### The Witch and the Buddha

By Ave Riddler

I am going to start this article much like how my journey with this Buddha began. I was still fairly new to my path, still learning and trying to figure out which direction I was headed in. I used to regularly visit a few stores; they were witchy, new age, metaphysical, or at least inclusive of many religions. I was drawn to these shops, would spend hours at them, lingering over books, sifting through crystals, looking for answers to questions I didn't even know how to ask. I was seeking, and these stores were a major



part of my discoveries. The store owners at these sacred spaces gradually became my friends, and though I didn't realize it at the time, mentors. I recall the day one of these ladies handed me a wooded carving, she told me nothing about it, just told me to hold it and see how I reacted, or felt. I had a very deep and profound reaction, nearly crying while gently stroking the back of the carving. She asked me what I was feeling, and though I could barely speak I told her I just wanted to help, wanted to make it better. She asked if I knew what I was holding in my hands and I admitted I had no idea. She told me he

was the Buddha of compassion and that he weeps for the sorrow in the world. She strongly encouraged me to look up the story of this Buddha and also suggested I should work with him since my reaction and connection had been so intense. She wasn't trying to sell me that carving, just suggesting I honor the clarity of communication I had experienced. I worried at the time that it was wrong for me to have a carving of a Buddha, since I already had figured out, I was not heading down a path towards becoming a Buddhist. She assured me that it didn't matter. So, I started my hunt for one. The brass pendant was my first, it seemed fitting somehow to have him close to my heart, which made a pendant the perfect answer.



Gradually over time I gained a resin version that will often end up in my pocket, tumbling around with a quartz sphere, a crystal skull, or a couple crystals. I've taken him to work, on vacations, one year I even took him to fest and had him hang out in various places at fest.

I once found a wood carving of him at a value village and simply could not leave him there; he now lives on my very witchy altar sitting in a rose quartz bowl.



The latest carving I bought is the three stacked depiction of the stages of grief, which I saw at the big mineral show that comes in the spring and autumn. My reaction to that stacked version was even more profound and intense than that first time I held him in my hands. Despite that I left the carving there because I was trying not to buy too much at the time but ended up going back to the rock and gem show to buy a WOODEN carving the next day.

A tip of the iceberg bit of info (compiled from a few websites which all say basically the same things)

Some traditional Buddhists do not recognize this carving as a Buddha, as a work of art, or craftsmanship yes.

There is an ancient legend about the two warriors who wearing masks, fought with each other in many battles, neither of them were losing the battle.

Eventually after many battles, the elder warrior defeated and killed the younger; when he removed the mask of the dead warrior, he was confronted with the face of his son.

The grief and pain of killing his son caused complete torment and misery to the father, which forced him to collapse to the ground. Crying in agony, the father buried his face in his hands over what he had done. This event leads him to renounce violence and embrace a life of compassion.

The Weeping Buddha, sometimes called the Buddha of compassion, is crying for the suffering of the World and his angst for the persistent sorrow in our lives.

It is possible rubbing this statue's back may give peace and strength, easing sorrow and grief.

I am adding a second Buddha to the story, Kuan Yin/ Quan Yin who has recently graced my life in a way I would never have anticipated. I am still learning about her, but a huge shift in my life came to be after a meditation, dedicated to her, we did at fest this year. If you have spoken with me in person, you will know I, on occasion, stutter. It can be minor but sometimes it's a huge obstacle where I can't say the thing I'm trying to say, the letters just get stuck. Numbers are by far the worst, to the point where the Co-Op I go to for fuel lets me give my name instead of my number. I have in the past done meditations, rituals, and healing work where when asked what I hope to heal or remove from my life I ALWAYS say my stutter. In the past it has caused issues at my job, where clients have thought I didn't know what I was talking about. Stress, sleepiness, anger, sadness, but also calm, relaxed and I would stutter. Nothing seemed to help. Then this year at fest, I do the same thing for this workshop. The presenter tells us a little bit about Kuan Yin, then has us write a thing we want her to help us with and shares a lovely meditation. At first, I don't notice a change, but it's not long until I realize I'm not stuttering, not even when saying a phone number! At work when things go wrong, or I've made a mistake, I'm still not stuttering. Angry yet speaking clearly. I have no idea if this is for life or is a brief reprieve, but I am grateful. As time went on, I felt it was only fitting that I bring a carving of her into my home. Since the wood is scented and I can envision my cat attacking it, currently she stands in my crystal cabinet which can be closed, eventually she will join the weeping Buddha on my altar.



Interestingly enough, a search on the internet leads me to this quote or one very much like it on almost every page about her, "the embodiment of compassion, Kwan Yin is known as "she who hears the cries of the world." Kwan Yin is the protector of women, children, sailors, fishermen, anyone in trouble, the sick, disabled, and poor. Somehow it seems fitting that after decades of working with and honoring my connection to the weeping Buddha, Kwan Yin would move through my life.

I completely believe it doesn't matter what path you are on, what faith you may practice, or even which Gods you call to, sometimes, they pick you. They don't look at you and say, "Oh that one worships Thor, we can't and won't help them" So it happens this witch now has two different Buddha's she honors and gives gratitude to.

## Tidbits and Tickles:

Bigfoot saw me but nobody believes him.

### 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 Cornwall. It's Canada. (Prince Edward Island)

***My photographs don't do me justice - they look just like me.***

***-Phyllis Diller***



## From Llewellyn's Witches' Calendar 2025



### September

I was raised close to the land. Growing up on my grandparents' farm in the American heartland, I understood the cycles of the seasons and nature. I didn't need a calendar to tell me that September was upon us and that Mabon was drawing near. The grasses in the meadow began to turn a tawny gold, and harvested corn was gathered into shocks in the fields. And at dusk the cidery scent of windfall apples would drift across the lawn. These were signs of the season.

At the autumn equinox, or Mabon, we enter the Dark Season. Twilight shadows deepen earlier, and the harvest continues beneath a brilliant Harvest Moon. Now Mabon, the Great Son of the Mother Goddess, becomes the Lord of the Shadows as he enters the darkness. The legend of Mabon – his birth, abduction as an infant, and his return at Yule – helped explain the beginning of autumn and the return of light at Yule. Mabon's legend teaches us not only about the cycle of the seasons, but also

about the mysterious coexistence of life and death. Even though nature begins to fade, we are still surrounded with the lush abundance of the harvest.

Now is a good time to look at our own personal harvests. Have you achieved your goals? Do you wish for more abundance? The following spell asks Mabon to help you achieve your wishes.

### A Mabon Abundance Spell

This spell uses the seasonal energies of early autumn to draw abundance to you. You will petition Mabon for his help. He is known as the Keeper of the Mysteries, and his power at this time of year is very strong. You'll need the following items:

**Piece of brown fabric.**

**Black candle, with a firesafe holder if needed.**

**Orange or gold pillar candle, with a firesafe holder if needed.**

**White candle, with a firesafe holder if needed.**

**Glass of red wine or grape juice.**

**Seasonal decorations of your choice – pumpkins, squash, corn, autumn leaves, autumn flowers, and apples are some ideas.**



First, drape the fabric over your altar. Now place the candles from left to right like this: black, orange or gold, and white. In front of the candles set your glass of wine or grape juice. Decorate your altar with seasonal items as you wish. Carefully light the candles. As you do, think of the meaning of each color. Black represents the shadows of the Dark Season. Orange and gold symbolize the abundance of the harvest. White signifies the lengthening light of winter (Yule) when Mabon returns. Gaze at the burning candles. Hold your hands in front of you, palms facing up. Speak these words to Mabon:

***The apples blush and the corn turns gold.***

***Mabon, Lord of the Shadows,***

***Keeper of the Mysteries,***

***Bring me wealth to hold.***

Visualize abundance filling your hands. In your mind see your “harvest” increasing. Pause and take a few sips of wine or grape juice. When you feel ready, carefully extinguish each candle. Take your wine or grape juice outside. End the ritual by respectfully pouring the liquid on the earth as an offering to Mabon.

*-James Kambos*

## HOLY COW!

By Gail Fulkerson

The cattleman had returned his herd to the Dundurn pasture a month ago. They ate their way from one pasture to another, cropping the rich grass short with their teeth.



Ophelia watched them with a sense of wonder and hunger. A prize that big could fill her basement cache of blood for up to twelve months. She'd never tasted cow blood before and was curious, so she went to the pasture after dark one night and singled out a calf. Her preternatural vision enabled her to locate the animal's jugular vein easily; from there, it was a matter of obtaining the blood without disturbing the animal as it slept.

She had practiced the technique of doing just that over decades of blood-drinking. At first, she was clumsy, and her prey awoke more often than not. As her skills progressed, Ophelia got better at blood-sucking while her victims slept and eventually died under her

ministrations.

Approaching the calf she'd chosen, she wondered whether the same techniques would work on a cow. She needn't have worried; the calf didn't stir as Ophelia knelt in the

grass beside the animal and began to feed. At first, she found the feel of the calf's fur on her lips to be unsettling, but once she had nicked the vein and the blood started to flow, the sensation took a back seat to the pleasurable rush of blood in her mouth. It was warm and silky, tasting of a sun-drenched meadow, and Ophelia wanted more.

She had brought blood bags with her and pulled one out to fill. All in all, Ophelia ended up filling a dozen blood bags from the calf. It died in its sleep, and the rancher would never know what killed it.



Ophelia could hardly wait for Roscoe to taste the calf's blood, knowing he'd love it almost as much as she did, so when she got home, she poured some into his bowl and waited for his reaction. He tasted the blood, and it was delicious. He finished the bowl and asked for more -- twice. He'd never done that before, so Ophelia knew he'd put his stamp of approval on it.

When he asked Ophelia what kind of blood it was, she told him that she got a dozen bags of it from the one calf. Roscoe was suitably impressed and wondered when she'd be going out to collect more.

The next night, Ophelia and Roscoe went into the pasture to search for a full-grown cow with the tastiest blood. She tasted upwards of fifteen cows before the best one presented itself. Then she went to work. A mere twelve bags wouldn't be enough to contain this gigantic animal's blood; she went back to her house three separate times to retrieve blood bags.

Ultimately, Ophelia harvested forty-five blood bags from the animal, leaving her gigantic carcass in the field for the rancher to find the next time he checked on his herd.

One more kill and the pantry would be filled. Ophelia and Roscoe both thought how much easier it was to kill off a cow compared to a human. For one thing, there was no concern that someone might walk by and see them at their dastardly doings. Luckily, the pair always chose a pasture that was far enough away from the rancher's abode to avoid detection. And the cattle were lying down, either sleeping or chewing their cud.

With the last cow dispatched, Ophelia and Roscoe hightailed it back home to decant the bagged blood into sterile mason jars. Ophelia held back a bottle for the two of them to drink before bed. The blood had cooled somewhat, and Ophelia poured it into a saucepan to warm it on the stove. She poured the blood into Roscoe's bowl and her mug, took them into the living room and got comfortable in her chair. Roscoe had drunk half of his blood bowl before Ophelia had taken her first sip. He always enjoyed his blood more than Ophelia did.

"Hey, Roscoe, what do you say to a soak in the tub before bed? I know I'd like to," Ophelia asked of her diminutive co-conspirator. For his answer, Roscoe ran up the stairs to the bathroom and waited for his pal to join him.

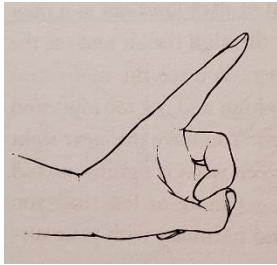
Ophelia floated gently up the stairs and ran the bath, adding her night-blooming jasmine-scented bubble bath to the water. The pair soaked until the water started to cool.

As was customary, Ophelia dressed Roscoe in a miniature version of her bright white nightie and hair wrap after she'd towed him off. Then, they went downstairs to have a cup of blood tea before heading to bed.

Roscoe was the first to yawn. Taking this as her cue, Ophelia picked up her small chum, headed upstairs to the coffin bed and gently placed him in his spot in the top right corner. She watched as he snuggled into the afghans and blankets and settled. Then she snuggled in herself and was asleep in minutes.

# Mudras

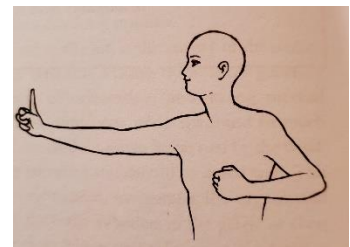
Taken from Mudras: Yoga in your HANDS by Gertrud Hirschi



## Suchi Mudra

First clench both fists and hold them in front of your chest (basic position). While inhaling, stretch the right arm to the right and point the index finger upward. At the same time, stretch your left arm to the left. Hold this tension for 6 breaths and then return to the basic position. Repeat six times on both sides.

For serious chronic constipation, do four times a day. For light constipation, repeat six to twelve times in the morning and at noon. When traveling or in acute cases, practice every morning before rising for 5-10 minutes while comfortably lying in bed. The Suchi Mudra often helps the first time you do it. If you practice it in the morning at 7, you can usually “unload” before 9.



Yogis have always been quite concerned about daily elimination and intestinal cleansing. Unwellness, spite, impatience, violent temper, wanting to cling to everything – the cause for all these unpleasant feelings is often full, and therefore stressed, intestines.

## Meditation:

In your mind, see yourself as a generous person, as someone who likes to give unconditionally, and wisely, and who liberally distributes an appropriate portion of your income. See yourself as someone who can also forgive yourself and your fellow human beings; who can toss out old prejudices and other figments of the mind, and risk having new experiences; and who starts every day as a new person with fresh vigor. Let this inner concept become increasingly true in your outer world.

## Affirmation:

***I let go and give up everything that has been used up in my body, mind, and soul.***



## AWAKENING

By Alecia Iwanchuk


Is there ever any going back to the way it used to be? When the moon was just a moon no matter what phase it was in.

When I had no recollection of my dreams and what I did remember was laughed off as some silly little nonsensical thing.

When Shadows were for Peter Pan...

When I did not grasp the complexity that every single moment that I have ever experienced in my entire life leading up to this very moment is a smorgasbord of influence, programming, and projection that all lead up to me behaving exactly the way I just did.

And by deeply examining myself and my life in this way, I can begin to meet myself for who I really am.

Once you know there is no way to un-know. Waking up is just that...when you awaken to the conscious world you cannot close your eyes, or rather your third  eye again.

You will always have that deeper understanding that the universe is dancing with you and not just holding you by puppet strings. You can choose which steps to take, and you can even replace the orchestra with a jazz band from uptown New York...if you direct your focus long enough.

But in this knowing, as the vastness of connection and correlations come pouring in – it begins to wear a person out. And in all this waking up mumbo jumbo there also is an excruciating pain which arises from the regret for the times long past that I missed out on, that my presence was just not there.

And then, I suppose, the next part of waking up is forgiving yourself and knowing that you truly did your best with what you knew at the time. You see it just keeps going deeper and deeper and on and on forever & ever until nothing is left but the essence of love. Love for yourself, love for other people, and love for this grand experience we call life.

If you are going through a Spiritual Awakening, you may benefit from full bodied support through kundalini yoga. I invite you to check out my AWAKEN Coaching program that will help you to navigate these tumultuous times and embody your beautiful awakening journey.

This program activates your inner energy so that you can access the answers you need to live a full happy and healthy life.

Link: [AWAKEN COACHING | Intentions Yoga](#)



## Marina's Divination Station

By Marina Evans

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

Well, we have begun another journey to the dark months of the year, but the warmer weather still continues to hang on for a little while longer at least. The final harvests are ripening and reminding us to prepare for the colder seasons. For many of us, this time can be a little bittersweet. It can be hard to let go of the warm summer days, being outside without the layers, watching the flowers bloom in all their glory. So many things that we love about our short summers that we are unwilling to let go of, and who could blame us? Our summers are agonizingly short, and it makes turning to face the colder months a little bit harder. But there is something to be said for the changing of the season.

As we look around at the final harvests, the still blooming sunflowers, the yarrow in the garden, the pumpkins and cucumbers still ready to pick, we can be still a moment and appreciate the pure magic of the season we are in. Of course, we will miss the warmth of summer while we wait for it to begin again, but there is a different kind of magic in this season that we mustn't take for granted. The changing color of the leave and smell of cooler nights has its own charm. We haul our favourite sweaters out of the closet, and evening marshmallow roasts become a much-anticipated endeavor, along with a myriad of other things that we can look forward to in this season. Although the summer months are fading and we know what comes next, taking the time to find the miracles we are in can do wonders to change how we see the world, or maybe even ourselves. Which brings us to the message and deck of this month's reading, which I think hits the nail on the head so to speak.

### GODDESS POWER ORACLE by Colette Baron-Reid

A 52-card deck packed full of many of the goddess names you are familiar with and maybe even some you have yet to learn! If you are someone looking to expand your goddess knowledge, or curious about the names of those beings from across the globe, then this is a great deck. Inside is featured goddesses from many different pantheons across the world and gives a little background on each of them. You might find yourself discovering things about yourself along the way. The artwork is vibrant and beautiful with photo faces for many of the goddesses and a guidebook numbering 125 pages. The guidebook will give you a little information about what each of these goddesses are like and how to incorporate their message into your day as well as a few spreads you can use to get a better look into the message they want to share with you.



## *The Drawing of the Card*

### **34 Mary (Miracles)**



This is most certainly the season for miracles and who better to teach about miracles than Mary herself. What do you say? Mary, a goddess? There are certainly those who might disagree with that title for her, but in her own pantheon she brought forth life into the world all of her own being. She emanated hope and love and caring and believing beyond all odds. She endured hardship and sorrow and torment to see her miracle brought to light and moved against all odds to make things happen. She is the creator and nurturing force of miracles, and I think that alone is a good reason to call her goddess. Mary's appearance at this time is an

excellent reminder to watch for the miracles in your everyday. Is this easier said than done? Most certainly.

When a dry spell in your life goes on for so long, you might stop looking for water. It's hard to believe in magic or miracles when things in your life compound and leave you feeling despondent and destitute. We know that existing in a negative mindset won't help the situation we are in, but that doesn't mean it's easy to change our mind frame, however, it does start with us. It is important to experience those hardships as they come and it is important to feel any and all of the emotions that come with it, but we don't want to end up living there. Every change in our lives begins with us and our minds. There is no knight in shining armor coming to save us, but fear not, because as it turns out we are the hero we are waiting for. Mary is here to remind us that the power we seek and the change we wish for is not outside of ourselves, but within us. We have domain over our own miracles, and we can make them happen. Nothing happens overnight, but it does start on day one. Allow yourself to believe in you again and make a change in yourself to move forward from despair. The best time to start may have been last year, but the second-best time is now. Maybe it starts with seeing the beauty in the small things. But if you ask me, that sounds like a beautiful place to start.

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

## Feeling Guilty

By Trent Deerhorn

Visiting my aging sister and her husband this weekend was a chore to say the least. They have an orchard and there was a LOT of pruning and tree removal necessary. Ever since they bought their house (a bit of a mansion in that it is a 1901 3+ story schoolhouse on a lot that is 1 block square plus another log behind) most visits have included some form of work project. I had opportunity to live with them for 2 years when I was finishing high school, so I got rather used to the work levels, between the orchard and the renovations that were ongoing, there was rarely a time that anyone actually had time off. But I did not mind then, as they were giving me safe haven. And now I go to help out because they are getting much older and are needing to prepare for a move to a smaller place.



As she and I hugged just before my son and I were to head back to Saskatoon, her husband commented on the major difference in our height/weight. Of course, I, being male, am 6'3" and around 200 pounds, where she is 5'4" and around 98 pounds. We laughed at his observation. I told him I remember her scooping me up as a toddler and dancing me around the living room to The Beatles.

Then she said, "By the way, I do not think that I ever apologized for putting you in that snowbank in your diaper and undershirt." I looked at her, totally confused, and replied, "Well, I don't remember that at all, so you are off the hook." Her husband had to know why on earth she would do that?

She explained that our parents were in town, and she was in charge of me, but that I spiked and incredibly high fever very quickly (something I have never grown out of and am able to reach fevers of 107 degrees as I usually run hot anyway), so she had to do that to bring the fever down. He laughed and asked why not just put him in a tub of cold water? To this I explained, "Well, we did not have running water. And so, her instincts kicked in and she obviously saved my wee little life." I then thanked her for doing it and said I hoped that she did not enjoy it too much. She had not enjoyed it at all. She was terrified that I would either die from the fever or die from hypothermia.

This explained to me, however, that it obviously imprinted on my brain somehow that laying down in the snow with as little as possible for clothing is something that I have often done up until the last few years. I always thought there must be some Swedish aspect to my

heritage, but there is none of that at all. Considering that I still run hot, it is no wonder that the thought of doing that still appeals to me on a subconscious level.

I should mention that, growing up, I am one of the last “pioneers” because more than one home that I have lived in has not had running water, or a running furnace etc. A wood burning stove with well water that had to be pumped and hauled and heated were the standard norm for years. It is no wonder that my brother-in-law, who grew up in a major center with all the amenities, could not sort out why she would have buried me in the snow! But what I do know, and communicated, was that she need not carry any guilt

regarding that and, after sixty years of carrying it, she can now let that go.

What kinds of guilt do you carry? Does it have anything to do with what the matter at hand actually was back then? Or did you need to take extreme measures for survival? These are things that people often do not think about and defer to the feeling of guilt.



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

## According to the Farmer's Almanac 2025:



### Cheery Delight

The common name for African marigold is a bit deceiving because the annual is native to Mexico and Central America. What aren't misleading are the large, showy, pompom-like blooms – available in orange, yellow, cream, or white – that first appear above attractive green foliage in early summer. Deadhead spent flowers to keep the vibrant display going through first frost. This easy-to-grow annual prefers full sun and evenly moist, well-draining soil.



### September 1<sup>st</sup>, Labor Day

*There is nothing...as satisfactory or as thrilling as gathering the vegetables one has grown.*

-Alice B. Toklas, American writer (1877-1967)



### September 7<sup>th</sup>, Full Corn Moon/Grandparents Day

To pick a ripe apple, lift it and gently twist; it should release effortlessly.

### September 21<sup>st</sup>, International Day of Peace.



### September 22<sup>nd</sup>, Rosh Hashanah begins at sundown/ Autumnal Equinox.



### September 30<sup>th</sup>, National Day for Truth and Reconciliation (Canada)





## Ask the Shaman: With Trent Deerhorn

**Q:** I grew up in a family that insisted that the kids did chores. My partner did not grow up that way and sees no point in my trying to get the kids to do household and yard chores. What is your perspective on this type of thing?

**A:** You and your partner are going to have to get on the same page with this issue. If a child is old enough to operate an iPad, have their own cell phone, play a video game, and throw a hissy fit if they don't get their own way, then they are old enough to learn how to use a broom and a mop, wash dishes by hand, load, run and unload the dishwasher, wash and dry their own clothing and bedding, weed a garden or flowerbed and so on. This is not about torturing them or punishing them. It is about teaching them that as part of a family system they have responsibilities that must be fulfilled. "Responsibility" is simply the ability to respond to what is needed at that moment. Children should also not be paid to do chores. Their allowance should have nothing to do with chores at all. An allowance is what money they are allowed to have to either save up for something or to have fun with for the moment, which is their choice, which also has consequences. They cannot learn to just have fun with the money and then whine and cry because they did not manage to save up for something they wanted. Teach them fiscal responsibility as well as personal responsibility. When children do not learn these basic life skills they end up becoming self-entitled brats. Neither you nor your partner would want that. It will not look good on them, and it will not look good for you, especially down the road.

## Silver Years

**Having plans sounds like a good idea until you have to put on clothes and leave the house.**



## Forum

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

Alex Wrote: Tamela, I very much enjoyed your article about the torus energy field.

Betty Wrote: Oh, I do love the Magical Botanical Oracle Deck!

## Classified Ads





## Video Chat with the SHAMAN!

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



An advertisement for 'STAROSTA TRUCKING'. The background is dark green. On the left, there is a yellow line-art illustration of a semi-truck. To the right of the truck, the company name 'STAROSTA TRUCKING' is written in large, bold, yellow capital letters. Below the name, the text 'For all Your Earthwork and Hauling Needs!' is written in a white, italicized font, followed by 'Fully Licensed and Insured with WCB' in a smaller white font. At the bottom left, the phone number '306.229.6066' and email 'starostatrucking1@hotmail.com' are listed. On the bottom right, the name 'JASON STAROSTA' is written in bold yellow letters, with 'Owner /Operator' in white below it. A yellow banner at the very bottom contains a list of services in white capital letters: '• GRAVEL • SAND • CRUSHED ROCK • CRUSHER DUST • TOP SOIL • CLAY • RECYCLED CONCRETE • LEVELING/GRADING • DIRT WORK • SITE PREPARATIONS • SNOW REMOVAL • DEMOLITION • EXCAVATING'.



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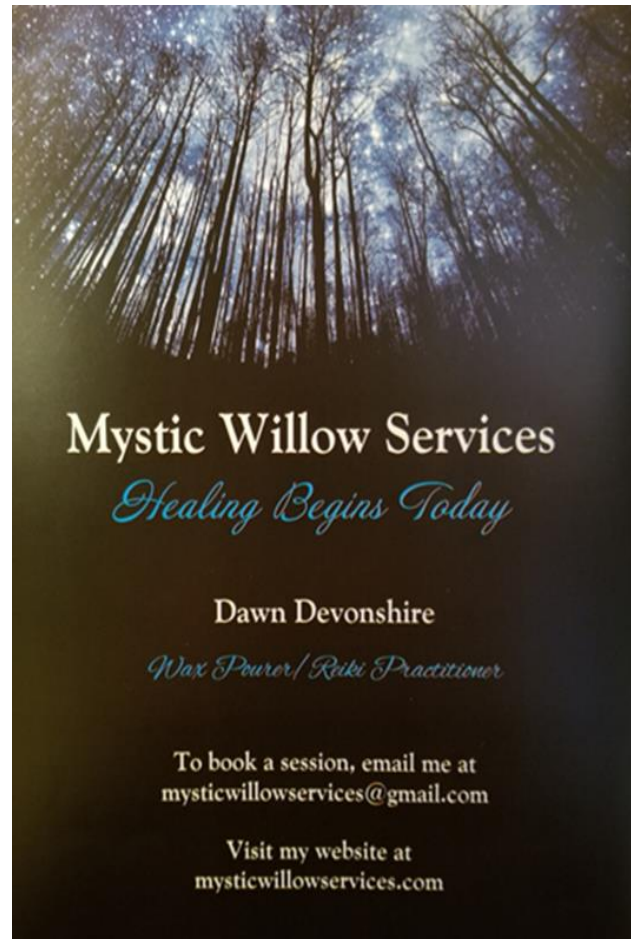
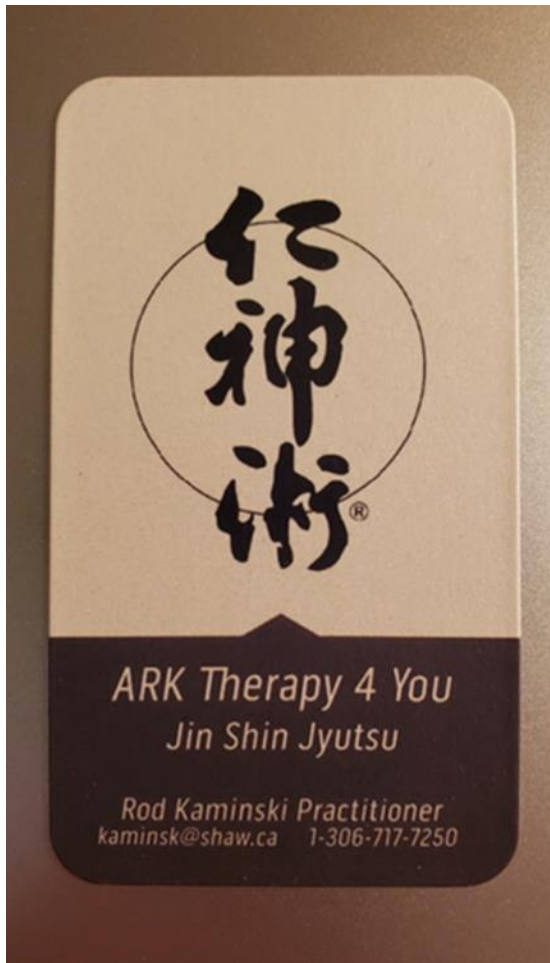
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### Sound of Distance Healing with Alice Falling

I am an Energy Worker with a background in Reiki and Sound Healing. I recently opened a distance practice, which I do over Zoom or Facebook Messenger. This allows you to hear the healing sounds, while the vibrations of the instruments travel with the Reiki. I currently use a handheld drum, a Tongue Drum, wind chimes, a singing bowl and Binaural Beats. I am willing to do only Reiki or Sound Healing if you wish. I also sell Reiki-infused jewelry. You can find me on Instagram (alicefalling15), as well as Reiki-infused Jewelry by Alice

Falling and Sound of Distance Healing with Alice Falling on Facebook. I do a Facebook Live every Thursday night for an attendance draw, where I showcase my jewelry. Until September 15, your first 30 min session with me will only be \$20. You can email me directly to book an appointment. soundofdistancehealing@aol.com



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