

Flight: A Living, Breathing Document of Consciousness

Volume 14 Issue 147

October 2025



Articles and excerpts that will inform and inspire!

Letter from the Editor



I have always enjoyed October as a month. The turning of the leaves, the cooling of the weather, and, of course, Halloween! It is also the month in which my partner was born. Who knew that the Shaman would end up with the Halloween baby?! It makes total sense to me.

Thanks to my contributors for your work and articles. You help to make this newsletter much more interesting. Speaking of which, this issue has some excellent articles in it and I am certain that you, the reader, are going to enjoy it immensely.

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

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

https://youtu.be/O7-XUcfiz_I

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

Enjoy reading!

Trent Deerhorn

Upcoming Events

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

Full Moons of 2025

Full Moon: Monday, October 6th 11:48 pm

Color of the day: White

Incense of the day: Narcissus

Full Moon Clarity Spell

Sometimes we're faced with hard choices and don't know where to turn because there are so many layers to the situation. If you find yourself facing a moral dilemma but are flip-flopping in confusion and conflicting feelings, use this spell to examine the issue piece by piece.

If possible, go outdoors. Cut an onion in half from top to bottom and then repeat, creating four quarters. Pill the layers of the onion apart and arrange them in a single layer on the ground or on a flat surface. As you dismantle the onion, revealing all its many facets, ask the moon to illuminate the important details of the issue, allowing you to make a clear choice. Leave the onion overnight and then dispose of it. You will soon make your own choice in good conscience as clear facts are presented to you bit by bit. This spell may make your nose and eyes run, but no one said moral dilemmas were easy!

-Kate Freuler

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:

November 1st, 2025. Samhain Celebration: *Rhythm Instruments Welcome!*

From Echoes of Myths

🌿 PAN — The Wild God of Arcadia 🌿

In the forgotten glades of Arcadia, where sunlight filters through ancient canopies and the earth breathes in moss and pine, the sound of a flute lingers — eerie, playful, and impossibly ancient. The music belongs to Pan, the god of the wild. And if you hear it, you are already in his domain.

Pan is unlike the polished Olympians of myth. Born from Hermes and a mountain nymph, his form is half-man, half-goat — with shaggy legs, curling horns, and eyes that gleam with rustic mischief. His appearance was so startling that his own mother fled in fear. But the gods of Olympus laughed and welcomed him — for in Pan, they recognized a force older than even their own temples: Nature itself.

He is the protector of shepherds, the companion of nymphs, and the god of spontaneous joy, lust, and raw life. He doesn't reside in marble halls or thunder from the sky. He wanders mountain slopes, dances in forest clearings, and bathes in icy springs. His spirit lives in places untouched by man, where chaos and beauty coexist — wild, untamed, and eternal.

Pan's instrument, the pan flute (or syrinx), was born of sorrow. When the nymph Syrinx fled his pursuit, she transformed into river reeds. In grief and love, Pan cut the reeds and bound them together to create a flute — forever playing the voice of what was lost.

But Pan is not merely a gentle god of melody. He is the source of panic; a word derived from his name. In myths, his sudden, unearthly cry could send armies fleeing in terror. The Athenians claimed he aided them at the Battle of Marathon, spreading fear among their enemies with his unseen voice.

Pan is a paradox — he is desire and fear, playfulness and dread, fertility and chaos. He is the god of the spaces in between — between civilization and wilderness, between reason and instinct, between man and beast.

While many Olympian gods faded as temples crumbled, Pan endured — not because he was worshiped, but because he was felt. In every forest path that grows too quiet, in every chill that dances up your spine, in the sudden hush between bird calls — Pan is there.



He does not need prayers. He needs only that you wander far enough from the noise of the world... and listen.

PAN

GOD OF THE WILD, SHEPHERDS,
RUSTIC MUSIC, AND FERTILITY



Origins

Son of Hermes and a nymph, born in Arcadia.
One of the oldest gods

Appearance

Pan has the body of a man with the legs, horns, and beard of a goat

Domains & Powers

Protector of shepherds, goatherds, and hunters
Lord of nature, the wild, and mountain wilderness
Creator of the pan flute, named after the nymph Syrinx

Myths & Stories

- Created the pan flute
- Causes "panic" with his wild cry
- Symbol of untamed nature and primal urges



Tidbits and Tickles:

I sometimes wonder what happened to people who have asked me for directions.

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 the Netherlands. It's Canada. (Ottawa)

***Tranquilizers work only if you follow the
advice on the bottle - keep away from
children.***

-Phyllis Diller

From Llewellyn's Witches' Calendar 2025



October

As a paranormal investigator, I get a lot of calls from people whose children are having nighttime visitations by all manner of pesky spirits. Now, I'd like to say up front that not all instances of monsters in the closet are legitimate hauntings or caused by real spirits. Sometimes kids just have nighttime troubles. The good news is that I have a solution that covers both bases! I call it "ghost spray," and it's a real magical solution as well as an emotional support device for your kids that can help them sleep soundly and stay in their own room with more confidence. How it works is you combine some of your favorite on-hand magical ingredients into a spray bottle that they can use to chase away bad spirits on their own. The most important part is simply making sprayable salt water, which will disrupt ghosts and repel other entities. Everything else is just extra credit, so make it as simply or as elaborate as you'd like. Involving them in the process also helps them understand how it works and allows

them to feel more secure when using it against the forces of darkness.

Ghost Spray

You will need:

Regular spray bottle

Water (tap water is fine, but you can use something fancier like spring water if you'd like)

Salt

Essential oils (optional, pick your favorites)

Crystals (optional, just make sure they're not water soluble)

Permanent marker

Together with your little one(s), fill the spray bottle with the water of your choosing, leaving a little room for the other ingredients. Add 3 tiny pinches of salt (not too much, or it will clog your spray bottle). Let them know that salt disrupts and repels ghosts and other ghastly night creatures. Next, add in a few drops of your favorite essential oils, if desired. Some great options are things like mint, rosemary, eucalyptus, lavender, and clary sage. I like to have the kids pick their favorite smells; that way it's more personalized to them. After that, drop in a couple of crystals if you wish, preferably ones with protective qualities. Top it off with a little more water if needed. Then screw on the top and shake vigorously together while saying in unison,

Ghosts and goblins go away.

You can't stay where I spray my spray!

If you'd like to finish by writing their name or a magical symbol on the bottle using a permanent marker, all the better. Keep the spray bottle by their bed and make a fresh batch of ghost spray every couple of weeks. This can be used pre-emptively by spraying it around the room to "ghost proof" it before children go to sleep, and it can be used for nighttime emergencies if ghosts or closet goblins are acting up. This way, the children feel both safe and empowered.

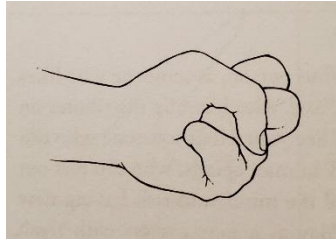
Pro tip: Need a hairstyle on the go? A quick mist and scrunch with ghost spray gives your hair great beachy waves. Work smarter, not harder, Witches!

J. Allen Cross

Mudras

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

Mushti Mudra



Bend your fingers inward and place your thumbs over the ring fingers. Do this with each hand. Do as needed, or three times a day for 15 minutes.

The Mushti Mudra activates the liver and stomach energy, promotes digestion, and helps cure constipation.

When we show someone our fist, the other person understands this gesture and will react with fear, flight, or counterattack. But this will hardly solve the problem. Unfortunately, this is why aggression has become so disreputable, and many people suppress it to the extent that they hardly even perceive it around them. Immediately living out every aggression in a wild way certainly isn't good either, but neither is suppressing it. We can largely reduce aggression when we find out its cause. There is both blind fury and righteous anger – but there are worlds between them. The cause of many physical complaints, such as a weak liver, problems with digestion or constipation, tension, heart complaints, etc., are related to suppressed or uncontrolled aggression. Most aggression is based on not being able to say “no,” not being able to set boundaries, letting oneself be driven into a corner, etc. The basic evil is fear.

When aggression arises, it should be let out in the foreseeable future. Make vigorous fists and punch pillows with them, jog, stomp, dance, or even clean the house! Then look for the cause of the aggression and develop a strategy as to how its trigger can be eliminated. Many problems can be cleared up by discussing them.

Meditation:

Imagine scenes in which you behave too fearfully or too aggressively. Now change the scenes to how you would like them to be. For example, you can practice how to say “no” or how you act toward a boss, your partner, or your parents. But just saying “do” doesn't achieve all that much: Mentally work out sensible suggestions for solutions. Whether in planning the weekend or restructuring work, you can train your clear powers of imagination and awaken your fantasy in this respect. Your life will soon be more colorful and richer.

Affirmation: *I am quiet and serene in every situation.*



Marina's Divination Station

By Marina Evans

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

In the day-to-day activities of the world, we tend to go about our day on auto pilot. We smile and say hello; we carry on with small talk about the weather or plans for the weekend. We do all the things we feel fit us in our place with society. We sometimes don't pay attention to the things that live deep in us, things we haven't taken the time to address or recognize and just go about the day in ignorance. Those things that we ignore or repress, however, have a way of creeping up on us when we least expect it. Sometimes it's when we are alone, or listening to a song, or looking at an old picture. There is a multitude of emotions that can come up in those moments, but one of the hardest to process is grief.

Grief is an extremely complex and deep-running emotional state that has pulled at the strings of humanity for thousands of years, and even with all this time under the proverbial belt, we still struggle with grief in a multitude of ways. When I speak of grief we often default to grief after loss. Now this is true, but we often fail to look closely at what it is we have lost. Loss of relationships, loss of a way of life, loss of stability, loss of self. The list goes on and on. We often don't treat these losses as if we are grieving them, but we are, and while of course the level of grief we feel cannot compare to loss of a loved one, it is still loss and grief still changes us.

Often there is a strange irony to grief. We suffer from feeling it. It burdens us and casts its shadow over our lives, driving us to escape it. What has become a habit for many of us is busying ourselves so that we can push the grief to the back of our minds to be dealt with later, which, often, never comes. Now, this grief lives rent free in the back of our mind dictating every thought by maintaining the fear of it. The irony of it lies in the fact that the more we run from the feelings of grief, the deeper its roots grow into our psyche. Suddenly, grief becomes this great dark shadow that means to consume us completely. It cannot be overcome by running away. In fact, grief is not our enemy at all. It is meant to be conversed with. It is meant to sit with to process the feelings of loss and allow them to show us what those things meant to us, and that there is an existence ahead of us. Grief is not an enemy, but a sorely misunderstood friend. To move on from grief, and to let go of the heaviness we carry with it, we must sit with our grief, ask it what it needs, and sit in the rain for a moment instead of running for the umbrella because we are afraid to get wet. Sometimes to move forward, we must deal with heavy things we have been carrying around because we are afraid to let them go.

FALLEN ANGEL ORACLE by Nigel Suckling

This deck caught my attention years ago on a discount book rack. The card quality is quite low as the cards themselves are thin, glossy, and leave a lot to be desired. The booklet was what you might expect, though for all intents and purposes, it was color and maybe even a better quality than the cards. The information contained in it was simple, but descriptive so it gave a lot more than you would expect. The art on the cards is quite beautiful. Each one a photo of a stone angel or guardian in a gothic style print which gives you the feeling of depth and beauty at the same time. What made this deck a curiosity for me is the focus on fallen angels, without making it dark, scary, or malevolent. It was simply to tell a story. Because of that, it is much easier to look past the lesser quality of the cards themselves.

The Drawing of the Card



46 Bifrons (new chapters)

Bifrons is recognized as the angel associated with transformation and graveside candles. There is a message of death but more often this refers to a transformation. Death of something old, like a way of life, or habits, or ways of thinking, to change the future into something new. While the message of transformation can be a positive one, remember, we grieve even the loss of our old selves. This type of transformation can be frightening and overwhelming to say the least and can cause us to fall back into those old habits or mainframes we seek to leave because it is familiar. This change can be extremely difficult. Though we tend to want to skip over the

hard parts and just run into the future hoping to leave it all behind, this card warns that if we want to move forward, to truly transform our future, we need to take care of the loose ends of our past. We must sit and face those things we have been running from for so long or they will follow us anywhere we try to run until we are made to face them.

Transformation can happen at any time, but true change comes from looking within ourselves and facing those things that hold us back, and keep us tied to the life we are in.

This card tells us there is a fresh new life we are about to enter, but we cannot enter it without setting our affairs in order. This could be anything we have left unattended.

Financial debts we have been avoiding, outstanding grievances, and unprocessed emotions. Facing them doesn't erase them, they become part of us, allowing us to stand with them instead of avoiding them. The path is long and uncertain, but you will stand so mighty at the end.

Follow me on Instagram at 29crows for more decks and let me know which ones you'd like to see next.

Until then, Breathe.

For the Love of it,

Marina

SACRED DISCERNMENT: Healing is more than a Trend

By Sharon Whitethunder Baldock

All healing modalities have their place. Each one offers something meaningful, something that can support us along our path. But without a grounded starting point---a true connection to ourselves and an understanding of what we truly need---healing can be overwhelming, disorienting or even disheartening. It's easy to fall into the hope of quick fixes, wanting to get the work done because we have things to do, but real healing isn't something we rush through. It is not linear, it's not clear, clean or easy...healing was never meant to be quick. It's messy, hard and may feel like it breaks you into small pieces. Healing asks us to slow down, to listen deeply and to gently face the parts of ourselves we've been taught to avoid. When we bypass the shadow---the pain, the patterns, the pieces we don't want to see---we end up feeling incomplete, like something is missing but we can't name what. True healing isn't about escaping what hurts. It's about reclaiming all the parts of us with compassion, understanding, and connecting to our inner wisdom.



Discernment is such a vital part of the healing process---because not every modality and not every practitioner will be aligned with what you truly need. We're living in a time where powerful methods, like psychedelic assisted journeys, are rising in popularity and often promoted as quick routes to an initiation to self-awareness and trauma release. And while these experiences can offer deep insight and healing for some, they are *not* without risk. These are not casual experiences, and they should never be treated as *trends*. Without the right foundation, preparation, and skilled support ---especially for those carrying unresolved trauma---such journeys can be destabilizing, even re-traumatizing. Healing in these spaces requires more than curiosity; it calls for readiness, safety and a

practitioner who truly honors the depth of the work. Clients deserve to know this. They deserve full transparency not just promises of breakthroughs.

I have known of a few friends who have experienced the journey of psychedelics, and they had that spark of life again that I hadn't seen in years. However, this was a practitioner who had FULL awareness and knowledge of her trauma, was well informed on how it had affected her life and the patterns that kept her in her shadow state of mind. Nothing was helping her move past her trauma. She was and is a very capable practitioner and has helped many people with her modality. So, she was informed and knowledgeable about the direction and method she felt she needed to use. But, from what I understand about healing, I don't think psychedelics deal or delve into ancestral lineage, nor does it heal those lineages. What this means is the trauma she experienced in this life was transformed but those unhealed lineages will now be passed down to her children and her children's

children. We cannot sidestep one life and not deal with previous lifetimes of trauma without it reverberating out in other ways. I would not want to be in the shoes of any practitioner where someone experiences a catatonic state that requires a medical intervention.

With the recent surge of interest in the use of psychedelic healing, it is often considered as "the next breakthrough in trauma work and spiritual growth." But before these substances became popularized in wellness circles and retreats they were---and still are---sacred tools used in Indigenous ceremonial traditions. Medicines like ayahuasca, peyote, San Pedro, and psilocybin mushrooms are deeply rooted in spiritual practices, guided by elders, and shamans who hold ancestral wisdom passed down through generations. These ceremonies are not a casual experience, they are intentional rites, steeped in relationship with the land, spirit and community. There are no manuals or certifications that replace the lived knowledge that these elders carry---wisdom that cannot be replicated through modern training or intellectual understanding alone. The depth in spiritual connection, knowledge and wisdom of these elders has absolutely no comparison or connection to new age or mainstream wellness in our society today.

When these traditions are removed from their cultural roots and repackaged for the mainstream, much of their original power, *safety* and spiritual structure is lost. What's offered now is altered versions---sometimes facilitated by individuals with *minimal* training or little connection to the medicine's cultural lineage. Without the depth of preparation and integration that the traditional ceremony provides, clients may be left vulnerable, confused or energetically overwhelmed. These journeys can open profound



layers of the psyche, and without proper containment, they can re-traumatize rather than heal.

This isn't about gate keeping---it's about honoring where these medicines come from, and the sacred responsibility that comes with using them. Before you step into any psychedelic experience there are deeper questions we need to ask: Who is holding this space? Where does their training come from? Are they honoring

the tradition---or extracting from it? This form of healing needs to honor the whole picture: the medicine, the container and the spirit of where it all began.

We sometimes adopt helpful traditions from other cultures, but at what point does it become excessive? Why are some trying to find an easy way to surpass a part of healing that we need to mentally walk through? I don't think some folks fully understand the consequences of finding quick fixes for healing, because truly there are none. I wonder if those using these quick fixes will be prepared if a devastating event happens in their lives without having the knowledge, experience and tools to cope. My point is to make sure you

understand fully the consequences and difficulties that can happen using psychedelics for healing. This is true for any form of healing modality; you want to know the contraindications and side effects. Be informed and know what you're getting into.

Also available in my services

One Day Spa - See details under "[Workshops](#) & Events" menu. or click on workshops

Now offering - [Indian Head Massage](#)

Stay tuned for my upcoming Sensitives Workshops at the Witch Experience in Saskatoon October 31st & November 1st.

Contact Sharon:

Whitethunder000@yahoo.ca

639 480 8802

Sacred Source Medicine



Rock Talk

Hypersthene

A striking black mineral with flashy areas of metallic pearly gold, green, or silver most often found as masses, with a Mohs hardness of only 5.5-6. In the scientific world many have formally abandoned this name, preferring to call it enstatite or ferrosilite, as it contains both and is a mid-way mineral between the two sometimes called ferroan enstatite.



It is believed to help combat irritability and being critical, helping one to approach situations with discerning judgment. Working with Hypersthene can help one to stand up for what they feel is right for them based on their morals and feelings in a situation. By helping one to calmly stand up for themselves, this mineral can energize and enhance feelings of self-respect, while reducing feelings of pride and ego.

Personally, I find working with or wearing this mineral can help me stand with courage and conviction in situations where I might

normally have let others have their way even if I was uncomfortable with the results. It has also helped me voice personal grievances that, while minor, would have left me feeling hurt or disappointed, often with myself for not saying something.

These aspects can make this mineral a good partner and support in business endeavors. It can also help facilitate access to realizing goals and desired opportunities, if one directs their focus to those. Meditating with Hypersthene may also help one to find answers to concerns they are facing, discovering solutions rather quickly in some cases.

Hypersthene may also help one in developing their clairaudience, bringing better understanding of information discovered within spiritual and astral realms.

Since it's been a while since I've shared a mineral in these articles, I will remind you that I will never say abandon prescribed medical treatments, and the physical information I share is more in ADDITION to treatments being used. I will never say a mineral will heal anyone, simply support and assist.

Physically Hypersthene may help diminish acidity in the stomach. It can also be used to help support treatments of pain and tension in the limbs, Achilles tendon, and shoulders. It is believed Hypersthene may help in treatments to reduce fevers, spasms, far-sightedness, and overactive Pituitary glands.

Paraphrased from "LOVE IS IN THE EARTH – A Kaleidoscope of Crystals by Melody". With personal add-ins and details by me (Ave)

Reflections from the Shaman's Hut

Watchin' You

By Trent Deerhorn

People have often asked me what it is like to be so consciously aware of the multitudes of spirits and guides that I encounter daily. First, you must understand that it has *always* been this way for me. It is not like I had to work for years to develop that level of awareness. I was born this way. It is also not like I woke up one morning and suddenly was talking with ghosts. The spirit realm, for me, has been something that I have been aware of from birth onward. It was not something that I learned to fear at all. The reason for that is that my mother also spoke with them and saw them daily, so she was not about to shut down my ability to do so.



My grandmothers on both sides of my family were also gifted that way. I come by this quite naturally.

This is why I have developed to be the type of person who never feels lonely. I am *not* alone...ever. I can be in an otherwise empty room and still have company. My ancestors are with me, my spirit guides are with me, many random spirits visit me, and then there are the animal spirits that roam around me all the time, some of which are my personal spirit animal guides, and some of which are there for others with whom I am keeping company.

But here is the thing. Although I have become used to this in my life, sometimes it would be nice to simply be *alone* instead of holding court every minute of the day. And when it comes to privacy, I have had to set some strict boundaries with all of them so that I am not disturbed, say, during intimate moments. I know they have a lot to say to me and tell me about and teach me about, but seriously, there is a time and place. I do not need to feel like I am being stalked by anyone. I wrote a song about that, which has been performed at a few concerts that our trio has done. The response has been mixed. Some have found it fascinating, and some have found it to be incredibly creepy to think about. Either way, the message gets across.

Yes, it is helpful to have someone over my shoulder who whispers to me, "Look to the left" as I am about to cross a street, not realizing that a vehicle has run the red and would, had I not had the warning, run me over. It is also wonderful to learn about many facets of ancestral magical and healing practices from the source itself. When one combines this knowledge and wisdom with that of many past lives in which I learned similar things, well, it becomes a no-brainer as to why I became a practicing shaman/witch. It all just makes sense.



If you feel drawn to open yourself up to the consciousness of Spirit, just remember that, although it does take work and time, it can be worth it. But once you do, there really is no turning back. You cannot dial the phone and then hang up as soon as they answer at the other end of the line. That is rude. Be prepared to have your entire world view challenged. Be prepared

to do a deep dive into healing your own wounds as well as the many ancestral wounds that you also carry. This is not something to approach in a frivolous manner. If you do that, you will receive a smack down from spirit. But if you approach it with reverence, seriousness, and deep contemplation the rewards are plentiful indeed!

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

THEY SAY FOUR HUGS A DAY

By Ave Riddler

For survival.
What if it's less?
What if it's four hugs a week?
Or four hugs a month?
At what point do we withdraw and shut down?
Stop trying
Stop asking
Stop seeking...
When it becomes almost painful to be hugged,
The thought of anyone seeing you,
Of opening up makes you feel sick.
When envy at seeing others hug,
Chews you up.
You hunger for scraps of time,
So, you lie.
You don't tell how the darkness is sneaking in.
You curate an image of joy,
Paint a canvas of happiness,
But are achingly lonely,
Volatile,
And bitter.
They say four hugs a day.

According to the Farmer's Almanac 2025:



Shady Snack

American sweetgum can grow to more than 80 feet tall, with a spread of 50 feet. Small, green, spring flowers give way to “gum balls” – spiny, spherical, fruit clusters that complicate yard care yet persist through winter while attracting hungry birds and mammals. This native tree also serves as a host for Luna moth larvae. Large, star-shape green leaves turn yellow, red, and purple for striking fall color. Resin beneath the tree’s bark has been used in chewing gum and for medicinal purposes.



October 1st: Yom Kippur begins at sundown.

October 6th: Full Harvest Moon/ Child Health Day

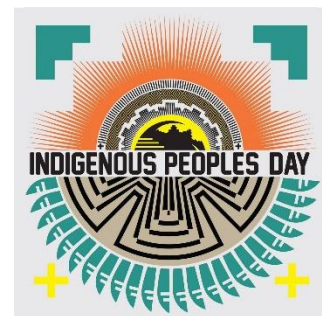


October 12th: National Farmer's Day

Farming looks mighty easy when your plow is a pencil and you're a thousand miles from the cornfield.

-Dwight D. Eisenhower, 34th U.S. president (1890-1969)

October 13th: Indigenous Peoples' Day/ Thanksgiving Day (Canada)



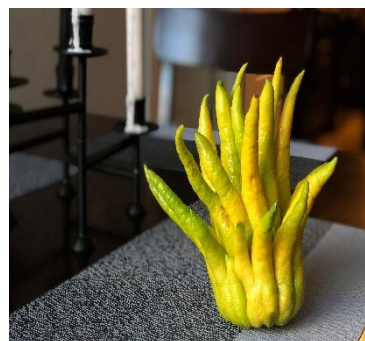


October 21st: New Moon

The vining moonflower produces heart-shaped leaves and large, sweetly fragrant, trumpet-shape, white flowers that open at night.

October 31st: Halloween

Add some spookiness to your decorative fruit bowl by including a Buddha's Hand. This ornamental member of the citron family is yellow and highly fragrant but looks more like a hand with long fingers than a citrus fruit.



Ask the Shaman: With Trent Deerhorn

Q: Someone told me the other day that they have "Turtle Medicine." What does this mean?

A: In many traditions Turtle Medicine is associated with the Earth element. What this means is that they tend to be extremely grounded people, based in "this world" more than in the "other worlds." Having said that, Turtle Medicine people also make exceptional healers if their interests to in that direction.

They tend to be able to do deep dives into research and find facts where others often rely on public opinion.

These are the type of people who will be able to make a home anywhere they go, just like a turtle will, in nature, take its home with it wherever it travels. However, Turtle Medicine people also do not enjoy sudden changes, be that in policies, plans, or circumstances, and will often take longer to adjust to said changes.

Being of the earth element will help them to stay grounded and "real," but it can also mean that they can become more stubborn than anyone else if they feel threatened or if their energy is out of balance. When you think of Turtle Medicine, think about stability, security, and steadfastness.

Silver Years

It's weird being the same age as old people.

Forum

We like your feedback! Of the previous issue

Michael Wrote: Tamela, thank you for your article on The Shadow. It really helped my understanding of this.

Justine Wrote: Ave, thank you for all that wonderful information on the Weeping Buddha. I have always felt creeped out when seeing it, but your information made a lot of sense and is going to help me to find a different response to it.

Betty Wrote: That Holy Cow story was fascinating!

Janis Wrote: I love the article on Awakening! Thank you!

Celeste Wrote: I have always been attracted to the Goddesses. Now I have another deck to look for. Thank you, Marina!

Mark Wrote: Trent, I agree with your wisdom regarding children learning to do chores! 100%!

Classified Ads





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