

Flight: A Living, Breathing Document of Consciousness

Volume 14 Issue 149

December 2025



Articles that inform and inspire!



Letter from the Editor

December is here and the world looks much different. No longer are the flowers in bloom and the leaves have fallen from the trees and bushes...mostly. We have had an exceptionally long and warm Autumn, and I have had lots of time to close my garden and yard for Winter. Dare I say that I am prepared? I feel in my bones that we are going to pay for the reprieve with heavy snowfall, but until that happens, I am going to enjoy every moment of it.

This issue has some wonderful articles and events that are just beyond the horizon. I encourage you to check

them out! Thank you to my wonderful contributors. You make this newsletter dynamic and fascinating!

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!

Upcoming Events

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

Full Moons of 2025

Full Moon: December 4th, 6:14 pm

Color of the day: Purple

Incense of the day: Balsam

Super Cold Moon in Gemini

It's December, the darkest month of the year. Today we have a Super Cold Moon in Gemini, the third and final supermoon of the year. (Just the name evokes thoughts of cuddling into a ball of fluffy fleece blankets.)

Inward introspection is at its deepest now. Communication with the self is paramount. The light of the super full moon sheds light on your subconscious. Spend time in deep meditation to find what messages await you.

Before your meditation, drink a cup of mugwort tea to help connect to your spiritual higher self. As you drink your tea, think to yourself:

Full moon above tonight,

Open my mind, open my sight.

Help me to find what I seek.

The voices inside of me shall speak.

Spend as much time as you like in deep meditation and journal about your results.

-Kerri Connor

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:

December 6th, 2025: Full Moon Ceremony *Rhythm Instruments Welcome!*

January 3rd, 2026: Full Moon Ceremony: *Rhythm Instruments Welcome!*

From Echoes of Myths

Charon – The Ferryman of the Dead



In ancient Greek mythology, Charon is the silent ferryman who transports souls across the rivers of the underworld, usually the Styx or Acheron. He acts as a guide for the dead, not a god of death, ensuring they arrive at their final destination. To be granted passage, the deceased were traditionally buried with a coin—often an obol—placed in their mouth or on their eyes. Without it, they were doomed to wander the shores for eternity.

This painting by Feliks Michał Wygrzywalski, created in 1917, captures a haunting vision of that moment. The spectral figure seated in the boat, the pale soul beneath the water, and the shadowed form of Charon all evoke a solemn crossing between worlds. It's not a scene of terror, but one of inevitability.

The myth of Charon reflects the Greek belief that death was not an end, but a transition. And like all journeys, it required a guide.

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 Scotland. It's Canada. (Hatley Castle, Vancouver Island)

***The reason the golf pro tells you to keep
your head down is so you can't see him
laughing.***

-Phyllis Diller

From Llewellyn's Witches' Calendar 2025



December

Better light a fire and tuck in tight during the darkest days of December, for outside there are mischievous spirits who ride the wind that blows in circles around chimney tops and seeps through cracked windows and doors. Their chaotic energy may take up residence in unlit corners or hide underneath beds, and they feed on the spirits of those who are most affected by changes in the season. The long, dark days and inclement weather can weigh heavily on a person's psyche. Lighting candles and hanging wreaths on doors help keep the wondering spirits of winter at bay. But to clear the home of the nasty residue of negativity, ring a bell and speak a charm that will surely chase darkness away and bring back the light of the

newborn Sun.

The ringing of a bell has been associated with many things – the heavy bong of a bell at the city gate to warn of invaders, the jingling of a shopkeeper's door to signify a customer's presence, and even the clang of a cowbell hung around the necks of cattle to indicate their location. The tinkling and calming vibrations of bells may also bring one to a state of calm. Bells are used in energy healing to remove blockages and restore the flow of energy throughout the body, and their sound is also used as a musical guide in meditative practices. Bells have been used to mark beginnings and endings and are thought to chase away negative spirits, especially during the darkest days of the year. In magic, bells may be used for cleansing, manifestation, sealing magical work, and bringing good luck.

Witches' Bells

Witches' bells are bells or charms strung together and hung near the door. Their sweet vibrations are thought to encourage harmonious energy to flow throughout the home. Make your own set of Witches' bells and shake them freely during the long, dark nights

leading up to winter solstice to coax back the light and reset erratic energy. When selecting your bell's metal, consider these magical properties:

Silver: Feminine energy

Brass: Prosperity

Gold: Masculine

Copper: Loving energy

Iron: Protection

Tin: Regeneration

You will need:

Lengths of ribbon, twine, or yarn

Bells of choice

Metal or wood hoop

Charms, feathers, or beads (optional)

Cut the ribbon into 14–20-inch lengths. Thread a bell to the center of each ribbon and tie the ends together. Attach the ribbon to the hoop with a simple loop. Tie the charms or feathers to shorter lengths of ribbon and tie them to the hoop. (optional) You may want to wrap your hoop with additional ribbon, twine, or yarn.

On the night of the winter solstice, shake your bells and say something like this:

East, south, west, and north

By the sound of my bells, healing light comes forth.

North, west, south and east

By the sound of my bells, dark spirits shall flee.

-Monica Crosson

The Shadow Side of Spiritual Power:

When Ego Wears a Sacred Mask

By Sharon Whitethunder Baldock

"When someone shows you who they are, believe them"
~ Maya Angelou

When someone cloaks themselves in metaphysical words but moves from ego, the senses stir before the mind can reason. The air shifts ... not dark, but hollow, as though the life has been pulled from it. Their presence hums too sharply, a frequency that grazes the edges of your calm. The eyes shine, but the light doesn't reach far; it glints like metal rather than glows like ember. Their touch, their laughter, even their stillness carries a subtle tremor of taking. Your skin knows first ... a faint tightening across the shoulders, the instinct to step back. The heart hears the quiet falseness behind the kindness, like water poured over stone

but never soaking in. You can't explain it, yet your whole being whispers the truth: **something here is wearing another's skin.**



What we sense in others often mirrors the old echoes within ourselves. The unhealed shadow never hides for long ... it rises through words, glances, and silences, exposing the wounds carried through generations. Some people wear their ancestors' pain like unseen armor, mistaking it for power. You can feel it ... the brittle edge of old grief turned to authority, the hunger to be seen that was born from centuries of being silenced. The sacred path reveals these fractures in everyone, not to shame, but to remind us that what is unhealed will always seek a stage until it is met, witnessed, and brought back to truth.

Some learn the art of concealment well. They craft a surface so smooth it reflects only what they want others to see ... calm, wisdom, authority. Their words flow like clean water, but beneath it runs a murky undertow of what has never been faced. The unhealed parts stay buried, shaping their actions from the shadows while the mask remains flawless. This is why it's vital to tend your own spiritual senses ... to grow your sight beyond the eyes, to feel with the bones and listen through the skin. When your spirit is rooted and alert, illusion has no place to hide. You sense what lies beneath the surface, no matter how polished the presentation.

Even with awareness, you'll still stumble from time to time. No one walks this path without missteps ... discernment grows through experience, not perfection. But when you've done your own healing work, the ground beneath you becomes steadier. You recognize the pull of old wounds before they steer you off course. The more you clear your own heart and

keep your tools sharp ... your intuition, your boundaries, your connection to spirit and earth ... the harder it is for deception to take root around you. Clarity doesn't make you invincible, but it does make you anchored, and from that place, truth reveals itself more easily.

In the end, the path isn't about spotting every false face but about staying true to your own. The more you walk with honesty, grounded in a deep reverence for all that lives ... the earth beneath your feet, the winds that shape the trees, the ancestors who speak through memory ... the more the hidden becomes visible, within and around you. Power, when held with this quiet reverence, doesn't need display or defense; it moves like roots beneath the soil, steady and alive. The work is never to chase shadows, but to know your own, returning repeatedly to the center where your spirit, ancestors, and truth meet. From that place, you move clear-eyed through illusion, guided not by fear, but by the steady knowing that comes from being wholly yourself.

If you have ever felt the pulse of unseen currents, the echo of ancestral memory, or the weight of shadowed presence around you, there is a way to **move through it with quiet certainty**. This is not a journey of chasing illusions, but of deepening your attunement ... to your own senses, to the whispers of the earth, to the subtle rhythms that guide life unseen. The path calls you to **walk with reverence, trust, and clarity**, so that what was once hidden becomes known, not as fear or burden, but as guidance and strength.

☯ **The Ones Who Feel the Wind** ~ A workshop for deeply feeling people

Invest in your own ability to navigate the world as a deeply feeling person.

February/March

This two-day workshop is for sensitives, empaths, and deeply feeling people ready to:

- Sharpen your senses and trust your intuition
- Recognize hidden energies and subtle deceptions
- Work with ancestral echoes and felt memories
- Strengthen discernment and grounded decision-making
- Cultivate embodied reverence for yourself and the world around you

Step into clarity and confidence, carrying a deeper attunement to the currents of life, both seen and unseen.

Contact me directly to register

whitethunder000@yahoo.ca

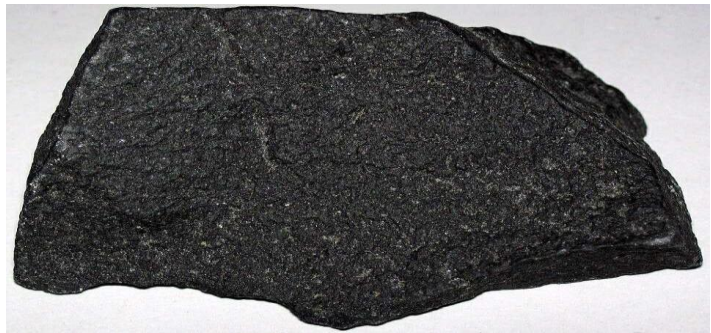
☯ *Purchase any of Sacred Source Medicine Services and Workshops as Gift Certificate for this Holiday Season.*

Rock Talk



Basalt

The funny thing is I know I have a piece of this of my own, but it looks so much like so many other black raw rocks I have that I'm no longer sure which one it is! I have added a picture of it from Wikipedia.



A fine-grained igneous volcanic rock formed from the rapid cooling of iron and magnesium-rich lava, with a Mohs hardness scale rating between 5 and 6 rarely can be as high as 7, the color ranges from grey to black. Often seen in tall columns, there is also “pillow” basalt. It can help one to find strength through difficult times and enhance stability within life especially during times of upheaval and change.

Basalt can be helpful at dissipating anger, providing calm and grounding to increase understanding and to release hostility in difficult situations. Working with this mineral can help diminish negative aspect of character and promote positive change in behavior. I recall that I was encouraged to get a piece early into my healing from past traumas to help reduce the anger and “why me” I was feeling as I processed experiences from my childhood.

Physically basalt can be used as an aid to support treatments of the reproductive system, to enhance fertility, and in the development of muscular structures.

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

Basalt columns Gerðuberg Cliffs Iceland.

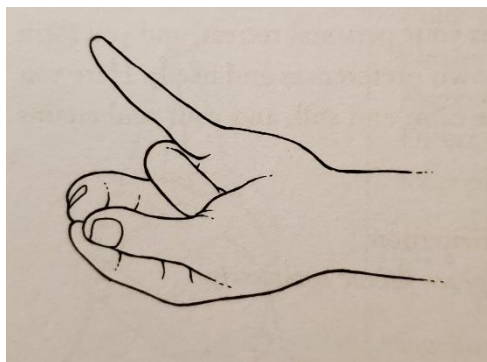




Join Ave live online at
<https://cosmosastrumradio.ca/>
Tuesday's 9:00pm Sask. time.
One hour featuring artists that are currently calling Saskatchewan home, with a diverse mix of singers, song writers, and story tellers.
If you'd love to hear your own music or spoken word played on this unique genre free broadcast, contact me at averiddler@sasktel.net

Mudras

Taken from Mudras: Yoga in your HANDS by Gertrud Hirschi



Mahasirs Mudra (Large head Mudra)

The tips of your thumb, index finger, and middle finger touch each other. Place your ring finger into the fold of the thumb and keep your little finger extended. Do this with each hand.

Do as needed, or three times every day for 6 minutes.

Headaches have a great variety of causes and can hardly be made to disappear once and for all with one single mudra. Frequently, weather influences or tension in the eyes, neck, back, or pelvis are at fault; or there are problems with the sinuses or digestion. All of this can result in too much energy being focused on the head, and this leads to tension that causes pain in the head. To release this tension, it is important to direct consciousness into other body parts (abdomen, feet, or hands). The Mahasirs Mudra balances energy, has a tension-relieving effect, and eliminates mucous congestion in the frontal sinuses.

If you have the time to lie down, try out these additional measures against headaches. Dip a washcloth in water that has some vinegar added to it, lie down, and place the washcloth on your feet. The soles, the backs of the feet, and the toes should be packed well. Now massage up and down your neck by vigorously pressing your index and middle fingers into the middle of the nape of your neck, then massage both frontal eminences (thumbs on both sides of the forehead), and finally form the Mahasirs Mudra with your fingers.

Meditation: While exhaling, imagine that waves of energy are flowing down from your head through your neck, back, arms, and legs, and leaving through your hands and feet. After a while, imagine that your head is clear, cool, clean and light. In conclusion, stroke your face with spread fingers and enjoy the feeling for a while.

Affirmation: I have a free, light, clear, and cool head.

Tidbits and Tickles:

I'm always getting picked up by women. (Baby one-piece)

BLOOD AND SPIDER LEGS

By Gail Fulkerson



Ophelia awoke to Roscoe floating on the ceiling. Once he learned how to float, he rarely put his paws on the floor, preferring the freedom of weightlessness. If he had been outside when he began his float, he would have been far out of Ophelia's reach and on his way to God knows where. A passing plane might have clipped him, sending him into a tailspin he may not have been able to recover from. The perils were many, but since he was in the house, he was mostly out of danger. Ophelia went downstairs to the kitchen to heat some blood for breakfast. Taking a mason jar out of the fridge, she poured its contents into a saucepan and

turned the burner on low. It took about 10 minutes to get the chill off it and to reach body temperature, making the blood suitable for drinking.

After breakfast, Ophelia went upstairs to shower. She invited Roscoe in, but he declined her offer, preferring instead to float in the hallway. While he was up near the ceiling, he noticed a spider in its web, floated over to it and ate it in one gulp. It tasted so good that he went throughout the house, at ceiling level, searching for more. He found and ate four more before his stomach started grumbling from its unfamiliar contents. Not long after, Roscoe floated down to the floor and vomited the five spiders, legs and all. Thankfully, only one of them was still alive, but barely. Roscoe watched as the spider sluggishly tried to regain its mobility, finally giving up and dying, folding in its legs, perhaps to protect its belly.

As Roscoe was about to eat the vomited spiders again, Ophelia came out of the



shower and saw the small puddle of old blood and dead spiders on the floor.

"Where did you find the spiders, little man? Were they in the corners? Let me get some paper towels to clean that up." Ophelia opened the small doors under the bathroom sink and retrieved the paper towels, but when she turned around, Roscoe had already cleaned up his own mess and was licking his lips.

"I don't think I will ever get used to you eating your own vomit, Roscoe. I know you're a dog, but yuck!"

The pair went downstairs after Ophelia got dressed in a clean, bright white nightie that she pulled from her top dresser drawer. In the kitchen, she turned on the kettle to make them some blood tea, measuring out the powdered blood and tea leaves into her mug and his bowl. Then, she poured the boiling water and let everything steep for five minutes. Ophelia added some cold tap water to Roscoe's bowl so he wouldn't burn his tongue. Taking their drinks into the living room, Ophelia and Roscoe sat comfortably in the chair, sipping and watching the goings on through the picture window. A small cat ran across the front lawn, grabbing Roscoe's attention. He asked Ophelia to let him out the back door so he could sneak up on the cat in the front yard. Ten minutes later, Roscoe was at the front door, looking a bit banged up, but with a gigantic grin on his bloodied face.

"Oh, my gods, Roscoe, are you okay? You look pretty messed up. Is that your blood or the cat's all over your face?"

Roscoe telepathically told her that it belonged to the cat. Ophelia scooped him up in her arms and hugged him tightly. He loved it when she hugged him hard like that. It made him feel special and appreciated. Then he drank a small amount of blood tea from his bowl and asked for more.

Ophelia obliged him and made them both a fresh cup/bowl of tea. As before, the pair sat in the chair looking out the living room window. The pair watched the sky begin to lighten, which was the cue to head upstairs to the coffin bed and settle in for the day.

Roscoe floated up to the bedroom and was in bed before Ophelia was at the top of the stairs.

She fell into bed, closed the lid, then got under the covers and got comfortable. "Good day, my handsome little cat killer. See you later tonight." And with that, she rolled over and was gently snoring minutes later.

From Over 100 Inspirational Quotes by Alan Chazen

When you become curious about something, you develop a natural interest in that subject. That interest will lead to investigation and study, which will give you a deep knowledge of that subject. When you apply that knowledge, you will develop know-how, which will give you belief in your ability to profit from that know-how. This belief will bring about a desire to do something with your new-found know-how.

Healing Generational Trauma - A spiritual perspective,

By Alecia Iwanchuk - Intentions Yoga

As we embark on the healing journey it becomes abundantly clear that some of the things we are healing do not even belong to us. Or they do in a way, like a used car now belongs to its new owner. But the dents, scrapes and scratches are from a time before. From a different owner.

Just like that used car comes to you now with all its dents, and scrapes and possible cigarette burns in the back seat, so do our souls carry the cigarette burns of the past.

Passed down through our DNA just like our eye color, we carry the energetic imprints our ancestors felt in their bodies when they experienced a traumatic event. If they have been unable to heal this energy, we adopt the trauma plus any toxic coping mechanisms and addictions they used to numb the pain. This is literally why they say that addiction is heredity. It is a hereditary coping mechanism for the traumatic energy that continues to be passed down through the bloodline.

What I have realized is that the energy of trauma must keep moving and keep going until it is healed and transmuted. And so, on one hand you have this malevolent mother sewing her pain into her children through her lack of love and neglect, while on the other, within that mother is the benevolent wounded child that was never able to heal and can no longer hold onto all her pain. It is a tricky one indeed and requires a massive amount of love and forgiveness for all parties involved.



Placing blame outside yourself into the hands of others is not a conducive environment for healing. Just like if you tried to go fishing in the desert. It's simply not the way to achieve the results you are looking for.

The pain must be called out and faced. It must be brought into light. In the dark it continues to grow and fester and will continue to weave itself through an entire bloodline. A person who does not face their trauma will subconsciously, unknowingly weave it into their lives and into the lives of their children and loved ones. The energy is trying to express, it is trying to find a way to be understood and released, whether we are conscious of it or not. Someone must decide to learn the lesson. That is, so it seems, the point of earth.

When you choose to become conscious and to heal, you choose to take full accountability for your life, and in that you can realize the stories that have shaped who you are from an empowered perspective. Throughout my journey the one thing I have learned is that I am not alone. We all have some not nice, really f*d up shit to deal with. Stories that have shaped who we are. Stories that continue to shape the world we live in.

May we work towards a brighter future free from shame. May we begin to understand that we are all in this together and that individually and collectively we have the power within

us to heal our bloodlines to learn the lesson and to bring about a more peaceful existence for our souls and for all the other souls to come hereafter.

If this is resonating with you and you are looking for support currently, please see my Somatic Yoga Coaching for Trauma Healing Program. I would be honoured to help you heal.

www.intentions-yoga.ca

Take care,

Alecia, Intentions Yoga

Alecia is the founder of Intentions Yoga. Helping you heal and empower your mind, body and spirit to live a full and purpose filled life.

Marina's Divination Station



By Marina Evans

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

We begin to shift again from season to season, and now that the darkest days are upon us and the nights stretch on longer, we turn our attention inward to ourselves and spend some time with our own thoughts. Now, for some this may be a terrifying prospect (make sure to stock up the hobby closet so you give your mind something to do besides relive embarrassing moments from the 8th grade talent show), but reflecting on where we are, where we come from and where we want to go can be what makes the difference of getting there. For many people, we don't think too

terribly hard about where we want to go, only that whatever it is we want, or wherever it is we want to be, this isn't it and it is not here. Knowing what you don't want is also important. I, myself, have had to go through many things I thought I wanted only to find out that it was not (one of these things may or may not have cost me thousands of dollars of student loans only to find out I hate computers). The point is, there is a great amount of value in knowing what you don't want but knowing what you do want will give you the path you need to follow instead of standing lost in the woods not knowing where to go.

That's where today's card comes in, because as you will see, according to the cards, it's time to figure out what you truly want for yourself.

STEAMPUNK TAROT by Barbara Moore

I know with a degree of certainty there will be several people who will love this deck for no other reason than the fact it is steampunk and that is fine because the deck will not disappoint. If I was to give any critique about the deck it would be the card stock which is quite thin but does make it very manageable to handle and shuffle and the boarder around the art is a simple black boarder which I think could have done with a bit more flair, but that is personal preference. The art is beautiful and stays true to the themes of the original art while still adding so much depth and character. The display box is large and sturdy with a magnetic clasp and the guidebook is an almost 300-page tome of its own. There are enlarged pictures of every card, a story to tell of each image and a divinatory meaning as well. There is also another interesting bonus to each description that will elaborate the meaning of the card if it should appear alongside certain other cards which is something that could be extremely helpful for those new to reading tarot and be another interesting angle for those reading for a while.

The Drawing of the Card

1. The Magician
6. The Lovers



Two cards? Well yes! As I shuffled the deck for this reading, two cards jumped out shortly after I began shuffling, and who am I to withhold a message that seemingly important? The Magician appears today to remind you of what power it is you possess. The magician is one who can bend energy and events to their will, and that, my dear, is something you can do. You have all the power and capability to make your world everything you want it to be. I know, you might think 'if this is true, why then is it not what I wish?' There are many reasons this could be of course, I don't know your world as intimately as you do most certainly, but one thing the magician tells us is that one major component of our will being unable to set things in motion is focus of will. You need to know what you want. You need to know where it is you want to go. Now is the time to sit with your heart and mind and ask yourself what it is you truly want. Sometimes just the firm understanding of your desire can set things in motion. Speaking of desire, the lovers also appeared to deepen the message. The lovers and the magician suggest that focusing your will helps things fall into place. You

must decide on what you want for yourself and commit to it. Could that be frightening? Of course, every change in our lives comes with fear and uncertainty, but growth does not happen without it. Whatever you decide on that you wish for yourself, you must follow it without being faulted and the magician in you will provide the way. What if it's the wrong choice? What if it's not what you thought or what you wanted? There is always a possibility that could happen. Life is about discovery. But what could help make the journey worth the uncertainty is, how do you feel about it? Of course there is fear, but if it doesn't make your heart soar or fill you with excitement, then perhaps it's not where you need to focus your will. But as the cards say, now is the time to sit with yourself and really think about where you want to be, and if the answer is anywhere but here, it's time to narrow down your choices.

If you're interested in this deck and want to explore more, check out my Instagram @29crows and feel free to tell me which other decks you'd like featured!

Until then, Breathe.

For the Love of it,

Marina

From [A Guide for the Advanced Soul](#), by Susan Hayward

People with high self esteem have it because they have overcome their failures. They have been put to the test of life, overcome the problems and grown.

-David Jansen

Reflections from the Shaman's Hut

Magic

By Trent Deerhorn

So often when people think about magic, they will conjure up in their minds images of Hollywood witches standing over a bubbling cauldron and manifesting things out of thin air with a flash and flare. This is not how magic works.



When I was a child my grandmother, bless her soul, would take me out into fields and meadows and sometimes forests to forage and collect magical and medicinal plants. She would show me how to work the plant, how to communicate with it, how to discover what the medicine of the plant was and how to extract that medicine.

The deepest learning I enjoyed was the use of plants in magical workings. Healing was important, but magic interested me far more. On one of our walkabouts my grandmother stopped and listened. I did the same. She asked me what I could hear? I said, "It is a thrumming sound." She agreed. She then asked me if I knew where it was coming from? I looked around us, then looked at her and said, "The trees." She smiled and excitedly, in a whispered squeal, said, "YES! You can hear it!" Now, at that age I was only just beginning to understand that not everyone could perceive things the way I and some of my family members could perceive them. So, although I had been hearing this from trees for some time before the day of our walk, it was only in that moment that I realized that this was one of the things that other folks might not catch onto.

On that day, my grandmother advised me to stay open to the everyday magic around us. All we have to do is look for it. Science is beginning to discover the importance of Nature's medicines, but it will still take them several hundred years to come to the same understanding that shamans, medicine people, and witches have known for thousands of years before. Nature heals. For every ailment there is an herb or plant that can heal it.

What will take them longer still is the development of instruments to measure the “sounds” of Nature. Her voice can be heard by many, but not all. And some folks need instruments to do that. The rest of us simply listen and learn.

Magic is not necessarily something that we “make.” It is something that we experience.



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

According to the Farmer's Almanac 2025:



Berry Lovely

Hardy in Zones 2-6, bunchberry is a semi-evergreen ground cover related to flowering dogwood that is native to cooler parts of North America and eastern Asia. In late spring, whorls of green oval leaves are topped by greenish-yellow flower umbels, each surrounded by four 1-inch-long petal-like white or pink bracts. Clusters of berry-like drupes ripen to red in late summer and last through fall (unless enjoyed by birds), at which time leaves turn reddish purple. Bunchberry prefers moist, acidic, well-draining soil in partial shade.



December 4: Full Cold Moon



December 14 Chanukah begins at sundown.

December 19: New Moon



December 21: Winter Solstice



December 25: Christmas Day



December 26: Boxing Day (Canada)/First day of Kwanzaa



Ask the Shaman: With Trent Deerhorn

Q: I have been hearing good things about the Soul Retrieval work that you do. Can you please explain what that is?

A: Sure. To begin with, it is important to recognize that, much to the contrary of what Western religions have led us to believe, the Soul and the Spirit are NOT the same form of energy. The Spirit is eternally connected to the Creative Force, whatever we choose to call that, and is impervious to all harm. So, the expression of someone having had their “Spirit broken” is completely inaccurate.

The Soul energy is both more primal and more fragile than is the Spirit energy. The Soul energy (and we also have MANY Soul energies, not just one – another misinformation courtesy of Western religions) resides within the temple of the body and helps it to function on many levels. It is also, in the meantime, slowly evolving to become Spirit energy. This can take lifetimes, but we won’t go into that right now.

When we experience things like trauma, accidents, injuries, surgeries, heated and aggressive arguments, etcetera, the experience can at times get to be too painful for some of the Soul energy, which then steps outside of the temple of the body until all is said, done and finished. Sometimes one’s conscious mind also experiences seeing the event from outside of their physical body. Modern medicine calls this disassociation. But it is an out-of-body recall of the experience.

Now, 98% of the time when this happens the Soul energy will, when the experience is finished, simply step back into the physical temple of the body. But that remaining 2% of the time is when things get messed up. When the Soul energy does not return it gets stuck in some place, some time, or with someone else’s energy (which also messes THEM up). That is where Soul Retrieval becomes necessary. I must mention here that there are a LOT of people who are claiming to do Soul Retrieval who have never been properly trained in

that and so what they may be doing is working with the energy system, but they are in no way performing Soul Retrieval.

When doing Soul Retrieval the practitioner (usually a Shaman) tracks the thread of energy that goes from the physical body out to wherever or whenever the Soul energy is stuck. We then bring that Soul energy back to the Light, where it is healed and purified. After all, we do not want to bring it back in its traumatized state! Once it is healed and purified (something that can take less than a minute or more than a year) it is brought back to the temple of the physical body. Once back in the temple of the physical body the Soul energy can pick up where it left off in doing its job and in its evolutionary tasks.

Thanks to Western religion, Soul Retrieval was taken underground to prevent practitioners from being tortured and murdered over the last few hundred years. But, thankfully, some of us have had the technique handed down to us. My own practice comes down the line of many generations of Shamanic practitioners.

Because it had to go underground for so long, sometimes we are also dealing with the Soul Retrieval of Soul energies that have been stuck for several lifetimes. Thus, journeying back through the timelines becomes important. This is a specialized skill set. Soul energies that have been retrieved from past lifetimes do not always come through the Light to the temple of the physical body in THIS lifetime. Most often when that happens, they are required to stay in the Light and await the transition that a person experiences between lifetimes to decide if, and when, the integration will happen. Something like that is not up to the Shaman. It is up to the Light.

The benefits of Soul Retrieval are many, but the most important one is the feeling of finally being whole once again.

Silver Years

Life is like a helicopter. I don't know how to operate a helicopter either.

Forum

We like your feedback! Of the previous issue

Richard Wrote: I am enjoying that Echoes and Myths section! Keep that going!

Celeste Wrote: I have been using the Mudras and THEY WORK!!

Jesselle Wrote: I have the Flowers of the Night Oracle deck! I absolutely LOVE it!

Barbara Wrote: I loved Alecia's article! Blessings!

Jacob Wrote: Sunstone sounds fascinating! Must get some.

Marcel Wrote: Thank you for the Day of the Dead article! I feel the same when it comes to connecting to the ancestors.

Valentina Wrote: Thank you for your perspective on Remembrance Day, Trent. I feel the same way. Without our veterans, we would likely not have many of the freedoms that we do today.

Classified Ads



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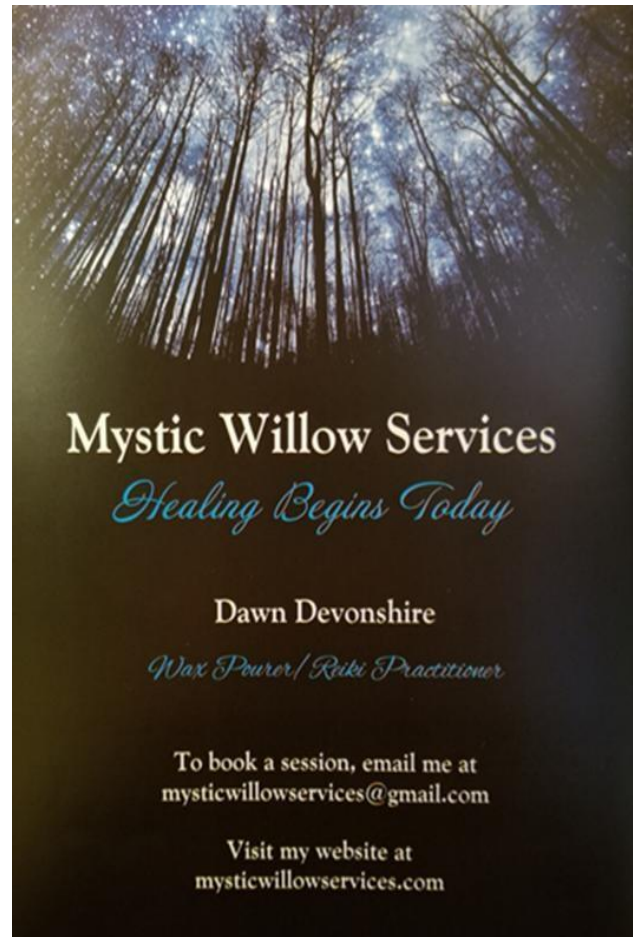
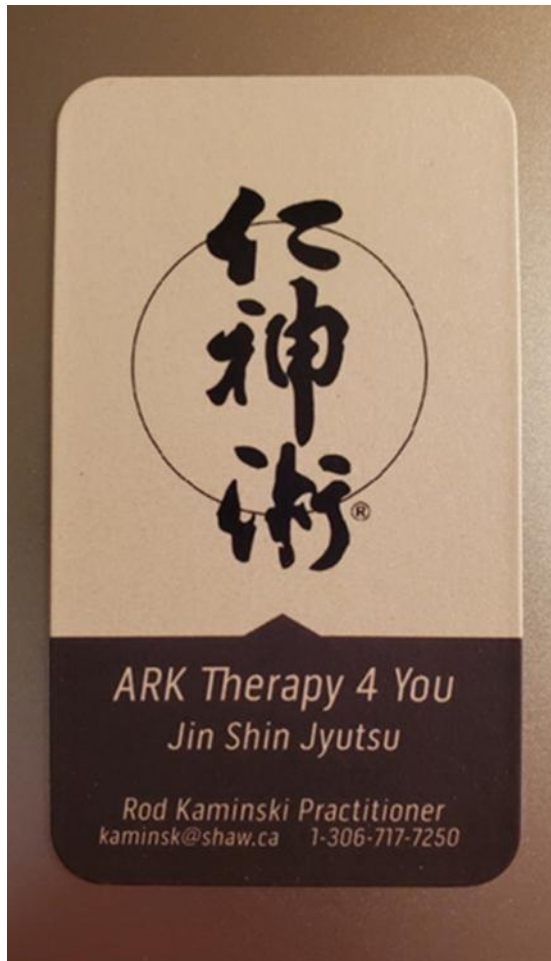
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