

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

Volume 15 Issue 150

February 2026



*Articles that inform and inspire!*

## Letter from the Editor



I know that it is only February. But I am seriously ready for Spring to arrive. The older I get the harder the harsh cold of Saskatchewan winters are on me. I often think to myself that by now, living here is a choice. But for me it really isn't. This is where my people are. This is where Spirit has assigned me to be. And so, here I am, for better or worse.

This issue has some interesting articles that do, indeed, inspire! I thank all my contributors for their time, patience, and their dedication to submitting their work. I appreciate every one of you!

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 reading!*

# Upcoming Events

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

### Full Moons of 2026

**Full Moon: February 1<sup>st</sup>, 2026**

**Color of the day: Gold**

**Incense of the day: Hyacinth**

#### Full Moon Manifestation

If you can, perform this spell within an hour of the full moon for maximum potency, but any time within twenty-four hours of the full moon will do.

You will need a piece of paper, something to draw with (pencil, markers, colored pencils, etc.), and a surface to draw on. Find a quiet place to perform the spell, preferably where you have a decent view of the moon.

Think of what you wish to manifest – good fortune, better health, a new job, etc. Envision yourself manifesting your desire and the ways that manifestation will improve your life. In the light of the full moon, draw what you will manifest. It could be simple stick figures, symbols, words, or more detailed artwork, depending on your skills. Once you've finished, fold the paper so that the drawing faces inward, capturing the moonlight in the drawing.

Store the drawing in the place where your desire will manifest (for example, in your wallet for money, in the bathroom for health, in a desk drawer at work for a promotion, etc.) until the next full moon. Repeat as necessary.

-Emily Carlin

## 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:

**February 7<sup>th</sup>, 2026: Waning Gibbous Moon Rhythm Instruments Welcome!**

**March 21, 2026: Spring Equinox Celebration Rhythm Instruments Welcome!**

**April 18<sup>th</sup>, 2026: Waxing Crescent Moon Celebration Rhythm Instruments Welcome!**

### Ritual Drum Circles

Hosted by Sherry Crawford of **Prairie Girl Therapies**

Presented by Trent Deerhorn of **Deerhorn Shamanic Services**

Take a break in your day to experience the rhythm and magic of a Ritual Drum Circle!

When: **Tuesdays at 2:00pm**

**Dates: February 17<sup>th</sup>, 2026: New Moon Ritual**

**March 3<sup>rd</sup>, 2026: Full Moon Ritual**

**April 7<sup>th</sup>, 2026: Waning Gibbous Moon Ritual**

Where: Prairie Girl Therapies 502a 20<sup>th</sup> Street West, Saskatoon, Sk.

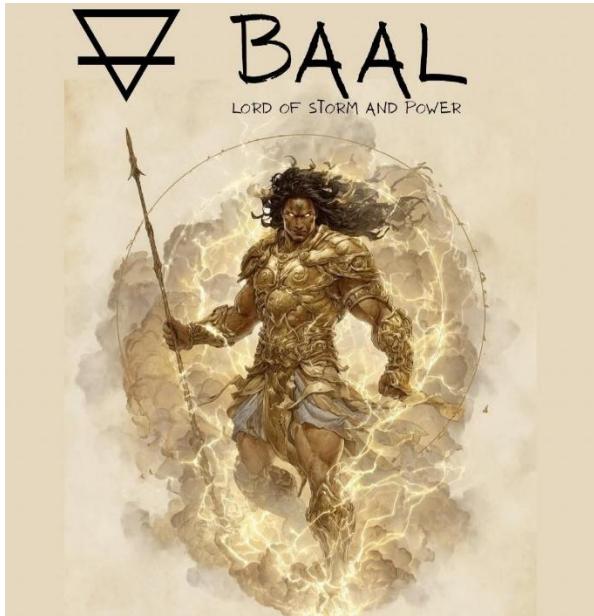
Space is limited, **so register early with Sherry to reserve your spot. (306) 914-4968.**

Price: \$20.00/person. **Cash only.**

Bring your own rhythm instrument if you have one. If you don't have one, don't worry, there will also be extras that are available for use.



## From Echoes of Myths



BAAL – Lord of Storm and Power -

- Canaanite Mythology -

For those unaware of Canaanite mythology:

Canaanite mythology refers to the collection of ancient religious beliefs, stories, and deities worshipped by the people of Canaan, a region that included parts of present-day Lebanon, Israel, Palestine, Jordan, and western Syria. These myths were practiced primarily during the Bronze Age and early Iron Age, before the rise of monotheistic religions like Judaism.

Baal was one of the most important deities in the ancient Levant, worshipped as the god of storms, rain, fertility, and war. His name simply meant “Lord”, and he held a vital role in ensuring the harvest and protecting his people in battle. He was especially revered in cities like Ugarit and was often portrayed with a thunderbolt in hand—commanding both the skies and the cycle of life.

In myth, Baal waged war against Yam, the god of the sea, defeating him to bring order. Later, he clashed with Mot, the god of death and drought, symbolizing the seasonal death and return of vegetation. These battles weren’t just cosmic drama—they reflected how ancient people understood the natural world, life, and death.

Over time, Baal’s image shifted. As monotheism took hold, particularly in the Hebrew Bible, he was portrayed as a false god and even a demonic figure. But before that transformation, Baal stood as a protector, a king of storms, and a bringer of life-giving rain.

From a rainmaker to a symbol of forbidden power, Baal’s story reveals how mythology evolves—and how gods can be both revered and feared.

## 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 Finland. It's Canada. (Canadian Shield)

*You know you're old if they have discontinued  
your blood type.*

*-Phyllis Diller*



## Rock Talk

### Bronzite

Bronzite forms most commonly in masses, with fibrous structures, very rarely in crystals forms. One can find raw samples, but most forms will be tumbled. The color range is brown, tan, grey, and bronze. With a Mohs hardness of 5.5 to 6 it is moderately durable but will lose its polish from daily wear or use.

Working with Bronzite can help one be more certain, without being willful, achieving adaptability while attaining a desired goal. If one has been struggling with decisions Bronzite can assist one by promoting the courage to do the thing, motivating action.

This mineral can also help one be of service, seeing where one may be able to help. Recognized as a stone of courtesy, Bronzite can help one approach situations with loving equitability, and unprejudiced discernment.

Physically Bronzite can be used as an aid to support treatments to reduce acidic conditions by promoting alkaline development. It may also help the body absorb iron and retain the benefits of iron.



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](mailto:averiddler@sasktel.net)

## From Over 100 Inspirational Quotes by Alan Chazen

**First, we create our habits of mind, which manifest in habits of action, which then manifest in who you and I are today.**

### Evolving as I Heal: Growing a Business That Grows Me

**By Sharon Whitethunder Baldock**



Healing doesn't just change how I feel ... it changes how I work, create, and serve. Every layer I heal in myself quietly rewrites my business: what I offer, how I show up, who I'm meant to support, and what I'm no longer willing to carry. As I release old patterns, my business sheds them too. What once fit no longer does, and what emerges feels more honest, more spacious, and more aligned. This isn't a pivot driven by trends or strategy ... it's the natural evolution that happens when a healing business is built on a healing human.

As my own healing deepens, my business evolves with it ...and that transition can be complicated. There are times it feels like I'm taking a shot in the dark, following what feels aligned only to discover it doesn't work. When direction becomes blurred, the challenge is staying present and aware instead of giving in to doubt.

This part of the path can feel hopeless. We feel lost, unworthy, and unsure if we should continue at all. Many healing practitioners step away from their work during this phase, not because they failed, but because healing asks more of us than we expect. It requires patience, commitment, and a deeper understanding of ourselves and those we serve, and a deeper understanding of how healing truly unfolds.

**Being stuck in a locked time and space isn't fun.** As healers, we're driven to help others, so when we feel disconnected from our purpose, it can either strengthen us ... or break us. These periods of limbo are part of the path, and while we can't always rush clarity, there are ways to care for ourselves while we're here.

### **Ways to move through times of limbo**

- **Create outside your healing work** Do something that isn't tied to your role as a healer. Let yourself just *be*.
- **Support flow so you don't become stagnant** Movement and creativity help energy shift.
  - Walk
  - Dance
  - Paint
  - Craft or make something with your hands
- **Practice daily breath work**
  - Inhale for 4 seconds
  - Exhale for 8 seconds
- **Use ritual for release and intention**
  - Burn ritual candles
  - Engrave what you are needing or releasing
  - Choose candle colors intentionally
- **Change your scenery**
  - Go for a drive, especially in the country
  - Notice nature and wildlife — they can be messengers
- **Create comfort and play**
  - If it's not too cold in winter, make a fort
- **Plant something**
  - Watching something grow that you planted is a quiet miracle and a joy
- **Shift your routine**
  - Change your day slightly
  - Add intentional self-care

One important truth often misunderstood is this: when healers are moving through their own challenges, their ability to guide others is *not* diminished. Being in limbo does not mean our skills, intuition, or integrity disappear. Healing is not a state of perfection ... it is a lived practice.

There are some gurus' that suggest healers must always be "above" struggle to be credible. This belief says more about their own limitations than it does about

healing itself. Healers who are willing to face their own darkness ...to do the shadow work ... often become the most grounded and capable guides. They understand the terrain because they have walked it. And that lived understanding is not a weakness; it is the source of real power.

Healing doesn't have to happen in isolation ... and you don't have to navigate the hard seasons alone. When you're in the middle of challenge or transition, my role is to stand with you and help you recognize the strength, wisdom, and power you're building in real time. I reflect the gifts and vision I see in you, so you don't lose yourself while doing the work.

When the waves of shadow feel heavy and disorienting, I don't rush you or try to "fix" you. I meet you where you are, name what's happening, and help you stay steady until confidence and clarity return. This is grounded, honest healing ... the kind that helps you trust yourself again and move forward with purpose.

I offer **three core services** and **two powerful workshops** for those who are ready to reclaim their balance and step back into alignment. If something in you feels called, I invite you to explore the offerings at **Sacred Source Medicine** and choose the path that meets you now.

1. Shamanic Intuitive Coaching ~ *Wisdom for Navigating Change & Uncertainty*
2. Hypnojourneying ~ *Guided Shamanic Travel for Insight & Healing*
3. Hypnosis ~ *The Voice of Change*
4. The Shining Ones Workshop for Sensitives, Empaths, & Clairs
5. Shadow & Sight ~ Intuitive Coaching Circle

For more information see Sacred Source Medicine's updated website.  
[sharonwhitethunderhypnotherapy.com](http://sharonwhitethunderhypnotherapy.com)

To Schedule a session email me directly  
[whitethunder000@yahoo.ca](mailto:whitethunder000@yahoo.ca)

## Tidbits and Tickles:

**The Dog: Ring the doorbell and let me sing you the song of my people!**

## CHARITY BEGINS AT HOME

By Gail Fulkerson



There was a knock at the door just after 6 pm. Turning on the porch light, Ophelia unlocked and opened the front door to an older woman who looked vaguely familiar.

“Hello,” Ophelia said. As the woman replied, Ophelia recognized her as the neighbor from two doors down.

“Hello, I’m Gladys—I live in the house with the fake palm tree in the front yard. I’m collecting for charity. Would you like to contribute?”

“Why, yes, I would,” said Ophelia. “Please come in while I get some cash.”

Ophelia couldn’t believe her luck: prey knocking on her door on a cold night! How fortuitous! Roscoe was at the front door, busy sniffing around Gladys’s feet and ankles, checking for an area of thin skin he could sink his teeth into when Ophelia took her down.

The white nightie-clad killer had returned with cash to give to Gladys. She accidentally dropped a five-dollar bill on the floor. While Gladys bent to retrieve it, Ophelia overpowered her and started feeding. Gladys was so surprised that she cried, “What the hell do you think you’re do-,” before Ophelia snapped her neck.



The pair of killers dragged the woman’s body further into the house so they could close and lock the front door. Before Ophelia could turn off the porch light, Roscoe had torn a hole in the older woman’s leg just above the ankle and was busily lapping up her blood.

Ophelia went to the basement and retrieved some blood bags. She drained the blood from the woman’s rapidly cooling body. She hoisted the corpse off the floor and placed it over one of her shoulders, and walked down the basement stairs with it, humming a tune as she went. Ophelia then had to contend with the large pool of blood that soaked the front door mat, so she rolled it up and tossed it down the basement stairs. She would deal with it later. Ophelia used paper towels to clean up the blood off the parquet floor. Instead of wringing the blood from the towels into the sink, she wrung them out into a glass, getting about 150 mLs, which she strained to remove dog hairs, dirt, paper towel fibers, carpet fibers, and pebbles. Then, Ophelia poured the contents into Roscoe’s bowl for him to lap up.

Roscoe didn’t mind the odd bowl of ‘floor blood’. It had a uniquely satisfying taste imparted by the floor wax and carpet fibers.

Ophelia, done with her work, scooped up Roscoe and headed for the bathroom. She ran very warm water into the tub, added her signature night-blooming jasmine bubble bath, and got in. She picked up Roscoe and sat him in the tub beside her. Together they soaked until the water began to cool.

Roscoe jumped out of the tub and shook water from his fur, wetting the walls and floor. Ophelia wrapped him in a towel and finished drying him off. Then, she grabbed his replica bright-white nightie and hair towel and put them on him.

She donned a thick cotton housecoat, wrapped her hair in a towel, and headed for the kitchen to turn on the kettle to brew some blood tea. Roscoe was right behind her, floating at head height. He watched his mistress brew the tea and add some cold water to his bowl. Her cup was ready, so she took it and Roscoe's bowl out to the living room to sit in her comfy chair and look out the window while she sipped, and he lapped. A small creature the size of a rat walked under the tree in the front yard; Roscoe wanted to go after it, but Ophelia advised him not to, especially after his very warm bath not ten minutes ago. He sulked momentarily, shrugged, and asked for more blood tea. Ophelia obliged him.

Ophelia noticed the eastern sky getting brighter. She took the last sip of her blood tea and walked the empty cup and bowl into the kitchen, placing them in the sink. As she turned, she looked into Roscoe's eyes, who was floating at head height. She grabbed his head in her hands and kissed him all over. He loved the attention.

"C'mon, Roscoe, let's head up to bed, shall we? It's been a long, busy evening, and I'm tired. Do you want to float or do you want me to carry you?" Roscoe chose floating, so off he went ahead of her. He was in bed, covered up, before Ophelia got to the top of the stairs.

She got into bed and covered up before closing and locking the coffin lid. Ophelia sighed and turned over.

## Mudras

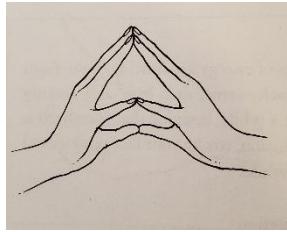
Taken from **Mudras: Yoga in your HANDS** by Gertrud Hirschi

### Hakini Mudra

(Hakini – God of the forehead [6<sup>th</sup>] chakra)

Place all the fingertips together. The Hakini Mudra can be practiced at any time. When you would like to remember something, or want to find the red thread again, place your fingertips together, direct your eyes upward, place the tip of your tongue on your gums while inhaling, and let the tongue fall again while exhaling. Then take a deep breath – and what you wanted should immediately occur to you. Moreover, when you must concentrate on something for a longer period, could use some good ideas, or want to remember something that you have read,

this mudra can be useful. When doing mental work, don't cross your feet. Sit with your eyes facing west. This mudra can do true wonders, and you should always keep it in the back of your mind in case of an emergency.



In terms of science, this finger position has been researched quite well; researchers have determined that it promotes the cooperation between the right and left-brain hemispheres. It is also recommended today in memory training and management courses. It is said to open access to the right hemisphere, which is where the memory is stored. This mudra also improves and deepens respiration, and the brain profits from it as well.

According to Kin da Silva, the Hakini Mudra builds up the energy of the lungs. To activate the energy of the large intestine, shift the finger contact by one finger so that the right index finger is on the left thumb, your right middle finger in on your left index finger, etc.

You may also improve concentration and gather new mental powers by letting your gaze and thoughts rest on one object or a relaxing activity for a longer period. The following exercise also helps in this direction.

*About three feet in front of you, imagine an object, such as a burning candle, a piece of fruit, or a stone. Look at the object as long as possible without blinking. Now close your eyes and try to imagine the object. Immediately let go of every rising thought not related directly to the object. Hold your concentration as long as you can.*

**Affirmation:** *Concentration is my strength.*

## Silver Years

**It's probably my age that tricks people into thinking I'm an adult.**

## From Llewellyn's Witchy Calendar 2026



When you see the chilly world outside your window, there's nothing like a cozy simmer pot spell to warm your heart. Simmer pot magic is very easy to do whether you're a new or experienced spell caster. This is a beautiful Kitchen Witch practice that uses easy ingredients that you probably have in your home or that you can find locally. Many people like to make simmer pots aesthetically pleasing with slices of fresh fruit, berries, and whole herbs, but even if you only have dried herbs and fruit peels on hand, you can still create powerful magic using this method.

Water is an important ingredient; you can use tap water, some water that you've charged under a Full Moon, or any other water that corresponds with your specific spell. Steam carries the powers of your magical ingredients throughout your home, reaching its scent into every nook and cranny. A simmer pot is a modern

cauldron transforming everyday staples into a spell that can shift the energy in your home. Keep in mind when choosing ingredients for a simmer pot that it will be warming on your stove or in your slow cooker and dissipating through the air in your living space, so it's best to focus this kind of spell on intentions that you want in your home. Culinary herbs, spices, teas, fruits, and other pantry items are generally used in these spells.

Note that you should never leave a simmer pot unattended. Keep an eye on it and add water as needed because it will evaporate while the spell is working. I've left a simmer pot cook for up to twenty-four hours on my stove on the lowest setting or in a slow cooker.

### House Blessing Simmer Pot Spell

Fill a cooking pot  $\frac{1}{4}$  full of water and add the following:

Orange slices (or orange peels) for uplifting energy and good fortune.

Vanilla (1 whole bean or 1 teaspoon extract) to restore lost energy.

Cloves (12 whole buds or 1 teaspoon ground) to drive away baneful energy.

Cinnamon (3 sticks or 2 teaspoons ground) for blessing, healing, and positive energy.

Rosemary (1 large sprig or 1 tablespoon dried) for purification.

As you add each ingredient, hold it in your hands for a moment as you focus on the power that you want it to impart to the spell. Once you've added all your ingredients, begin to heat the brew on a low setting. At this point, you may recite a few words over the top of the pot. You may use this incantation or your own words:

*By waters warming, by spice and fruit  
I now give baneful vibes the boot.  
Your magic steam, my house shall fill  
With warmth and blessings as by my will.*

Once you've decided that your pot is finished, allow it to cool and strain the liquid into a bowl that may be poured down the drain, across your threshold, or into your garden. The remaining solid ingredients may be disposed of or composted.

-Mickie Muiller

## Grief

### By Ave Riddler

Grief does not follow a timeline,  
There is no chart to follow,  
Or way to anticipate where grief will haunt you.  
It matters not  
How broken your heart may be,  
How lost you feel,  
Life keeps on doing its thing.  
Never giving you a break,  
A moment to recoup,  
To breathe,  
Scream,  
And cry.  
You wish life could just pause,  
Give you a god damn minute,  
Let you lose your shit for a change.  
No one truly knows how to hold space  
For you while you grieve either,  
Because what helped them  
May not always help you.  
Because life keeps doing its thing,  
Eventually those who offered support  
Will have to hold space for your grief less,  
Returning to their own trials  
While you remain lost and wounded.  
Grief can be slippery,  
There may be days you feel lighter,

Less wounded,  
But you never know what will trigger another tsunami.  
And sometime the waves of grief are long lasting.

## Marina's Divination Station



By **Marina Evans**

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

There is something to be said for the quiet calm of February. The cold is still settling over the land and the potential for a biting frost is not yet fully behind us, but the days begin to lengthen. Daylight creeps through our windows earlier and the promise of the coming spring, although we are still covered in snow's blanket, becomes more tangible. It's a time of potential. Our moods slowly begin to lift, and we turn our thoughts to what the new season can grant us, without the rush and fervor of spring. A quiet hope settles in our being while we watch the stillness of winter outside,

knowing that in her belly, the world prepares for the coming of newness. It's inspiring to think of the growth that follows such a long cold season. It is so hard to imagine in the frigid months, and yet we know this too, shall pass. It is a time we look inward to our own winters; the harsh times, the cold times, the times when we make do with less, when all our mind is set to survival, and wonder if, we too, can find spring? Maybe, even for us, this too shall pass. Maybe bearing witness to the magic of the slumbering spring can help us to realize that our own magic sleeps within us. Well, today, this deck seems to agree.

### **THE CELTIC DRAGON TAROT by D.J. Conway & Lisa Hunt**

This one is a bit of an older deck, making its entrance into the world around the new millennium, but still a widely sought out tarot and with good reason. The 78 card deck features some truly timeless artwork that merges the dragon imagery with Celtic design very nicely. It brings me back to the fantasy covers of the 90's and I could not be happier about it. There is certainly a fantastic flare to these cards! They are, themselves, a thinner card stock and a glossy finish. The guidebook is 240 pages so definitely does not disappoint. I will say it does have a smaller and simpler meaning definition for each card, but it more than makes up for it with the additional information you will find in the book from introductions to dragons and their magic, to tarot spreads to use, to spell work you can try while working with the cards and dragons. All wrapped in a lovely think magnetic clasp box. It truly does stand the test of time.

## *The Drawing of the Card*

### **1. The Magician**



The Magician. Interesting. You may remember from my last article, I drew the magician as well. Have you noticed that sometimes you repeatedly draw the same card or cards in your readings? Why does that happen? Well, there are a few ways to look at it; first is probability. There are so many cards in the deck and depending on your shuffling and the number of cards in your deck, it makes you more or less likely to draw the same cards again. Sure. There is that. But what about the other reason? When you continue to pull the same card repeatedly, it's important to look at the meaning of that card (especially if the card is a 'jumper'). Often, there is a message in there that we either have not taken to heart, a lesson that still needs integration, or a warning that should not go unheeded. Whatever the case may be, these messages are something we should take time to dive into more deeply, and the magician is a beautiful message to ruminant on.

It's time to step into your power. You've come so far and learned so much about what you're capable of. Yes, it was hard-won and there were so many things to overcome along the way, and you may even still be going through them, but you have within you everything you need to go beyond this place. It will be hard, and change can be overwhelming and frightening, but the road ahead can be whatever you wish it to be. You possess unique potential that you, and you alone, can recognize and harness. In a world that continues to progress yet remains at rest, you can do likewise. You don't have to act all at once. There is no need to rush your future. All you really need to do at this point is to acknowledge the power you have over the path you are on. Even if you don't know where you're going just yet, set your mind to understand you can go anywhere you choose. If there was something you have been wanting to do or try or learn, now is the time to take that thought out and dust it off. Play with the idea of 'what if I succeed?' The Magician shows itself again to let you know you can succeed. It's time.

If you enjoy 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 decks that you would like to see!

Until then, Breathe.

For the Love of it,

Marina

**From A Guide for the Advanced Soul, by Susan Hayward**

**The snow goose need not bathe to make itself white.**

**Neither need you do anything but be yourself.**

-Lao-Tse

## Reflections from the Shaman's Hut



### A Great Teacher

**By Trent Deerhorn**

Something that folks often do not realize is that I do actively train other healers in the art of Shamanic practices. This is not something that I will randomly do for just anyone. I must be sure that the person is serious about this type of training. I also must be sure that our energies with vibe with each other for the training to begin, but also for it to continue. If the vibe between us goes sideways it is an indication that the person needs to seek instruction from someone else for awhile and perhaps come back for more training at another time.

I have noticed over the last 30+ years that there are a lot of catch phrases that are tossed about, Shaman and Shamanism being one of them. It makes it difficult for someone wanting to learn about it to be able to distinguish a good teacher from a great teacher and from a bad teacher. My thoughts on this are that if someone who is instructing you insists that there is one, and only ONE, way of doing something, then they are perhaps not meant to be a teacher. Good teachers instruct. Great teachers inspire. If you feel inspired, then you have found your pot of gold in a teacher. If you feel berated and beaten up for making a mistake, move on to someone else as your teacher. Nothing in Shamanic practice is written in stone. This practice had existed for hundreds of thousands of years all over the world. There are

as many styles as there are places on the planet.

This means that there is great flexibility in what and how things can be accomplished. Originally a lot of what was done was dependent upon the location and the availability of certain medicine plants, certain seasons, certain climate conditions etc. While

these considerations remain important, many things once limited to certain regions are



now globally accessible. We still must be sure, however, that whatever we may purchase is ethically and spiritually harvested in a proper way. But the fact that we can access them when they are harvested properly means that we can also expand our practices tremendously. Limiting what we can and cannot do or use based upon one tradition or another also limits our ability to be able to help as many people as possible. After all, we are not just in this for only ourselves. We are here to help others as well.

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

## According to the Farmer's Almanac 2026:



### Leaves that Please

For a dynamite display of color and festive foliage, caladiums can't be beat. They bear two main leaf shapes: Fancy-leaf types produce large, heart-shaped leaves. Lance – or strap-leaf types have long, narrow foliage with ruffled edges. Leaves can be mottled, veined, or striped in shades of green, white, pink, rose, or red with contrasting margins. Being tropical plants, caladiums thrive in heat and humidity, though they do not care for direct sunlight, whether indoors or out, they'll need dappled or moderate shade. Caladium blooms are rare but remove them as soon as they appear so that the plant can focus its energy on leaf growth.



### February 1<sup>st</sup>: Fill Snow Moon

Cut forsythia branches and plunge the bottom 3 inches of each into hot water, then cool water, to force them to bloom indoors.



February 14th: Valentine's Day



February 17<sup>th</sup>: New Moon Lunar New Year (China)

When lunar gardening, the best time to start seeds for annuals and leafy vegetables is between the new and first quarter moons.



## Ask the Shaman: With Trent Deerhorn

**Q:** I hear a lot about the phases of the moon and their importance when it comes to magical practices, but I am not sure what practice goes with which moon phase. Can you please explain this?

**A:** First off, your practice does not HAVE TO correlate with a moon phase. But if it does you might find it to be more effective. Having said that, here we go:

**New Moon:** Reset, Reflection, Set Intentions. Example: Whisper a goal into the darkness.

**Waxing Crescent Moon:** Building, Growth, Hope. Example: Rebirth rituals.

**1<sup>st</sup> Quarter Half-Moon:** Action, Problem solving, Decision-making. Example: beginning healing and protection spells.

**Waxing Gibbous Moon:** Refinement, Gratitude, Preparation. Example: Prosperity and Personal Power spells.

**Full Moon:** Culmination, Celebration, Divination, Release. Example: Anything from Love to Prophesy spells.

**Waning Gibbous Moon:** Share Wisdom, Give Thanks, Integrate Lessons. Example: Ancestral connection and storytelling.

**Last Quarter Half-Moon:** Turn Inward, Cleansing, Forgiveness, Letting Go. Example: Banishment and Uncrossing spells, Release what weighs you down.

**Waning Crescent Moon:** Veil thins. Rest, Shadow Work, Spiritual Closure, Surrender before rebirth. Example: Listen to your Dreams.

## Forum

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

**Maxine Wrote:** I really felt inspired by the article on Witchy Bells.

**Gregg Wrote:** I enjoyed the article on The Shadow Side of Spiritual Power.

**Beverley Wrote:** I do find that the Mudras work. Thank you for including this information.

**Lynn Wrote:** Healing Generational Trauma. I hear you.

**Carly Wrote:** I will have to get myself a deck of those Steampunk Tarot cards.

**Lexi Wrote:** Trent, I love when you share personal stories about growing up in a magical family.

## Classified Ads



Deerhorn Shamanic Svcs

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Trent Deerhorn	Shaman
230 Charlebois Cres	By appointment only
deerhorn007@gmail.com	<a href="http://www.deerhornshamanic.com">www.deerhornshamanic.com</a>
(306) 978-5300	

## 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 Teams, 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!



The logo for Starosta Trucking. It features a stylized orange dump truck on the left. To the right of the truck, the word "STAROSTA" is written in large, bold, orange capital letters. Below "STAROSTA", the word "TRUCKING" is written in a slightly smaller, bold, orange capital letters. Underneath the truck and the company name, the tagline "For all Your Earthwork and Hauling Needs!" is written in a smaller, italicized, orange font. Below that, "Fully Licensed and Insured with WCB" is written in a smaller, regular, orange font. On the left side of the logo, the phone number "306.229.6066" and the email "starostatrucking1@hotmail.com" are listed. On the right side, the name "JASON STAROSTA" is written in a bold, black font, with "Owner /Operator" written below it. Below the logo, a list of services is provided in a white box with a black border: "• GRAVEL • SAND • CRUSHED ROCK • CRUSHER DUST • TOP SOIL • CLAY • RECYCLED CONCRETE • LEVELING/GRADING • DIRT WORK • SITE PREPARATIONS • SNOW REMOVAL • DEMOLITION • EXCAVATING".

A black and white photograph of a white wolf or dog, sitting and looking towards the camera. The background is dark and out of focus. To the right of the wolf, a list of services is provided in white text: "\*Hypnotherapy/ hypnojourneying", "\*Shamanic Healing", "\*Enchanted Crafts", "\*Indian Head Massage", and "\*Kansa Vatki Foot Massage". At the bottom left, the phone number "639 480 8802" and two email addresses are listed: "whitethunder000@yahoo.ca" and "sharonwhitethunderhypnotherapy.com".



**MINDFUL  
MEDITATIONS  
FRIDAY EVENINGS 7PM  
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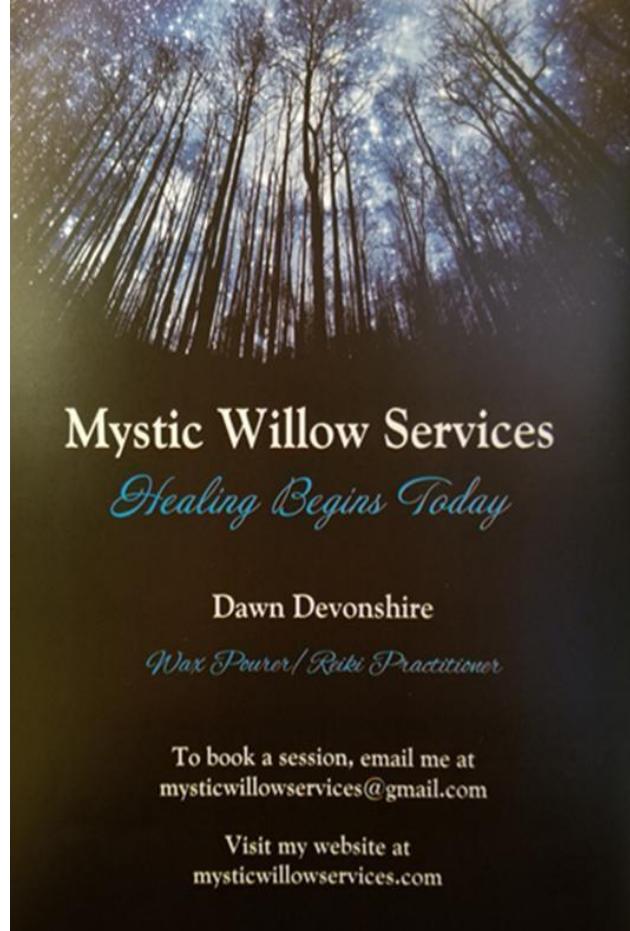
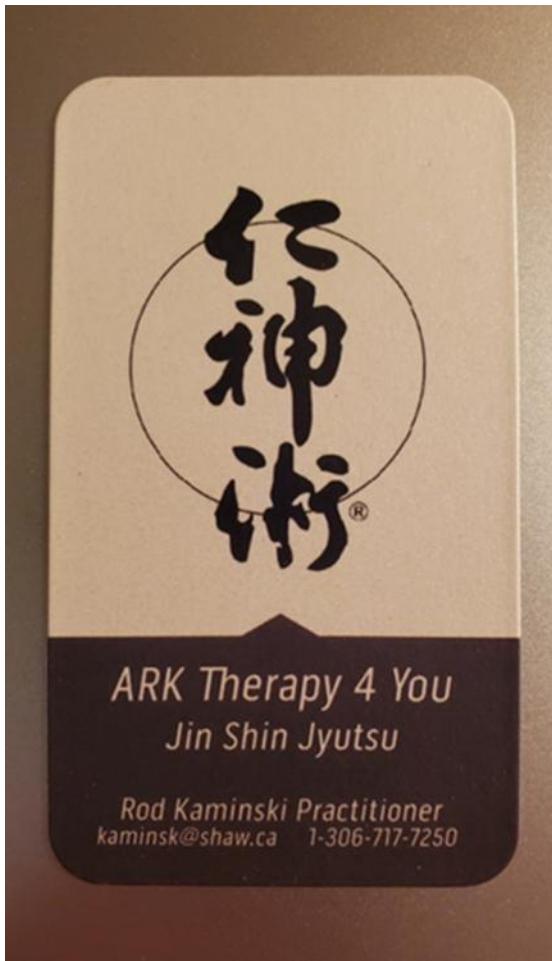
**Meditation Will Help**

- Let go of anxiety, stress & worries
- Improve Sleep
- Strengthen willpower
- Boost confidence
- Encourage fellowship & healing

**TEXT 306-281-4340 TO SAVE YOUR SPOT**

**Please bring something comfortable to sit on during the meditation.**







## Flight Newsletter Advertising

All ads must be in by 6pm on the 20<sup>th</sup> of the month **PRIOR** to the issue that the ad is to be placed in. No exceptions. Send to [deerhorn007@gmail.com](mailto:deerhorn007@gmail.com).

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