

*Flight: A Living, Breathing Document of
Consciousness*

Volume 15 Issue 151

March 2026



Articles that inform and inspire!



Letter from the Editor

March marks the final hurdle before the arrival of Spring. Personally, I am quite over Winter. I am itching to plant some seeds and have green growth in my yard and garden. Blossoms that create vibrance and wonderful scents make my back yard oasis a veritable paradise.

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 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 2026

March 3, 2026

Full Moon: 6:38 am

Color of the Day: Red

Incense of the Day: Cedar

Amplification Ritual

With the Full Moon in Virgo opposing the Sun in Pisces and heightened by the Blood Moon and Total Lunar Eclipse, this is an ideal time to amplify your psychic abilities by merging intuition with clarity.

Gather these materials:

A bowl of spring water, a selenite wand, a piece of amethyst, mugwort incense, matches or a lighter.

Set up your altar with the bowl of spring water at the center. Place the selenite wand and amethyst beside the bowl. Light the mugwort incense to clear and elevate the space.

Hold the selenite wand above the bowl, letting a few drops of water fall from your fingers onto its surface as you focus on the intention of opening your psychic senses. (Note: Selenite is water soluble, so just a drop or two will do)

Gaze into the water's surface and recite:

Eclipse's shadow, Moon's clear light,

Reveal the hidden to my sight.

Pisces's depth and Virgo's guide,

Unveil the truth that lies inside.

Place the amethyst on your third eye (between your eyebrows) and meditate, feeling the energies of the ritual enhancing your intuition and inner clarity. When ready, express gratitude to the celestial forces and carry the amethyst with you to maintain heightened insight.

-Mat Auryn

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:

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

April 18th, 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**

March 3rd, 2026: Full Moon Ritual

April 7th, 2026: Waning Gibbous Moon Ritual

Where: Prairie Girl Therapies 502a 20th 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



THE BAOBHAN SITH

Scottish Folklore

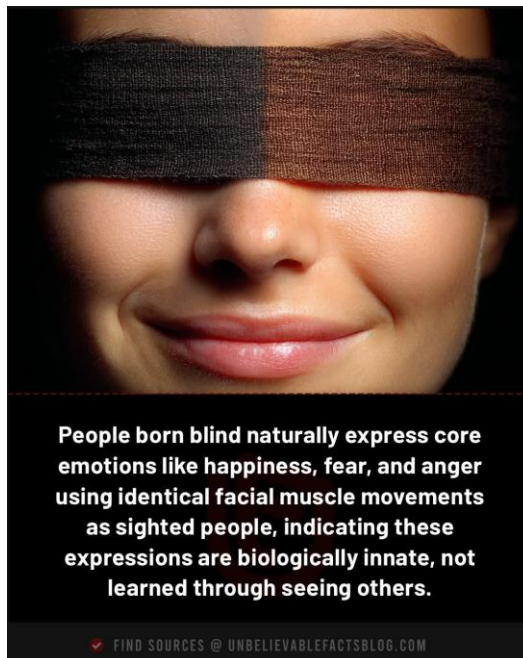
In the misty Highlands of Scotland, tales speak of the Baobhan Sith, vampiric fairy women cloaked in beauty and danger. Unlike the winged fairies of children's tales, they appear as enchanting women dressed in flowing green, often meeting hunters or weary travelers

beneath the moonlight.

Legend says they lure men into dancing, their grace and charm impossible to resist. But as the night deepens, the dance turns deadly. With sharp nails or fangs, the Baobhan Sith drain their victims' blood, leaving lifeless bodies behind in the heather.

These spirits were feared as omens of doom, tied to wilderness, isolation, and the peril of straying too far from the safety of the hearth. Some stories claim they could be repelled by iron, a common safeguard against malevolent fae.

Part vampire and part fairy, the Baobhan Sith served as a warning against beauty that deceives. In the Highlands, their tale reminded travelers that what seems inviting beneath the moon may hide only death in the shadows.



People born blind naturally express core emotions like happiness, fear, and anger using identical facial muscle movements as sighted people, indicating these expressions are biologically innate, not learned through seeing others.

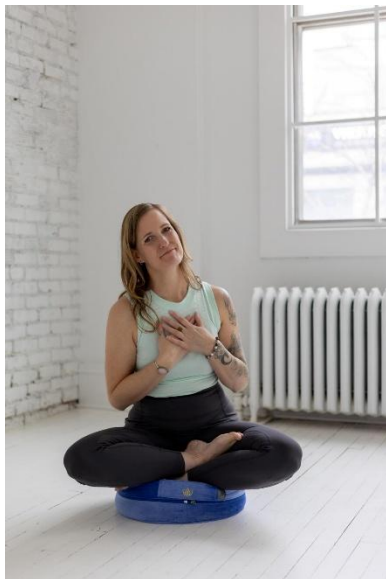
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This is Canada

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



This isn't Normandy. It's Canada. (Québec)



Going All In on Your Dreams By Alecia Iwanchuk

Hi, my name is Alecia. I am the founder of Intentions Yoga in Saskatoon. I help people to access inner power through the practice of yoga. I recently left the corporate world to go full time following my heart and passion supporting people through Intentions Yoga. This article reflects what I am learning along the way.

Make sure to visit my website at www.intentions-yoga.ca. If you mention you read this article, receive 25% off any of the offerings listed on my site. Take sweet care.

Thanks so much for your consideration!

With Intention,

--

Alecia,

Yoga Teacher & Somatic Coach

306.381.5650

[Yoga & Coaching | Intentions Yoga in Saskatoon SK](#)

What is it called when you are creating but have zero guarantees on the fruits of your labour - is it work, is it love...am I simply a bit crazy...time shall tell.

I take solace in the fact that I have always been a competent gardener.

I have made sure to wake up at 6:30 am every day since leaving the law firm. Why? Because I was told that I needed to keep a schedule, and I thought that "having a schedule" meant that I needed to stay busy to be productive.

But I have been "working" from 8am till 10pm at night - and I use "working" in quotation marks because I am not even sure that's what this is...no one is telling me I must do anything, and yet I show up each day pouring forth from my heart.

I see now, I was being told to "keep a schedule" not so that I would stay productive, but so I would know when the output ended and "just being" began.

I used to race home from my 9-5 and quickly change roles getting ready for clients, or get my posts ready, or do an entire laundry list of things one does to keep a side hustle afloat.

Now I do those things all day, and all night apparently...

This is the messy in-between. There's neither a true beginning nor an end. A blending of excitement of work and love and passion. When the momentum must be rekindled repeatedly, and new states of awareness and beingness begin to take shape from within.

Today I woke up and I told myself that "every moment matters". I reminded myself that I did not leave corporate to superimpose a false sense of urgency onto my existence. To rush through the activities and tasks which truly support me (morning coffee, yoga, kitties), so that I could get on to being "productive"!

Productive in whose opinion? The world of chaos I left to save my sanity? The world that trades dollars for time and value for output. The world that knows nothing of the human spirit except for commodification.

25 years of indoctrination does not just fall away overnight. It takes time.

Today, I decided to do something different.

Today I woke up at 7:30, I had coffee and fed the cats. I did yoga and tried to stay present. I tried not to push on and push forward simply because I have been brainwashed into believing that I am of more value doing anything else other than sitting right here on my yoga mat.

Just being. It was not easy.

As I watched the sun rise in the sky, my heartbeat quickened as my inner programming screamed "YOU SHOULD BE DOING MORE!!!!!"

When I left my mat this morning, I was greeted with two bookings. Two bookings and an undeniable sense of gratitude.

And don't get me wrong, I know this is the fruits of previous labour coming to bear. And despite the urge to run away to a cave and live out my life in solitude and meditation, I will persist. I will continue to sow seeds and till the soil.

But for crying out loud, I need to learn to rest. There is time for work and there is time for being. Every moment truly does matter. The small in between ones just might matter the most.

Each moment leads to the next and the next and so on forever and ever. How you feel in this moment will create what you experience in the next moment.

How important it truly is to be just as you are right here right now.



Rock Talk

LAZULITE

It is typically found in masses but can also appear as small pyramid-shaped crystals, with colors varying from deep to light blue. Lazulite has a mineral hardness of 5.5-6 yet can be fairly brittle if damaged.

Called a "stone of heaven," Lazulite can help one to receive the clarity and purity from universal forces. Helpful in the aide during meditations seeking euphoria, it can help promote calm, while enhancing sanctity within oneself. If faced with stress and worry, working with Lazulite can help provide insight to the cause of the worry, while helping one to discover intuitive solutions. It works well with the third-eye chakra, opening pathways for psychic abilities, including clairvoyance, clairaudience, clairsentience, psychometry, mediumship, channeling, and more. While it can help one develop these psychic skills Lazulite does work extremely well if those pathways have already been opened, enhancing what has already been developed.

Meditation with a piece of Lazulite on the third eye will enable that energy to be assimilated quickly.

This mineral can help one to understand and accept their own worth, while helping to eliminate deficiencies of character. Lazulite can help one attain balance and perspective in their pursuits. That balance can also help level out traits associated with compulsive behavior. Lazulite can help one to focus, and with self-discipline while working on projects



that involve lots of mental preparation, such as studying. Reducing feelings of fatigue or being easily distracted this mineral can be used when dealing with long work hours, or when concentration is needed. Lazulite improves memory retention as people get older.

Lazulite can be a stone of new ideas and inspirations. Physically working with Lazulite may be used to support treatments that reduce sensitivity to the sun. It may also help support treatments of disorders in the thyroid, pituitary, liver and lymph glands. If dealing with broken bones or teeth, wearing or carrying Lazulite may help the healing process.



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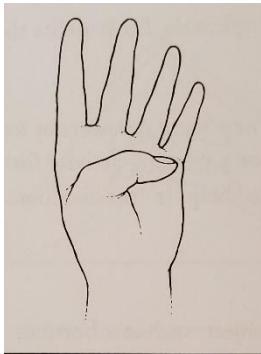
averiddler@sasktel.net

From Over 100 Inspirational Quotes by Alan Chazen

Every result you achieve in life is determined by the actions you take, and every action is determined by a thought. Therefore, change your thoughts and your life will change.

Mudras

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



Tse Mudra

(Exercise of the three secrets)

Place both hands on your thighs. Put the thumb tip onto the root of your little finger. Slowly encircle your thumbs with the other four fingers while slowly inhaling through your nose. Hold your breath and form the sound of OM seven times in your head while hearing the vibration of the tone in your right ear. Then slowly exhale while drawing in the abdominal wall; open your hands again and imagine all your worries, fears and unhappiness leaving your body.

Repeat this exercise seven to forty-nine times, but at least seven times – according to the Taoist monks.

Kim Tawm, an authority on Chinese medicine, writes: *“Tradition says that this mudra chases away sadness, reduces fearfulness, turns away misfortune and bad luck, and overcomes depressions. It is known to increase personal magnetism and enhance the intuitive and mental powers.”*

This is exactly the hand position (thumb in the fist) that I automatically assumed many years ago when I went through my darkest hours, hiding on my sofa, weary of life, and very sad. Today it is clear to me that many depressions are caused by the weakness of the water element, or of the kidney and bladder. This element can be restored or recharged like a battery through specific breathing exercises such as those described above.

People who are depressed are frequently given the following advice by the friendly people around them: you should take a walk in the fresh air, do gymnastics, do yoga exercises, etc. However, depressed people often lack the strength to do these things. (I understand this since I know what it means to be in this state.) But since we must always breathe wherever we are, even in the deepest depression, we can at least intensify our breathing and practice the Tse Mudra. Then stretch vigorously. This works wonders!

Silver Years

Never sing in the shower! Singing leads to dancing, dancing leads to slipping, and slipping leads to paramedics seeing you naked.

From Llewellyn's Witchy Calendar 2026



March Correspondences

Stone: Aquamarine, jade, bloodstone • Animal: Wolf or cougar, whale
Flower: Jonquil (a.k.a. daffodil, narcissus) • Zodiac Sign: Pisces

March is an interesting month of in-betweenness. Not quite winter, not quite spring. Sudden coldness and snow can surprisingly follow days of warmth and sun. Yet in this flux lies a lesson of March: not letting present circumstances dictate your future.

While you endure the ever-rotating reversals of (mis)fortune that unexpectedly come your way, March is a training ground for honing your spiritual skill of future sight and making manifest the future you want for yourself despite and in spite of whatever is happening (or not happening) around you at the current moment. By developing this spiritual skill of future sight, you, too, can become immune to weather patterns of changing fortunes that surround you and craft for yourself a future as you want it to be. Like unexpected snow and rain that affect your plans, the obstacles that currently limit you are capricious. Just because they're there now doesn't mean they'll persist in the days to come.

Future Sight Fruition

All you need is yourself and your own mind for this extrasensory spell. Simply relax and get into a meditative state. Once there, imagine how it would feel to have whatever currently troubles you be a thing of the past. Exist in the full faith that it is done. This meditational

mindset is found in many spiritual philosophies, and they all emphasize that you must truly feel and believe it has happened.

Hoping won't be enough for this spell, for the very nature of hope implies the possibility of failure. You must truly convince yourself that the present is an illusion that doesn't exist and, rather, live in the future world you create with your future sight.

Some tricks that I'd recommend for "getting into the zone" of that feeling place of pure faith are as follows:

1. Listen to music whose lyrics make you feel wealthy, loved, healthy, or however you envision yourself with your future sight.
2. Imagine a call with your friends or family and how they react to the news that you just got the job, you're engaged to be married, your lingering pain has gone away, or anything else you wish to have or be.
3. Have a mental conversation with your future self, who is thanking your present self for having kept the faith and telling you all about how life is now that the thing has happened.

You'll know you've done this successfully if you find it jolting to be snapped back into your current reality after having gotten lost in the projected feeling space of the future self you wish to be or circumstance you wish to manifest.

However, be sure to always end the meditation with a statement of faith in what you foresaw. The Christian "amen" in its original Hebrew translates to a response of affirmation of something done, a kind of "I believe" or "so mote it be" capstone to all requests from the Divine. So, too, must you verbalize faith in your magic, even with a simple "thank you."

-Tomas Prower



Marina's Divination Station

By Marina Evans

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

All of us, at some point or another, feel stuck in the liminal space. That feeling that we are on the edge of something, not quite able to dive in, not quite able to turn back, but sitting in this place of decision. This place can look very different to everyone.

For some it is a place of excitement and wonder. A new voyage is about to take place that could lead us to somewhere that feels like home. For others, this place can be terrifying. A place of uncertainty and unwanted change. We must abandon our past to confront a threat that may destroy us. Without knowing what we are facing, we can't prepare for it. And when going back isn't an option, and going forward could lead to ruin, our feet become heavy and the choice feels threatening.

Many people I have spoken to in the last few weeks have felt the weight of liminal space. It's not surprising, with the passing of Imbolc and the approach of Ostara, change is all but destined. For part, what we feel is the gentle slow waking of the world on our side. It might be that we need to make no decision at all and just let the world wake around us. Watching the world wake can sometimes be the inspiration we need to decide what our next steps need to be to wake up ourselves. It seems that the cards for this month could assist with that.

THE DRUID ANIMAL ORACLE by Phillip and Stephanie Carr-Gomm

This one is a bit of a blast from the past as it was published in 1994 (for some of us that doesn't seem as long ago as it does for others, but we won't talk about that). This deck features beautiful artwork featuring some of the important figures, both physical and mythical, of Celtic tradition and the cards themselves are a hefty size. I always find larger cards are a bit more difficult to shuffle, but at 33 cards, there are fewer cards in this deck than is typical, so you aren't fumbling with bulk, and since they are so lovely, I'll forgive it. The guidebook is hardcover and features a plethora of information beyond the card meaning. They also provide stories of the creatures and their role in Celtic tradition, which I always enjoy as it has the potential to tell you more about your inquiry than just the basic meaning may tell. The whole thing comes in a sliding box cover and a card cloth to work on.

The Drawing of the Card

1. The Air Dragon



As I mentioned earlier, sometimes it could work well for us to allow the world to wake around us and inspire us to our course of action. Well, this dragon comes with a definitive message of inspiration. If you are standing in a place of uncertainty or indecision, perhaps not knowing where to go or how, prepare yourself for a message you cannot ignore. This dragon typically imparts his insights with remarkable swiftness and clarity. A great and all-encompassing power to drive forward and to seek the answers you need, however, with any great power, it must be respected. Use what you are given with the awareness of how it interacts with those around you and for yourself. This could appear as something like a new opportunity, one you have been looking for, or a new educational

path, as this dragon rules intellect. There is need for movement, and you will find the inspiration you need!

This card does warn us as well against dogma. Sometimes we are so attached to an idea of what we wanted or who we should be that it becomes our only identity. This can incite ego and make you a servant of an idea or belief. We are called to constantly test our realities in our everyday relationships and keep a check of ourselves. Letting this mindset run away with us can cause inflation and delusion which will only build to jealousy or resentment. Just because you have an idea or station for a long time does not mean it is the only path set out for you. You are multifaceted and allowed to relearn and grow beyond the container you are in. This dragon allows us the opportunity to look beyond what we know. If you are standing on the cliff of the liminal space, it could be an invitation to fly.

If you are interested in viewing additional decks or exploring a broader selection, please follow me on Instagram @29crows. Feel free to reach out with any requests for specific decks you would like featured.

Until then, Breathe.

For the Love of it,

Marina

WARRIORS By Ave Riddler

Fearless, they rise to face their adversaries
No more they declare
Never again is their battle cry.
As they stand,
Others gather to join them.
Warriors all...
United by their opposition,
Driven to create change,
Refusing to be silenced
To be cowed
To just give way.
Injustice
Hate
Oppression
These they defy.
They do not carry guns,
Or blades,
They wear no armor.

They are armed with words
With songs,
Paint and paper.
Shining their light
Seeking change
Boosting the courage and strength of others
Gathering together to inspire.
With each shared moment
Each ideal uniting them
Banding together as a community
They fight.
Warriors lifting art in rebellion of those
Who would take their voices.

Tidbits and Tickles:

Your Honor, in my defense, I was left unsupervised.

The Year of the Fire Horse: A Call to Courage and Community By Sharon Whitethunder Baldock



There comes a moment ... sometimes loud, sometimes barely a whisper ... when you realize you cannot stay where you are.

Nothing may look different on the outside. The world continues as it always has. But inside, something shifts. What once felt familiar now feels tight. What once felt safe now feels small. And in that quiet awareness, you understand ...it is time.

Letting go is rarely dramatic. Often, it is deeply personal. It is the slow unclenching of what you have carried for too long. It is the steady release of old expectations, old identities, old ways of surviving that no longer match who you are becoming. And as you release them, something unexpected happens ...space opens.

Space to breathe. Space to imagine. Space to begin again.

A new chapter does not arrive with a full set of instructions. The destination is not stamped on the horizon. But there is something stronger than certainty... there is desire. The desire to grow. The desire to build a better life than the one you've settled for. The desire to leave the world stronger, kinder, more whole than you found it.

And that desire is not fragile. It is steady. It is guiding. It is enough.

You may not see the entire path, but you will feel the pull forward. Step by step, choice by choice, you will move toward something truer. Something braver. Something more aligned with who you were meant to be.

And in time, you will look back and realize ... you were never lost.

I do not speak about healing from theory. I speak from experience.

I know what it is to step into the shadows ... to face what is uncomfortable, to sit with what feels confusing, to move through seasons of fear and even hopelessness. I have done the deep work. I have walked through layers of healing ... emotionally, mentally, and spiritually ... and while I do not claim to have everything figured out, I know what transformation requires.

And that matters.

Because healing is not a straight line. It is often disorienting. There are moments when you question yourself, moments when you feel stuck, and moments when you wonder if you are moving forward at all. I understand that process because I have lived it. The insight I carry was earned ... and that understanding is what I pass on to you.

I know how to help you navigate the confusion.

I know how to steady you when fear rises.

I know how to remind you of hope when it feels distant.

And I also know my responsibility.

If at any point your journey requires something beyond what I offer, I will not hesitate to refer you to trusted, knowledgeable practitioners. Some of these professionals I have personally worked with. Others have played a crucial role in my own healing. I refer with intention, integrity, and deep care ... because your growth matters more than my pride and ego.

This work is sacred to me. Not because it is perfect, but because it is real.

And when you are ready to move forward, you will not walk alone.

I believe in a co-creative, gentle approach to guiding you forward. Healing is not something done *to* you — it is something you actively participate in.

Each session is designed to help you build confidence in your own insight and judgment. You are not broken. You are not lacking. The clarity you're searching for is often already within you; it simply needs space, honest reflection, and steady support to surface.

Sometimes, all it takes is someone who believes in you when your confidence feels thin. Someone who can remind you of your strength when you forget it. Someone who sees your potential and takes it seriously.

Most of all, I want you to understand this: you are worthy of doing this work. Worthy of growth. Worthy of peace. Worthy of building a life that reflects who you truly are.

And you are capable of far more than you've been led to believe.

Let me guide you to your truth...

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Contact me directly to schedule a session.

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For more information go to Sacred Source Medicine's Website

<https://www.sharonwhitethunderhypnotherapy.com/>

Ophelia Gets Sick

By Gail Fulkerson



Ophelia was sick with a nasty cough that had persisted for the past week. Her throat was raw from all the coughing, as were her lungs; her body ached from the exertions. Sleep was sporadic, but she rested when there was a lull in the coughing fits. Her mood was dark; she loathed being sick.

As her health was slowly returning to normal, Ophelia became restless and needed to get out of the house. She donned her coat, hat, scarf, and gloves and headed out the front door, turning left towards the railroad tracks, making sure she didn't run into anyone on her outing. Her sinuses were congested, making it impossible for her to suck blood. Ophelia was thankful she had a stash of mason jars full of blood in her basement. She wouldn't have to go hunting for months if she didn't want to. Except for tonight, Ophelia always wanted to hunt.



Roscoe was still asleep in the coffin bed when Ophelia left the house. When he awakened, the house was eerily quiet. Not sure where she went, Roscoe searched for Ophelia but didn't find her anywhere in the house. He was almost in a panic when Ophelia came in the front door. Relief washed over him, and then he got mad. He demanded to know where she'd gotten to and why she didn't wake him before leaving. Not used to being interrogated by her companion, Ophelia snapped at him, showing her fangs, which set Roscoe on his heels. It was the first spat the pair had had since they were partners, and both regretted their harsh words.

They apologized to one another and then went to the kitchen to brew a cuppa blood tea. Ophelia and Roscoe sat in the comfy chair facing the living room window, sipping and watching. A large dog trotted down the sidewalk ahead of its master. Roscoe growled until the other dog was out of sight; Ophelia quietly snickered so he wouldn't hear her. The snickering caused another coughing jag, and Ophelia had to put her teacup on the table to avoid spilling it all over herself and Roscoe.

She thought about soaking in a hot bubble bath, then nixed the idea as being too much work, so she settled for wrapping herself in the warm, electric throw she kept on the back of her chair. It was big enough to cover both herself and Roscoe, so that's what she did, ensuring that no cooler air got in under the blanket by tucking it neatly around them. Since Ophelia was dead and unable to generate body heat, she turned on the blanket's heater and dialled up the temperature as high as it would go. Ophelia could feel her muscles relax as the heated throw warmed her body. Roscoe was in 'heat heaven' as he

stretched out under the blanket, allowing the throw's warmth into his tiny frame. It was almost as luxurious as a soak in a steaming bath.

Roscoe asked Ophelia for more blood tea, so they got up from their heated oasis and went to the kitchen. Ophelia set the kettle on the stove and then measured the blood tea powder into their cups: Ophelia's cup had three spoonfuls, and Roscoe's had two because his cup was smaller.

After tea, Ophelia looked out the window and noticed the sky was getting lighter. "C'mon, little man, it's bedtime. Let's get our nighties on and get comfy."

Roscoe sported a nifty sleeping cap Ophelia had fashioned for him from an old nightie of hers. If he could see his reflection in a mirror, he would remark how dapper he looked.

Instead, Roscoe settled for Ophelia admiring him and telling him he looked handsome and dashing. If vampire dogs could smile, Roscoe would be beaming.

The next night, Ophelia awoke with a sore throat and congested sinuses. Her throat was dry from breathing through her mouth all day while she slept. She went to the kitchen to put the kettle on for some blood tea that always perked her up, but today, the tea wasn't doing the trick. Ophelia boiled the water for a second cup. Roscoe came downstairs as Ophelia poured boiling water over the blood tea powder. She pulled a cup from the cupboard for Roscoe and poured him a cuppa. The pair walked into the living room and sat in the comfy chair, sipping and watching the world go by through the window.

Ophelia was still feeling ill, so she drew a hot bath and had a soak with Roscoe by her side. The heat from the water relaxed her sore muscles. In his little bath cap, Roscoe soaked in the heat and relaxed so much that Ophelia had to watch him to make sure he didn't slip under the water in the tub.

The bath water was cooling, signalling it was time to get out of the tub. Ophelia stepped out first, then lifted Roscoe out of the water and onto the bathmat. He shook himself vigorously, splashing water droplets on the walls and floor. Ophelia had wrapped herself in a fluffy cotton bathrobe, then reached for Roscoe's bathrobe, a smaller version of hers.

He loved his robe and would traipse around the house in it for hours after a bath unless they were going out hunting. Tonight was one of those nights when the pair stayed in.

Ophelia had gone downstairs and put the kettle on for a cup of blood tea for each of them. That's as far as she got before a coughing jag put her on her knees in the kitchen. Roscoe heard Ophelia's coughing and went downstairs to investigate, where he found her prostrate on the floor, barely breathing.

Roscoe was beside himself with fear and worry, and unsure of what to do in this situation.

He'd never seen his mistress in such distress before. Ophelia was so weak that she needed assistance to get up from the floor. Roscoe attempted to lift her up and almost succeeded; at the last second, Ophelia started coughing again, and Roscoe couldn't hold on. As soon as her coughing fit subsided, Roscoe lifted her again, depositing her gently in her comfy chair. He retrieved the heated throw from the back of the chair, turned the heat setting to high, and covered Ophelia, tucking in the edges so no cool air could get in. The kettle was singing on the stove, so Roscoe turned off the gas. He didn't want to risk scalding himself trying to make blood tea, so he trotted downstairs to retrieve some bottles of blood. Ophelia would need the pure, unadulterated stuff to get better; blood tea wouldn't cut it.

While Roscoe busied himself with his task, Ophelia was warming up under the heated throw. He brought up half a dozen bottles of blood; Ophelia got up to warm one in the microwave. She let Roscoe see how much time she put on the “nuker” so he could replicate it in a pinch.

The thick, warm, red, silky blood went down like razor blades. Ophelia's throat was sore from coughing, and swallowing was so painful that tears of blood ran down her cheeks. Roscoe had started whining, a sound Ophelia hadn't heard him make before. He was very worried about Ophelia and was at a loss on how to help her get better.

In between sips of blood and coughing fits, Ophelia told Roscoe he was doing a good job of tending to her and not to worry; she was getting better under his care. He felt better about the situation after Ophelia reassured him that she was recovering.

After she'd drunk her blood, Ophelia went upstairs to the coffin bed, stretched out under the myriad blankets and quilts, and fell asleep. Roscoe was close behind her. It had been a trying night for both. He fell into a thin sleep, hoping that Ophelia would feel better after a good day's rest.

The next night, Ophelia awoke feeling much better than she had for the past week. She even contemplated going out to hunt but knew it was too soon after such a virulent illness, so she settled for a cuppa blood tea, which she sipped while watching the world go by through the living room picture window. Ophelia felt so much better that she eschewed the heated throw and sat in her bathrobe and slippers in her comfy chair.

"Thanks for taking care of me, Roscoe. I genuinely appreciate your help. I don't know how long this cough would have held on if you hadn't been nursing me, my precious little man." Roscoe beamed from his perch on Ophelia's lap.

The pair drank their blood tea and gazed out the window.

From A Guide for the Advanced Soul, by Susan Hayward

Do not take life's experiences too seriously. Above all, do not let them hurt you, for, in reality, they are nothing but dream experiences...IF circumstances are bad and you must bear them, do not make them a part of yourself. Play your part in life but never forget that it is only a role.

-Paramahansa Yogananda

Par-a-gram

Reflections from the Shaman's Hut

By Trent Deerhorn



The Gift of Grace

Late last year, at the time of Yule, I began a 13-night ritual. This is a ritual wherein one prepares ahead of time by making a list of 13 statements about oneself. This is not a wish list or a manifestation list. It is a list of things that you are or want to improve with the help of Spirit. An example of this would be, "I am increasing wisdom daily," or "I have the support that I require." The list begins always with "I am," "I have," "I embrace/allow," or "I release." You cut these statements into strips of

paper and place them in a bowl, folding toward you the things that you

"am/have/embrace/allow" and folding away from you the things that you "release." Apply a single fold to each separate statement.

Then, on the first night of Yule, you light a candle. Have your bowl of statements on one side of the candle and a fire-safe vessel on the other side. It helps to have a set of tweezers so you can pick up one of the statements (no peeking!), light it in the flame of the candle, and drop it into the fire-safe container. Your ritual is now done for the night. Repeat this the next night, and the next, and so on for 12 nights. The ashes will build up in the fire-safe

container, so having a lid on it for the duration is a good idea. On the last night you light the candle, but you DO NOT burn the last statement. That one is yours to work on for the rest of the coming year. You read the statement and even place it on your altar or somewhere safe for reference throughout the year. The ashes can then be disposed of in whatever way



you see fit. I like to scatter them to the wind or bury them in the earth. Being Yule, however, the burying is quite difficult with the frozen ground, so I scatter them.

This year, what I had for my final statement was, "I allow myself more grace." At first this seems easy and light-hearted. But, at least for me, it is not. I have grown up in an environment that was harshly critical. So, I learned at a very early age to be my own worst critic. This was going to be a severe learning curve that was somewhat vertical in nature. But, as the days and weeks went on, I would sit at my altar to meditate, and I would see the statement of self on the altar, inviting me to remember my mission. It is now March and I can honestly say that I may have nailed this task! At first the criticisms would come up in the back of my mind...frequently. But then the statement, "I allow myself more grace," would pop into my mind and I found myself forgiving myself for whatever the criticism was. I began to walk with grace. And let me tell you, that is LIBERATING!

I invite you to try this ritual out. You do not have to wait until Yule to do it. Just prepare ahead, have your list ready, and mark in your calendar every night a reminder to do the ritual. It only takes a minute to do. And it is worth every second of that minute!

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

According to the Farmer's Almanac 2026:



All-Around Favorite

Easy-to-grow garden nasturtium blossoms profusely with 2 ½-inch funnel-shaped blooms from spring to fall. Orange may be its most common flower color, but nasturtium also comes in red, pink, white, cream, or yellow-jewel tones and muted pastels are also available. As a companion plant, it is used as a trap crop, attracting hungry caterpillars away from brassicas like cabbage, broccoli, and kale. All parts of the nasturtium are edible, except the roots. The flowers and leaves are described as peppery; add them to salads or use as a plate garnish. Seedpods are often pickled and used in recipes as you would capers.



March 3rd: Full Worm Moon with total lunar eclipse.



March 8th: Daylight Saving Time begins at 2:00 a.m.



March 9th: Commonwealth Day (Canada)



March 18th: New Moon

Half-hardy vegetables, such as beets, carrots and chard, can be planted when daffodils bloom.



March 20th: Vernal Equinox



Ask the Shaman: With Trent Deerhorn

Q: I am wondering if there is any significance to a repetitive dream?

A: Well, there are a few things that can be determining factors in the significance. First, is your mind troubled about something or obsessing about something in your waking world? This can be a cause of a repetitive dream. Second, the content of the dream is important. Often it contains within it messages that your subconscious mind is trying to communicate to your conscious mind. And thirdly, sometimes repetitive dreams are associated with buried memories (this life or another), symbolic associations, or even precognitive messages. I always recommend recording as much detail as possible about a dream (repetitive or otherwise) and then analysing it either a few days later with a new perspective or with a friend's perspective or even with a shaman's or healer's perspective. But remember that nobody will know the absolute truth of what the dream means to you other than you, yourself.

Forum

We like your feedback! Of the previous issue:

Michael Wrote: I really appreciate the different perspective on Ba'al.

Shelly Wrote: I have some Bronzite! I am going to use it more consciously now.

Paul Wrote: That Hakini Mudra really works!

Jane Wrote: I love that simmer pot spell!

Felicity Wrote: I love dragons, and now I am going to get myself that dragon tarot deck.

Darren Wrote: I love your perspective on what a great teacher is! Thank you, Trent!

Jacob Wrote: Thank you for the detailed layout of the magic associated with each moon phase! It was always a bit confusing to me, even though I resonate with moon energy.

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| Trent Deerhorn | Shaman |
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