

*Flight: A Living, Breathing Document of
Consciousness*

Volume 15 Issue 153

May 2026



Articles that inform and inspire!

Letter from the Editor



As I write this, we are experiencing our 8th Winter this year. At least I think it is the 8th. I may have lost track. It is hard to believe with snow on the ground that May Day is just around the corner. I am hoping that Mother Nature will see fit to help us out weather-wise so that celebrations can happen outdoors without people freezing parts of their bodies off.

There are some awesome events coming up, so you will want to check those out in the Upcoming Events section. If you ever wondered what the difference is between Turquoise and Howlite, you will want to read Rock Talk. Have you ever heard of Cernunnos?

Keep reading. You will discover him as well. There are some excellent articles throughout this issue. I am sure you will enjoy!

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

Date: May 2nd

Time: 1:23pm

Color of the Day: Pink

Incense of the Day: Mint

Beltane

Beltane Dream Séance Spell

Beltane blessings to you! Today the elements are almost perfectly balanced astrologically, and the Moon is stationed nicely in Scorpio, reminding us of the connection this sacred day has with the underworld. In addition to traditional themes of sex, romance, fertility, and new beginnings, today is particularly well suited to helping us communicate with the spirit world. Cast this spell during the day to invite messages from the spirit world into your dreams tonight. All you need is a little rose water or moon water and the pillow you will be sleeping on.

Hold a bottle or bowl of rose or moon water in your hand and visualize it glowing with iridescent light. Sprinkle your pillow with the water as you say:

Satyrs, nymphs, imps, and crones,

I call upon insight from the land of fae and bones.

-Devin Hunter

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:

May 16th, 2026: New Moon Ceremony. Rhythm Instruments Welcome.

June 20th, 2026: Summer Solstice 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**

May 5th, 2026: Waning Gibbous Moon Ritual/ Independence

June 2nd, 2026: Waning Gibbous Moon/Enter the Light

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.



TOON TOWN'S PAGAN SUMMER FEST

Friday June 19 to Sunday June 21, 2026

The **TWENTY FOURTH YEAR** of festive fun!

A community and connectivity focused spiritual retreat not far from the city of Saskatoon.

All-inclusive three-day, two-night camp-out festival, to celebrate the summer solstice. Included in the ticket prices are rituals, meals, camping fees (nonelectrical), crafting, guest speakers, drum circles, circle dancing, and MORE!

Tickets on sale starting May 1

Early bird ticket prices – May - \$125 per adult, \$75 per child (ages 2-12)

May 1-7 Previous Fest attendees (If you have attended two or more in-person festivals).

May 8-May 31 General Public tickets are on sale

Regular Tickets – June - \$150 per adult, \$100 per child

Regular Ticket prices go into effect from June 1-13 or until sold out, spaces are limited so please get your registration in early!

Registrations closed to all after June 13.
We do not offer a day only rate.

You can find us on DISCORD and Facebook!

Discord <https://discord.com/invite/GEGcKMYm6B>

Email toontownspagansummerfest@gmail.com

Website <https://tptsfest.wixsite.com/toontownspaganfest>

There is a merchant's row Sunday June 21 from 11-2 if you want to be a vendor, please contact us for details!



Join Ave live online at

<https://cosmosastrumradio.ca/>

**Tuesdays 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

From Over 100 Inspirational Quotes by Alan Chazen

As a man thinketh, so is he. Therefore, think good, and so you shall be.

From Hex and Shadow Chronicles

Cernunnos is one of the most misunderstood figures in ancient European mythology. Often depicted with antlers, surrounded by animals, and seated in stillness, he has been wrongly associated with darkness or evil, but this distortion came much later.

Originally, Cernunnos was not feared. He was revered.

He is a god of the wild, of untamed nature, of life that exists beyond human control. The forests, the animals, the cycles of growth and decay these were his domain. Not chaotic but balanced in a way that does not revolve around humanity.

He is often shown holding a torc, a symbol of power and status, and a serpent, representing renewal and the undercurrents of life and death. This alone tells us something important he was not just a god of animals, but of wealth, cycles, and the flow between worlds.

But his energy is quiet.

He does not rule like a king.

He does not command like a war god.

He observes. He exists. He is.

Cernunnos represents a truth that many later systems tried to suppress that nature does not belong to us. It does not bend to morality, to order, or to human hierarchy. It thrives, decays, hunts, feeds, and renews itself without asking permission.

And that kind of power is difficult to control.

As belief systems shifted, figures like Cernunnos were reinterpreted, reshaped, and eventually demonized. Horns became something sinister. The wild became something dangerous. And what was once sacred was turned into something to fear.



But the original image remains.

A figure seated between worlds, surrounded by life, holding both creation and decay in balance. Not good. Not evil.

Just natural.

Cernunnos is the reminder that not all power needs to dominate to be absolute. Some power is found in what cannot be controlled in what grows without permission, in what survives without approval, and in what continues whether we understand it or not.

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 Italy. It's Canada.
(Niagara Wine Country)



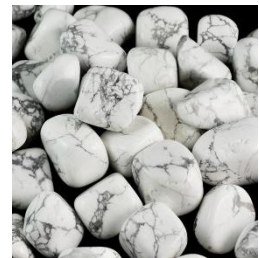
Rock Talk

Howlite

A white stone with grey veins though it, most often forms in nodules and masses, with a Mohs hardness of only 3.5, this is a soft mineral. Often mislabeled as white turquoise, or dyed blue to resemble turquoise, Howlite has a very different mineral composition than natural turquoise. Both do have the same hardness though, so buyers beware of ones marked as turquoise.

Working with Howlite can be helpful when one needs to have clear calm communications, by increasing the ability to endure, comprehend and be discrete with any emotional expression created during communications. It can help discourage impertinent behavior, encouraging in its place subtlety and tact.

Enhancing spiritual awareness, meditation with Howlite facilitates a calm and balanced state of mind, supporting individuals in recognizing their inherent integrity.



Strengthens memory, supports the power of reasoning and observation, and increases the desire for knowledge which makes this a helpful tool for anything requiring focus and studying. Howlite can help one to achieve their goals, while reducing hesitation and criticalness.

Physically Howlite may be used as an aid in treatments for developing and balancing calcium within the body, including disorders of the teeth, bones, and soft tissues.

Paraphrased from “THE BOOK OF STONES – Who They Are and What They Teach by Robert Simmons and Naisha Ahsian, and The Secrets of Crystals by Shani Toder. With personal add-ins and details by me (Ave)

Mudras

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



Bhramara Mudra (The bee)

Place your index finger in the thumb fold, and the tip of your thumb on the side of your middle fingernail. Extend your ring and little fingers. Do this with each hand.

Do four times a day for 7 minutes. If you have more time, you can hold the Bhramara Mudra up to eight times a day for about 20 minutes. The name of this mudra comes from Indian dance and represents the bee. Today we use bee products against allergies, and this mudra has the same effect.

The cause of allergies is a weakened immune system and/or intestinal flora that has also been affected. For example, antibiotics and many other medications harm the intestinal

flora. The effects are mucous congestion in the frontal sinuses, bronchial tubes, and intestinal tract, not to mention a great variety of rashes. A change of weather, pollen, and animal hairs are often just the triggers, but not the actual cause. I used to experience a routine alternation between asthma and allergies. Today I live without the symptoms of these disorders because I have changed my diet and lifestyle. It is best for people who have allergies to eat little or no (even better!) meat, tomatoes, hot peppers, kiwis, and strawberries, and they should not drink milk.

To strengthen the immune system, a routine program of yoga, jobbing, or hiking is helpful. Reducing stress and getting enough rest is also important. Treating it with healing earth can restore the healthy intestinal flora.

Enemas are very effective, and not as complicated s they may seem. Hang a water container (or special enema bag available from the drugstore) above the bathtub, fill it with lukewarm sage or chamomile tea, kneel in the bathtub in the cat posture, and gently guide the (lubricated) end of the hose into the anus. Then let all the tea water run into the large intestine. The rest will take care of itself. Repeat three times and then rest for a while. It is best to do the enema every other day for one week. That should suffice for several months at a time.

People with allergies often have a cleanliness mania, or they are afraid of contagious diseases. Become aware of your fears and work on dissolving them by taking a mental look at what triggers fear.

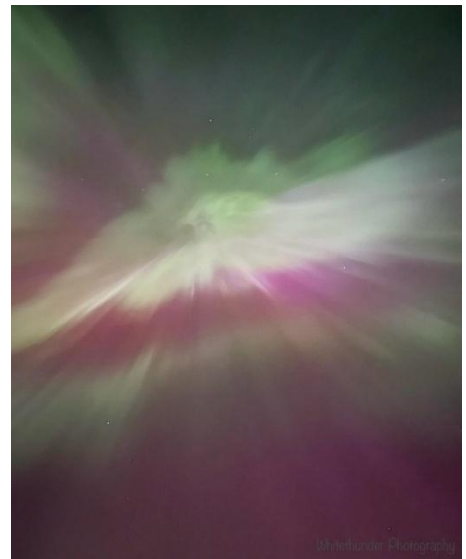
LISTENING INWARD ~ *Choosing a Retreat with Purpose.*

By Sharon Whitethunder Baldock

What if the goal isn't to choose a retreat that matches your needs... but one that helps you *understand* them?

Many people enter the world of retreats without clear answers...just a feeling that something needs attention. That's not a weakness; it's the beginning of awareness.

Not everyone begins their healing journey with clarity. In fact, most people start with questions, restlessness, or a quiet sense that something feels off. Retreats can be powerful spaces to explore that...but not all of them are designed for where you are right now. Choosing the right one isn't about having perfect self-awareness. It's about finding a space that helps you discover it and choosing a retreat that supports discovery, not just relaxation.



There are several factors that shape your experience at a retreat, and it's worth looking beyond what's advertised. Take time to ask questions...not only about whether the retreat appeals to you, but about the people responsible for it. Who is organizing it? Who is leading the sessions or activities? What experience do they bring, and how do they work? A thoughtful decision is usually an informed one. Speaking with past participants, trusted practitioners, or others in your circle can offer perspective you won't find in a brochure.

Cost is often one of the first considerations, and understandably so. Retreats can require a significant investment. But price on its own rarely tells you much about value or intent. Behind any well-run retreat are practical realities—accommodations, logistics, accessibility, and fair compensation for those contributing their time and expertise. These things require planning, coordination, and resources. Rather than treating cost as the primary measure, it's more useful to ask: *Is this a genuine fit for where I am and what I need right now?*

There is also a persistent belief that charging for healing work diminishes its integrity. That view overlooks the reality of how this work exists today. Many practitioners travel long distances, take time away from other commitments, and cover their own expenses to be present. There was a time where healers and elders were taken care of by their tribe or village...that doesn't happen anymore. In the absence of that structure, compensation is not a contradiction...it is what allows this work to continue in a practical, sustainable way.

Sometimes there is a blending of traditional teachings with modern or "new age" approaches. While this can make practices more accessible, it can also blur the original lineages to the point where the roots become difficult to recognize. The concern is not whether something is effective or not, but whether, in the process of mixing styles, we lose the depth, structure, and origin of the traditions themselves.

It is one thing to adapt or integrate teachings into a personal way of working. It is another to do so without honoring where those teachings come from. Traditional healing paths carry history, responsibility, and relationships that extend beyond the individual practitioner. Respecting those roots means acknowledging the ancestors, the lineages, and the cultural context that shaped them, rather than reshaping them beyond recognition.

There are practitioners who walk this balance with care...who can integrate modern understanding while still holding the integrity of traditional ways. You can often sense this not through labels, but through consistency, depth, and the quality of their work overtime. Their reputation and the outcomes experienced by those they work with tend to reflect that grounded respect for what came before them.

When considering a retreat, it helps to approach the decision with both curiosity and discernment. The goal isn't just to see whether it sounds appealing, but to understand whether the people, structure, and intention behind it are aligned with your well-being.

Asking questions...both for yourself and of the organizers...is not about finding “perfect” answers. It’s about noticing how those answers are given. A grounded, well-intentioned retreat will not pressure you or make you feel obligated. Instead, the people behind it should be able to speak clearly and confidently about their purpose, and ideally, help you determine whether the experience is actually right for you.

Here are some thoughtful questions to guide your inquiry:

- 1. How long has this retreat, event, or venue been running?**
This can give you a sense of experience, consistency, and how the offering has evolved over time.
- 2. Who is involved in organizing it?**
Understanding the team behind the retreat can help you see whether there is structure, support, and shared responsibility.
- 3. Who are the practitioners, and where do they come from?**
This offers insight into their background, training, and the diversity or coherence of the team.
- 4. Do the healers, shamans, or facilitators work within traditional lineages, modern approaches, or a blend of both?**
There is no single “right” answer here, but clarity matters. Sometimes traditional and modern approaches are combined, and while this can be meaningful, it’s important to understand how and why. Notice how your body responds to their explanation—often there is a natural sense of ease, caution, or resonance that can guide you.
- 5. What is the intention behind this retreat, beyond the activities offered?**
This helps reveal whether the focus is on meaningful experience or simply a collection of workshops and sessions.
- 6. How are participants supported during emotional or challenging experiences?**
Important for understanding safety, containment, and care if deeper processes arise.
- 7. What does a typical day or structure look like?**
Gives clarity on pacing, intensity, and whether the format suits your capacity.
- 8. Are there follow-up supports or integration practices after the retreat ends?**
Healing and insight often continue after the retreat; support afterward can be just as important as the experience itself.
- 9. How do facilitators handle safety, boundaries, and confidentiality?**
This speaks to professionalism, ethics, and respect for participants.

10. What is the group size, and how does that affect the experience?

Group dynamics can significantly influence depth, attention, and personal space.

11. If someone feels overwhelmed or needs to step back, how is that handled?

A well-structured retreat should have a clear, respectful process for this.

Ultimately, a well-aligned retreat doesn't rely on persuasion. It holds space for your questions, respects your discernment, and allows you to sense whether it is the right environment for your journey.

Some retreat organizers may speak about "energy" in ways that subtly suggest guilt, obligation, or spiritual pressure around payment or participation. Some retreat organizers believe there is a "type of energy" attached to practitioners asking for payment for their workshops and services; however, this framing can sometimes function as a form of guilt or shaming. It's important to be aware of this dynamic, especially when it replaces clear communication with emotional influence. While values and intentions vary widely, a grounded facilitator should be able to discuss logistics, pricing, and structure without invoking shame or making you feel as though questioning is inappropriate.

A key distinction to observe is the difference between **confidence with clarity** and **ego with control**. Confidence is open, steady, and able to answer questions without defensiveness. Ego-driven responses, on the other hand, can feel dismissive, pressured, or subtly superior.

When an organizer is not well-grounded or becomes defensive when questioned, you may notice certain reactions, such as:

- They avoid direct answers or redirect the conversation away from your question
- They make you feel like you are "less aware" for asking practical or clarifying questions
- They use spiritual or emotional language to override logical concerns
- They imply that questioning the retreat shows a lack of trust or readiness
- They become overly persuasive rather than informative
- They position themselves as the authority in a way that discourages dialogue
- They subtly suggest that your hesitation is "resistance" or "negative energy"

These patterns can create internal conflict, where your natural curiosity begins to feel like doubt or wrongdoing. That is often a signal worth paying attention to.

In contrast, a well-grounded organizer will typically:

- Answer questions directly and without defensiveness
- Welcome inquiry as part of informed participation
- Speak clearly about structure, intention, and limitations
- Allow you space to decide without pressure or urgency

- Maintain a steady, respectful tone even when challenged

It is also important to pay attention to your own physical and mental response during these interactions. If your body begins to feel tense, contracted, or unsettled...or if your mind starts racing or second-guessing in a way that feels pressured rather than reflective...this can be a meaningful signal that something in the interaction does not feel aligned for you.

Ultimately, a well-run retreat does not require persuasion. It allows space for questions, respects your autonomy, and supports clarity over obligation.

If it takes a long time to decide if you should attend the retreat you're considering...then its not for you...the right time...or you are being redirected to what is meant for you. Sometimes you get what you pay for or don't pay for...free doesn't always mean good or worthy. However, you are worthy of receiving what will bring you healing...and peace.

*Sharon Whitethunder Baldock
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Tidbits and Tickles:

The Engineer's Motto: if it isn't broke, take it apart and fix it.

From Llewellyn's Witchy Calendar 2026



May

Many Witches, Pagans, and Pagan-adjacent people celebrate Beltane either on Beltane Eve or May 1, as a tangible realization of the embodiment of spring that deepens our somatic connection with the natural world. Beltane has long been associated with fertility, love, joy, passion, vitality, beauty, and sensuality, and it is touted as a day that was sacred to the ancestors in Ireland and throughout the British Isles. It is also part of the modern Wheel of the Year.

But are we really observing this festival of creative fertility at the right time? The answer may lie somewhere in the misty terrain of calendar systems. The Gregorian calendar was first adopted in Ireland and Britain in 1752, but before that, the main calendar system used was the Julian calendar. Because of the discrepancy between these two calendrical systems, prior to 1752, May 1 would have been the equivalent of May 12. Additionally, before electric light, many who

lived rurally may not have subscribed to a date on a calendar but would have celebrated Beltane on the closest Full Moon for increased visibility.

However, as Beltane is the cross-quarter day between spring equinox and summer solstice, it makes sense to find the actual midpoint between these two seasonal markers, especially if you are doing ritual for which timing is important. The exact midpoint between these two astronomical turning points is always when the Sun reaches 15 degrees of Taurus, which this year occurs on May 5. This midpoint is a liminal moment that marks the heart of spring and contains the quality of focused, concentrated energy. However, since Beltane has long been celebrated in folk tradition on May 1, there's also a case for deepening into the magic of this time of year as a continuum, a season, rather than an arbitrary fixed calendar date. This year, Beltane is infused with special potency, as May 1 delivers a Full Moon. Watch for secret portals in hedgerows and hidden doorways that beckon us into enchanted groves.

Queen of the May Moon Milk

You will need:

2 teaspoons hawthorn leaf and flower

2 cups milk of your choice

1 teaspoon vanilla

Honey to taste
Rose petals

Prepare this sensual elixir under the light of the Full Scorpio Moon either on Beltane Eve or May 1. Simmer the hawthorn, milk, vanilla, and honey together for 5 minutes. As you stir, chant the following:

*By hawthorn blossom
And Full Moon's light
I summon love this Beltane night
By rose and honey on my tongue
I call in love; my song is sung.*

Strain the milk, pour into 2 special cups, sprinkle with rose petals, and drink with someone you love. You can also imbibe as part of a self-love spell or to bring more love into your life. Consider making a little extra and charging it under the light of the Beltane Full Moon to use as part of your magical workings on True Beltane, the midpoint of May 5.

-Danielle Blackwood



Marina's Divination Station

By Marina Evans

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

Although the world is in the act of waking up, I have heard a similar consensus from many of the people I have spoken to in the last few weeks. Exhaustion. It seems that springtime is not the only thing in the air. Many people, it seems, me included, have been living in a state of exhaustion for the last while. There are as many reasons for this as there are people to feel this way, and no one thing can work for every person to help. Indeed, help isn't something everyone needs or wants. There are, in fact, many good reasons to honor those feelings of depletion and allow yourself the space to sit in the tiredness. Sometimes, however, we do ourselves a disservice by stopping in the middle of it. There are times when we are working tirelessly and quit as we are about to cross the finish line. It can be difficult to realize the difference between those moments. The ones in which you should honor your need to rest and when it is better to push yourself to run the last mile. Sometimes it's not possible to know the difference. Fortunately, today we may have a bit of help.

MERMAID TAROT by Leeza Robertson

If any of you know me personally, you will know that the water holds a special place in my heart. Therefore, it should come as no surprise that this deck was destined to make its way into my collection. What's that? You remember me doing a mermaid deck before? Well, you would be right. This is one of multiple mermaid themed decks I have. Again, no surprise. This deck features very lush story telling artwork that entices the reader to learn the story and makes for a very descriptive imagery that makes interpretation easy and intuitive. The card stock is quite thin with a glossy finish which can make for a harder time with glare, but I find shuffling to be much easier. The 288-page guidebook could almost make a standalone book itself. Its full color and features full page versions of each of the art allowing you to study the finer details of the art and honestly just makes it a pleasant book to flip through when you are looking for inspiration.

The Drawing of the Card

Seven of Pentacles



As mentioned above, knowing when to push forward and knowing when to slow down can be a bit of a challenge for most of us. The world is so full of distractions that staying focused on how we feel and what we need can be borderline impossible. One way that can help you discern what's needed is to think about your goals. The seven of pentacles now appears as a clue. It hints at the fruition of your goals, the things you have been working so hard for. It's a signal that completion is not far away and now is not the time to quit or slow down.

It's time to push forward. You're almost there. Something you have been working to achieve for so long is nearing its final stage and all you need is to keep driving on. Once this phase is done, there will be time for you to sit and reflect on how you can replenish yourself, but for now, you're so close. The task can seem daunting, but you can see what needs to be done now, and you realize that success is all but guaranteed, so you must push on. You can see the changes taking place and the benefits of your hard work are beginning to pile, but don't let that fill you with a false sense of security. Now is the worst time to step back. Keep going. Push on. Cross the finish line first. You've come so far and the race is almost won. Keep going.

If you enjoy this and want to see more decks, follow me on Instagram @29crows. Feel free to message me there with any suggestions for other decks you'd like to see! Thank you so much for your support—I absolutely love hearing from you. Let me know which decks you're interested in exploring next!

Howling at the Moon

By Ave Riddler

Long days
Working fast
Hot
Sweaty
Stressed.
Pushing each day to get faster
Focused
Exacting standards despite the pace.
The world narrowed down
To the task in view.
End of day
Escaping to the car
Hair wild
Brain wilted.
Seeking the calm sanctuary of home.
A long drive
Music blasting
The world expanding
The view panoramic.
Outside at home the moon
Viewed through trees
Glowing and bright
Full of promise.
Hair still wild,
Suddenly head tilts back
Clenched jaw unlocks...
A deep breath
And from the base of the belly
A sound rises
Up to vibrate past the heart,
Filling the throat
Mouth opening to let it out
A howl,
Long and filled with vibrato.
The sound echoing beyond the yard,
Carrying on the wind
Answered by the yips and howls of coyotes
Beyond the edges of town.

Eight Versus Twelve

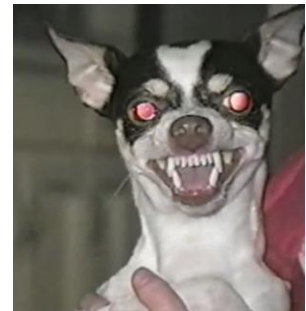
By Gail Fulkerson



There was a gopher in the neighbor's yard yesterday, the first of the season. If Roscoe had seen it, he would have snatched it up and throttled it to drink its blood. Since gophers are larger than rats, they carry more blood, and Roscoe would be satisfied with the blood of eight gophers instead of a dozen rats. He'd have to wait a couple of weeks more to hunt gophers since they don't like the snow and will stay in their burrows until most of it is gone.

Ophelia had other things on her mind. She needed to go out shopping for laundry soap and an enzyme cleaner to get blood stains out of her bright white nighties. She dressed in her coat, scarf, hat and boots and headed for the 24/7 grocery store, aka the neighborhood 7-Eleven. The person behind the counter sleepily greeted her as she entered the store. She took the laundry soap and enzyme soak off the shelf and then remembered she was low on loose tea, so she got a pack of that, too.

Roscoe waited for Ophelia in the parking lot and noticed some rats feeding on garbage by the dumpster, so he snatched one, broke its neck, and drank its blood. He was on his fourth rat when Ophelia came out of the store with her purchases. She telepathically called to Roscoe that she was heading home and for him to follow her. He told her he'd be right behind her as he finished off the last rat.



When they got home, Ophelia got busy with her laundry, soaking bloody nighties in the enzyme cleaner and then washing them. It took about 3 hours from start to finish, and Ophelia was satisfied with the results.

“How ‘bout a cuppa blood tea, Roscoe? I’d love a cup, and I know you never turn down any opportunity to drink blood tea,” Ophelia said. The pair traipsed up the basement stairs to the kitchen and put on the water to boil. She measured out the black tea and blood powder into her mug and Roscoe’s bowl, then, when the water was boiled, she poured that, too.

Taking their tea into the living room, Ophelia and Roscoe settled in to watch the world go by from their vantage point in her comfy chair. As they sipped, they saw a cat, then a second. Roscoe was almost beside himself with excitement: a kitty two-fer! He was at the front door, impatiently waiting for Ophelia to let him out, then he was off like a rocket after the cats.

Roscoe was scratching at the front door to come in, about 45 minutes later. He was bloodied and dirty, but that’s what happens when you’re battling two cats at once. As soon as Ophelia saw him, she exclaimed, “You look a fright.” She grabbed him up and headed upstairs to the bathroom, where she ran a hot bath and plunked him into the tub. By the time the dirt washed out of his fur, Roscoe had finished telling his mistress how he’d fought the two cats at once. To hear him tell it, the battle was touch-and-go, but Roscoe prevailed to win the fight.

“My brave little killer,” Ophelia said, as she toweled him off. Roscoe beamed with pride at impressing his mistress.

She dressed him in his newly cleaned replica bright white nightie and hair towel, then scooped him up and cradled him in her arms, hugging him hard. He loved the attention almost as much as his blood tea, which steeped on the kitchen counter while he bathed. Roscoe lapped up the blood tea, licked his bowl repeatedly, and asked for a refill. Ophelia obliged and poured herself another cuppa tea.

The two killers watched a skunk trundle by the window, but Ophelia told Roscoe to stay away from them, because they stink to high heaven, and she didn’t want the smell in her

house. Roscoe understood, then asked if he could hunt them outside, and Ophelia said no. The smell would cling to his fur for days.

“How about a quick hunting trip, my little man?” asked Ophelia. “We’ve got hours to go until sunrise, and I want to stretch my legs.” Roscoe was at the front door with his leash in his mouth, waiting for Ophelia to shrug on her coat, hat, scarf and gloves. She opened the door, and Roscoe was off like a shot, straining against his leash.

“Slow down, Roscoe,” Ophelia demanded, but he was consumed with bloodlust and couldn’t wait to get at his first rat, and the second one, and the ones after that.

Properly sated, Ophelia and Roscoe headed in the opposite direction towards town, where they encountered humans after humans strolling the streets. All Ophelia had to do was choose one and follow them to a dark area on the street. She didn’t have long to wait: a rather portly older man walked past the pair of killers, huffing and puffing as if he’d just run a race. Ophelia turned on her heels and followed the man a short distance until he turned into a neatly kept yard and began mounting the steps to his front door.

Ophelia accosted the man as his foot stepped on the first stair, knocking him off balance and making him fall with an ‘Ooomph ’and a thud. Ophelia and Roscoe were on him in a flash, tearing open flesh on his neck and one of his ankles. The pair drank hungrily and quickly, then she brought out the blood bags and started filling them. She filled 4 before the man ran dry.

Leaving the corpse where it lay, the pair lifted off into the night sky and headed for home. Once there, Ophelia decanted the blood into clean mason jars and set them on the shelf, holding one back so the two of them could have a deliciously warm drink after all their work.

Ophelia and Roscoe both yawned. There was a slight tinge of color in the eastern sky, signaling it was time to go upstairs to bed, so Ophelia scooped up Roscoe and cradled him like a baby as she mounted the stairs. She deposited him in his spot on the coffin bed and

got in behind him. Closing the lid, the pair snuggled into the myriad blankets and quilts and were asleep in minutes.

Reflections from the Shaman's Hut



Community

By Trent Deerhorn

I have often found that my definition of “community” is somewhat different than that of others. For many, community consists of those with whom one has a commonality. For example, a religious community shares core values/beliefs based upon that religion’s dogma. A community can also be one in which people share an openness, such as the LGBTQA2+ community. A community can also be based upon location, such as those who live in the same neighborhood or city.

For myself, community is something larger than that. I consider my community to be extremely diverse because it includes people of all races, religions, orientations, locations etc. In effect, my community is the planet at large. Yes, I interact mostly within a very small percentage of that, but my consciousness goes far beyond that small percentage. It does bother me deeply when there is political unrest, leading to war. I do not see why killing your fellow man is qualified simply because you are living in one country when your fellow man is living in another country. Borders are man-made. In essence, they are irrelevant. When one looks down on the earth from the space station, does one see flags and borderlines? No. One sees rivers, forests, deserts, mountains, lakes, oceans and so on. We are all of the earth. I find it sad that my brothers and sisters do not recognize this fact. Perhaps if everyone did, there would be no wars, no borders, no claims to this chunk of land or that. Resources could be shared freely, and we could all live better lives.

My community does not stop there, though. I also consider my community to be inclusive of all life throughout the Universe. Why should vast gaps in space stop us from connecting with other intelligent beings, no matter where they are from?



My community also includes Spirit. I have quite the collection of friends in the Spirit realm. I consider them to be as important and real as anyone in the 3D reality. They are often more insightful than those in the 3D. I consider them to be precious.

When we expand our concept of the word, community can be vast and far-reaching.

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

According to the Farmer's Almanac 2026:



Perky Perennials

Speedwell is an herbaceous perennial that flourishes in Zones 3-9. The genus Veronica is thought to be named for Saint Veronica; "Speedwell" is attributed to the plant's medicinal properties. Preferring full sun and well-draining soil, speedwell does well in almost any space, from borders and beds to rock and foundation gardens. From mid-June into August, tall, upright stems are adorned with spiky blue to purple blossoms that make

exceptional cut flower.



May 1st: Full Flower Moon/ May Day



May 10th: Mother's Day



May 16th: New Moon/ Armed Forces Day



May 18th: Victoria Day

Introduced in 1837, reliable and not-too-tart “Victoria” rhubarb is considered the oldest rhubarb variety still in cultivation.



May 22nd: National Maritime Day



May 31st: Blue Moon



Ask the Shaman: With Trent Deerhorn

Q: What is the difference between a Witch and a Shaman?

A: I may have discussed this in a previous issue, but I do not mind addressing it again. There are, to me, very few differences. The main way of determining which is which has to do with the training and personal inclinations of the practitioner. If they self-identify as a Witch, then they are a Witch. If someone else identifies them as a Witch, they may or may not be a Witch. Witchcraft works with the natural world just as Shamanism does.

Shamanism, however, also includes things like Shamanic Journeying; something that not all forms of Witchcraft will include. Both are about achieving balance and harmony with the self and with Nature. The focus is often on healing in one form or another, as well as on elevated consciousness.

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

There is but one cause of human failure and that is man's lack of faith in his true Self.

-William James

Forum

We like your feedback! Of the previous issue:

Phyllis Wrote: Thank you, Trent, for your perspectives on communicating with ghosts.

Betty Wrote: I can hardly wait to pick up a Mary Magdelene deck of cards!

Magnus Wrote: Thank you, Sharon, for sharing the true meaning of Yggdrasil.

Classified Ads



Video Chat with the SHAMAN!

As part of my Shamanic Practice I have, for years, provided long-distance healing work for people. This sometimes comes as an energy treatment and sometimes as a telephone counselling session. Well, now there is even another option available! We can now have sessions on Face 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 or phone me at (306) 978.5300 to book an appointment. Blessed Be!





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