

*Flight: A Living, Breathing Document of  
Consciousness*

Volume 15 Issue 154

June 2026



*Articles that inform and inspire!*

## Letter from the Editor



Summer is upon us and it is quite lovely to FINALLY have some warmer weather. I have been itching to get into the garden and now I can do that without freezing off my toosh. I hope everyone enjoys their summer and the holiday time it entails. I know I certainly will.

There are a lot of events happening so you might want to check those out. And there are some excellent articles to enjoy.

Thank you to all the contributors to this newsletter. You make it enriching and well-rounded. I look forward to working with you more in the fall.

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.***

***\* Also note that there will be no July or August issue as we are taking the summer off from FLIGHT. We look forward to creating September's issue for you!***

*Enjoy reading!*

# Upcoming Events

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

### Full Moons of 2026

**Date:** June 29<sup>th</sup>, 2026

**Time:** 7:57pm

**Color of the day:** Gray

**Incense of the day:** Rosemary

### Full Moon Protection

This full moon, get a piece of black string that is three feet long. Place a bowl of water on the ground or on a windowsill. If possible, try to catch the reflection of the moon on the water. IF this isn't possible, visualize the energy of the moon engulfing the water. The water is the energy of the moon in physical form. Place the string in the water until it is saturated.

Remove the wet string and tie thirteen knots in it. This binds the protective power of the moon within the string. Leave the string out overnight to dry.

Loop or tie the string to something in a place where you wish to bring protection. This could be around your steering wheel (in a way that won't hinder it, of course), around a doorknob to a room, or even around a special object you wish to protect. Remove the string at the end of the moon cycle.

-Kate Freuler

## Ceremonies with the Shaman

Join Shaman, Trent Deerhorn of Deerhorn Shamanic Services for a special ceremony once a month, hosted by Ki'smet Co, Saskatoon 16-2220

Northridge Drive. These seasonal and moon-based ceremonies will be centered around going deep and making much needed changes

within. Experience the true magic of Shamanic Healing Ceremonies.

Participants will be required to bring a pillow, blanket and a cushion or stool upon which to sit.

Ceremony will begin promptly at 7:30 pm and the doors will be locked at that time. Please come between 7 and 7:15 so you can have time to settle in.

NOTE: If you arrive after 7:30, DO NOT KNOCK TO GAIN ACCESS. This will only disturb the ceremony that is already underway. Please just join us next month and arrive earlier.

Price: \$20/ceremony **Cash only, no debit or e-transfers**

\* If you are not feeling well, please do NOT attend the circle. We like to keep people healthy, not allow germs to spread everywhere.

\*It is essential that you pre-register attendance for each circle with Kiernan. Space is limited and there is a maximum of 10 people per circle. If you are pre-registered and need to cancel, please do so 24 hours ahead so the space can go to someone else on the waiting list.

\*Once the ceremony begins, participants will refrain from chit chat as that only serves to distract from the energy of the ceremony. These ceremonies are geared toward adults, so it is important to have childcare in place to attend.

To access dates of the ceremonies, contact Kiernan Garvie at Ki'smet Co at (306) 880-3433 or visit the website at <https://www.saskatoonheavenlyreiki.com> or <https://deerhornshamanic.com>



## Upcoming Dates:

**June 20<sup>th</sup>, 2026: Summer Solstice Celebration. Rhythm Instruments Welcome.**

**September 26<sup>th</sup>, 2026: Full Harvest Moon Ceremony. Rhythm Instruments Welcome.**

**To register go to this link:**

<https://www.kismet-co.ca/event-details/ceremonies-with-a-shaman-full-moon-ceremony-with-trent-1-1>

## 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**

**June 2<sup>nd</sup>, 2026: Waning Gibbous Moon/Enter the Light**

**September 22<sup>nd</sup>: Autumn Equinox Ritual**

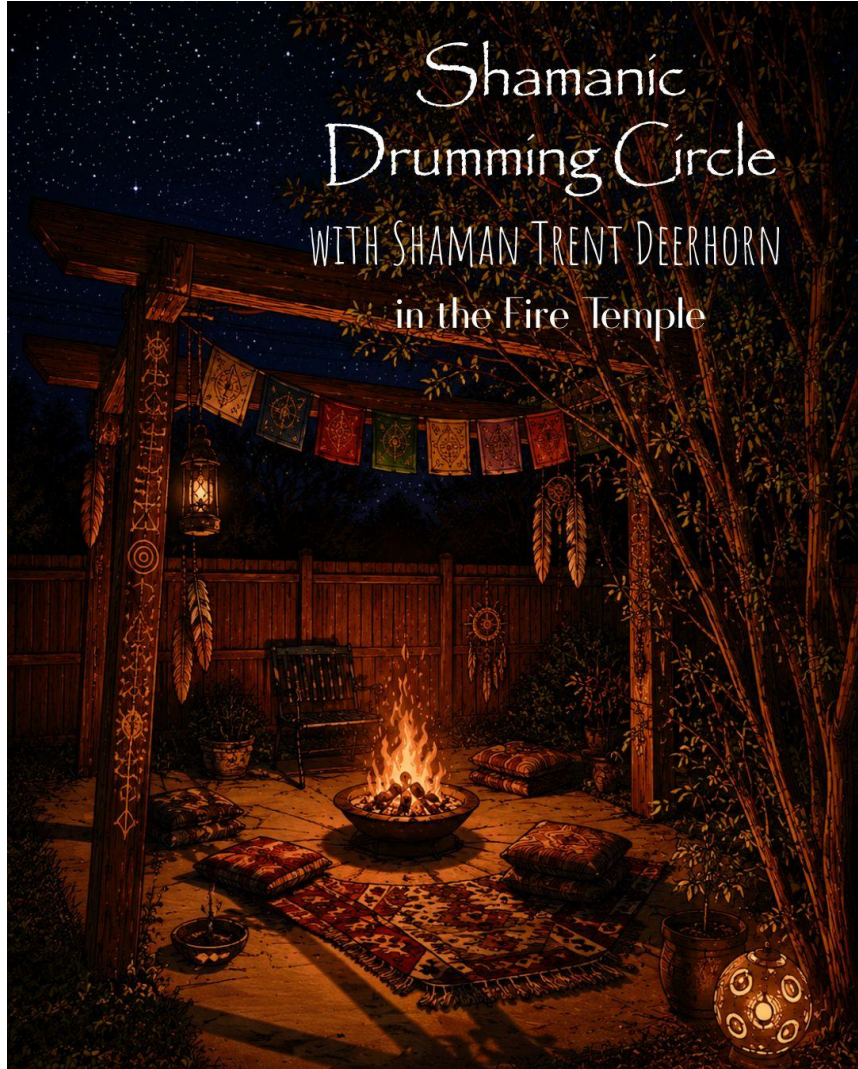
Where: Prairie Girl Therapies 502a 20<sup>th</sup> Street West, Saskatoon, Sk.

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.





Shamanic  
Drumming Circle  
WITH SHAMAN TRENT DEERHORN  
in the Fire Temple

June 27<sup>th</sup>, 2026  
7:30pm

To register, please email [alecia@intentions-yoga.ca](mailto:alecia@intentions-yoga.ca) or text 306-381-5650 to hold your spot. 10 people tops.

\$20.00/person **CASH ONLY**



## 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 after June 13.  
We do not offer a one-day rate.

You can find us on DISCORD and Facebook!

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

Email [toontownspagansummerfest@gmail.com](mailto: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!

**TRAFALGAR**

# Rhine Christmas Markets

Düsseldorf - Basel

8 Days (7-Night River Cruise on *Trafalgar Verity*) | 3 Countries | 20 Meals

Sail through the heart of Europe on a festive journey along the Rhine. Explore storybook towns, twinkling Christmas markets and local traditions from Düsseldorf to Basel. With guided walks, seasonal tastes and optional adventures along the way, this river cruise blends cultural highlights with the magic of the holidays.



## Included highlights and must-sees

### Explore with Local Specialists

Cologne, Koblenz, Speyer, Strasbourg and Basel

### Visit Must-see Landmark

German Corner in Koblenz. View Cologne Cathedral, the Drosselgasse in Rudesheim, Holy Trinity Church in Speyer and the Petite France district

### Christmas Markets

Visit traditional European Christmas Markets in Cologne, Rudesheim, Koblenz, Mainz, Speyer, Strasbourg and Basel

### One-of-a-kind Experiences

A Be My Guest lunch with the Breuer family at their traditional weingasthaus in Rudesheim. Enjoy seasonal specialities, local wine and live music

### Travel Responsibly

A MAKE TRAVEL MATTER® Experience at Doktorenhof, a private vinegar estate

For more information or to book, contact your Travel Advisor.

CAA TRAVEL - 306-668-3789

1-3110 8TH ST E, SASKATOON



## Rhine Christmas Markets

### Day 1 | Hello Düsseldorf

Join your ship in Düsseldorf and settle in ahead of your Rhine river cruise. After meeting your crew and fellow travellers, enjoy your first dinner on board as the ship begins its leisurely journey. (D)

### Day 2 | Discover cultural Cologne

Explore Cologne's old town on a walking tour with your Experience Director and Experience Manager. You'll see the city's UNESCO-listed cathedral and visit its Christmas markets, known for their regional crafts, hearty food and local traditions. There's time to discover more on your own or join an optional visit to the Michael Schumacher Private Collection. Another option takes you behind the scenes of Cologne's Kölsch beer culture. Back in the heart of the city, the markets offer plenty to experience - from seasonal snacks to local music and handmade gifts. (B,L,D)

### Day 3 | Koblenz & Rüdesheim

Get to know Koblenz with a Local Specialist who'll guide you through the city's old town and landmarks, including the Deutsches Eck, where the Rhine and Moselle meet. The Christmas market fills the streets with its twinkling lights, perfect for browsing local treats and gifts. Later, relax on board as the ship sails through the scenic Middle Rhine, passing castles and vineyard-covered hills. Arrive in Rüdesheim in time to join an Optional Experience wine tasting at Eberbach Monastery, a chance to sample local vintages in one of the region's most atmospheric historic settings. (B,L,D)

### Day 4 | Rüdesheim and Mainz

Climb aboard the Winzerexpress, a mini train that winds through the vineyards and cobbled lanes of Rüdesheim. Travel past timber-framed houses dressed for the season as you ride from the old town to panoramic hilltop views. At the Rüdesheim Christmas Market, stalls showcase local crafts, handmade ornaments and festive treats from across Europe. Then join the Breuer family at their traditional weingasthaus for a Be My Guest experience featuring a lunch of seasonal dishes, local wine and live music. After a scenic sail from Rüdesheim, enjoy a guided stroll through Mainz Christmas market with your Experience Director and Experience Manager, a chance to explore traditional chalets, warming drinks and seasonal stalls set against the backdrop of the city's cathedral. (R,BMG,D)

### Be My Guest

Gather at the Breuer family's weingasthaus in Rüdesheim's Drosselgasse for local wine, seasonal dishes, live music, and generations of hospitality.

### Day 5 | Explore Speyer

Spend the day your way in Speyer with two included experiences to choose from, depending on your

interests. You can join a Local Specialist for a walking tour through one of Germany's oldest cities, known for its Romanesque cathedral and charming Christmas market. Or choose a MAKE TRAVEL MATTER® Experience with a visit to Doktorenhof, a private vinegar estate where centuries-old methods meet local passion. Taste artisan vinegars and learn how this family-run operation supports biodiversity and tradition. In the afternoon, you can enjoy an Optional Experience visit to Heidelberg. Its riverside setting, historic old town and festive market stalls make it a seasonal favourite. Back on board, the ship sets course for Strasbourg. (B,L,D)

### MAKE TRAVEL MATTER® EXPERIENCE

Savor handcrafted vinegars at Doktorenhof, where wines, herbs, and fruits become eco-friendly creations rooted in family tradition.

### Day 6 | Down the Rhine to Strasbourg

Get to know Strasbourg on a walking tour with a Local Specialist. From half-timbered houses to the city's soaring cathedral, the old town blends history with festive cheer. Explore the Strasbourg Christmas market, one of the oldest in Europe, known for its handcrafted ornaments and regional delicacies. If you'd like to venture further, choose between two Optional Experiences. Join a guided visit to Colmar where medieval streets come alive with Christmas charm, or explore the Black Forest's markets in Freiburg, surrounded by pine-covered hills. (B,L,D)

### Day 7 | Get to know Basel

Riverside elegance and seasonal spirit. Wander through the Christmas market in the historic old town, filled with Swiss crafts, warming drinks and festive stalls beneath the spires of Barfässerkirche. For those keen to see more, an Optional Experience to Lucerne reveals one of Switzerland's most picturesque cities. See the Chapel Bridge and Lion Monument, stroll through the old town's painted facades, and browse for classic Swiss souvenirs - from fine chocolate to precision watches. (B,L,D)

### Day 8 | Disembark in Basel

Your festive journey along the Rhine comes to an end in Basel. After breakfast, it's time to say goodbye to your crew and fellow travellers as you disembark, taking home special memories of Europe's Christmas markets and riverside charm. (B)

### Included meals

(B) Breakfast (L) Lunch (D) Dinner (BMG) Be My Guest



### Choose your start location or extend your river cruise

Choose to start your river cruise in either Düsseldorf or Basel.

Departure Date: Nov 24, 2027

### Pricing:

Cabin Category Double Occupancy

Rate Classic (per person): please inquire

Deluxe C (per person): \$5099

Deluxe B (per person): please inquire

Deluxe A (per person): please inquire

French Balcony B (per person): \$6599

French Balcony A (per person): please inquire

Suite (per person): please inquire

For more information or to book, contact your Travel Advisor.

Booking Terms: non-refundable deposit of \$350 per person  
Single rates and other categories available upon request



### Your Ship

### Trafalgar Verity

With the charm of a 1930s steamship and elegance of a boutique hotel, the Trafalgar Verity is a floating Art Deco sanctuary, thoughtfully designed to make every moment on the water feel like a dream.

Relax in the lounge or bar and enjoy live entertainment and activities from regional performances to in-house baking demonstrations. Stay active with a gym, yoga sessions, Nordic walks and complimentary bicycles for onshore exploration. With a massage therapist and a rotation of wellness activities, it's easy to keep body and mind in balance while taking in Europe's best sights.



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](mailto:averiddler@sasktel.net)

## From Over 100 Inspirational Quotes by Alan Chazen

Most people spend more time planning a holiday or a home than they do planning their lives.

## Myths

### WENDIGO — The Hunger That Has No End

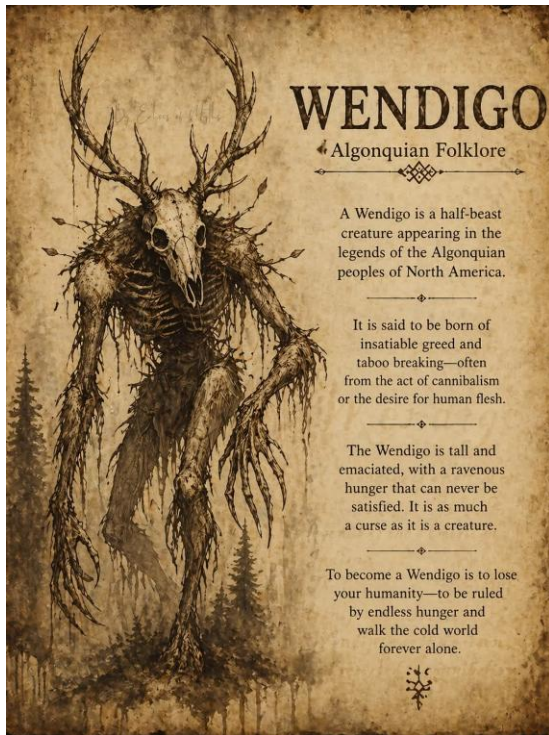
Most monster legends are about what's out there in the dark. Something foreign, something other, something that comes for you from outside.

The Wendigo is different. It starts from within.

The Wendigo belongs to the Algonquian-speaking peoples of the northern woodlands — the Ojibwe, the Cree, the Innu, among others. The exact name and details vary by nation, but the core of it stays consistent across a vast stretch of territory stretching from the Great Lakes up into subarctic Canada.

It isn't simply a monster story. It's a story about what a person becomes when they cross a line that can't be uncrossed.

The Wendigo is born from cannibalism — specifically from eating human flesh to survive. In the brutal winters of the northern forest, where starvation was a real and present danger, this wasn't a purely theoretical taboo. It was a line communities knew could be approached.



## WENDIGO

Algonquian Folklore

A Wendigo is a half-beast creature appearing in the legends of the Algonquian peoples of North America.

It is said to be born of insatiable greed and taboo breaking—often from the act of cannibalism or the desire for human flesh.

The Wendigo is tall and emaciated, with a ravenous hunger that can never be satisfied. It is as much a curse as it is a creature.

To become a Wendigo is to lose your humanity—to be ruled by endless hunger and walk the cold world forever alone.

Cross it, and something changes. The person who survives by consuming another doesn't return to being who they were. They become something else — tall, emaciated, perpetually starving no matter how much they eat, growing larger with every kill but never filling the void. The hunger expands with the creature. It can never be satisfied.

That detail is important. This isn't a monster that hunts because it's evil. It hunts because it is nothing but need.

What It Actually Warns Against:

Greed. Consumption without limit. Taking more than your share at the expense of the community around you.

The Algonquian nations were — and are — cultures with strong traditions around communal survival, sharing resources, and reciprocity with the natural world. The Wendigo sits at the exact opposite end of all of that. It is the logical conclusion of pure selfishness: a creature that consumes everything and is still empty.

It's one of the most psychologically precise monsters in world folklore. The horror isn't the antlers or the hollow eyes. The horror is recognition.



## Rock Talk Turquoise

I figured since I covered Howlite which is commonly marked as white turquoise or dyed to look like turquoise; this month I would dive into the real deal. Also, of note upon some deeper digging, I found the mineral hardness of turquoise is not the same as Howlite, so I was mistaken in the previous article, the Mohs hardness is between 5-6 making true turquoise is more durable than the imitations. It is worth noting there is another mineral often dyed to resemble turquoise, magnesite which does share the same hardness as Howlite.



Turquoise forms in masses, stalactites, veins, and crusts, there are very rare formations of short small prismatic crystals. Known for its unique bluish color it can lean towards greenish shades and often has either black or gold (pyrite) flecks and veins within it.

A unique mineral that works well with all the chakras, elevating and attuning them, while bringing balance to the physical and higher planes. Turquoise though does

work best with throat, heart and navel chakras. This combination makes it a helpful support when communication is required. Wearing turquoise can help one to be more articulate, and clear when sharing knowledge and wisdom that are part of your truth. Turquoise can also help one to realize that it is not a bad thing to not be fully enlightened, that all traits of self are an aspect of the divine, and remaining a cohesive whole has more value than trying to ignore or block aspects one may think are less spiritual. A protective mineral, turquoise may help cleanse and restore both the energetic and physical body. By creating a bridge between earth and sky, it can also support vision quests and astral travel.

Meditation with turquoise can help one remain grounded and connected to the conscious mind.

Turquoise provides and builds oneself confidence, promoting mental calm, and emotional balance. From that place of confidence if one struggles with feeling too shy to share their knowledge, they may feel empowered enough to speak clearly and boldly. Known as a healer of the spirit, turquoise can guide one through the unknown, protecting while also promoting independence.

Bolsters friendships and encourage loyalty. It can also be a good mineral for lovers, promoting understanding, trust, kindness, and spontaneity in romantic relationships. Physically turquoise can be used as a support in treatments for illness in the lungs, including asthma. It may be used to help with treatments regarding the eyes, blood, and skin.

Paraphrased from “LOVE IS IN THE EARTH – A Kaleidoscope of Crystals by Melody”, “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)

## From Hex and Shadow Chronicles

### Magpie

Few birds carry as much folklore, superstition, and omen magic as the magpie.

Recognizable instantly by its black-and-white feathers, the magpie became associated with duality itself, light and shadow, fortune and misfortune, truth and deception. In folk belief, it was never considered an ordinary bird.

It was a sign.

Across Britain and Europe, people watched magpies carefully, believing the number seen could predict events to come:

One for sorrow.

Two for joy.

Three for a girl.

Four for a boy.

Five for silver.

Six for gold.

Seven for a secret never to be told.

This rhyme was more than superstition. It reflected an old form of omen reading, the belief that repeated patterns in nature carried meaning.

The magpie became tied to divination through numbers, timing, and appearance.

But there is another reason it unsettled people.

Magpies collect things.

Shiny objects, fragments, pieces left behind. Because of this, folklore began associating them with theft, secrets, and hidden knowledge. In some traditions, they were believed to carry messages between worlds, gathering information unnoticed and returning with it later.

In Norse and Celtic symbolism, black-and-white animals were often viewed as threshold beings; creatures standing between opposites, able to move through different states without fully belonging to either.

The magpie fits this perfectly.

In witchcraft, magpie energy represents:

omens and pattern recognition  
hidden messages  
duality and balance  
collection of knowledge  
divination through repetition

The magpie teaches witches something important:

Not every sign arrives dramatically.

Sometimes magic repeats quietly.

A bird appearing repeatedly.  
A pattern that keeps returning.  
A feeling that something is trying to get your attention.

Magpie asks:

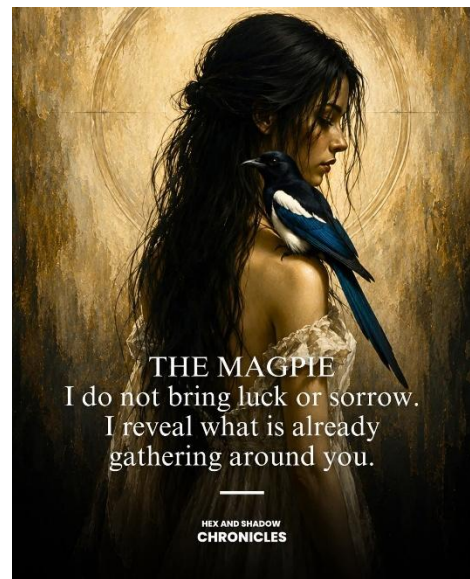
What keeps repeating in your life?  
What are you collecting emotionally, mentally, spiritually?  
What signs have you dismissed as coincidence?

Because the magpie does not force its meaning onto you.

It appears.

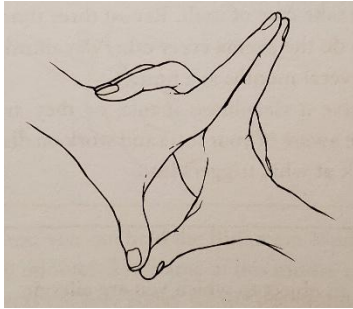
It watches.

It waits for you to notice and once you do the pattern becomes impossible to ignore.



## Mudras

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



### Uttarabodhi Mudra (*Mudra of the highest enlightenment*)

Place both hands folded in front of your solar plexus, at the level of your stomach. Lay the respective index fingers and thumbs on each other. Point your index fingers upward to the ceiling, and your thumbs downward to the floor or stomach. If you are lying down, the tips of your thumbs may lie at the lower end of your sternum.

The Uttarabodhi Mudra can be held anywhere, at any time, and for as long as you want. You can use this mudra when you feel physically and mentally listless, when you want to relax, or when you need a rousing idea – a flash of inspiration.

The Uttarabodhi Mudra strengthens the metal element which is associated with the energy of the lungs and large intestine. It strengthens inhalation; and since the heart and upper lung areas are particularly opened when this mudra is done, it has a refreshing effect. The metal element has a direct relationship with the nervous system and anything that conducts electrical and/or energetic impulses. These are both the internal and external paths that connect human beings with the surrounding world and the cosmic forces. The metal element conducts the universal life force, also called chi or prana, from the outside to the inside and is responsible for charging the inner power reservoirs. I like to compare this mudra with a lightning rod, and I practice it frequently before I give a talk, teach a class, or write. On the one hand, I want to make a connection with the divine powers that should be the essence of my work; and on the other hand, I would like to create a connection for the listeners, students, and/or readers. Test the effect of this mudra – you will be amazed!

**Affirmation:** *My partnership with the powers of the cosmos allows my life to appear in a new light.*

## Tidbits and Tickles:

People who wonder if the glass is half empty or half full miss the point.  
The glass is *refillable*.

## This is Canada

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



This isn't Sydney. It's Canada. (Vancouver)

## From Llewellyn's Witchy Calendar 2026



### June Correspondences

Stone: Pearl, chalcedony • Animal: Deer, eagle  
Flower: Rose • Zodiac Sign: Gemini

By June, summer has well and truly arrived. The Sun reaches its height in this month, the weather is warm but not yet overbearing, and children are out of school enjoying their holiday. This is a time of year for activity, and for many families, summer is when they choose to travel together – going to the beach, to a theme park, to visit relatives, or further afield. The month of June is indelibly associated with the adventures of summer vacation.

However, travel can be stressful. As fun as it is to go on vacation, getting to and from your destination involves taking time off work, coordinating flights or planning routes, encountering traffic and delays, worrying about lost luggage, and navigation unfamiliar places. It can be costly and expensive if things go wrong. The magic of June affords an opportunity to engage with these themes of summer, travel and concomitant stress of a long journey. June sees the Sun's ingress into the astrological sign of

Cancer. Cancer is a protective and guarded sign symbolized by the hand-shelled crab; although sensitive and vulnerable on the inside, Cancer defends itself with a hard exterior. In tarot, this sign corresponds to the Chariot: the card of activity, motion, and travel. Together, the astrological symbolism of Cancer and the tarot symbolism of the Chariot provide the foundation for magical work to safeguard your summer travel plans.

### **Safe Travel Tarot Talisman**

Using Cancer's protective nature and the Chariot's association with travel, this spell is designed to create a talisman to ensure that your summer travels go smoothly. You'll consecrate the talisman using lotus oil, as lotus is associated with Cancer.

#### **You will need:**

Copy of the Chariot card  
Lotus essential oil  
Paintbrush  
Handkerchief or cloth napkin

Set the card face-up in front of you. Take a moment to clear your mind and focus on the magical work you are about to do. Think about your planned travels and your goal of a safe and peaceful journey. Say:

*Chariot of light, watch over me! Keep me safe in my travels this summer.*

Carefully dispense 7 drops of lotus essential oil onto the face of the card. Use the paintbrush to spread the oil over the surface of the card. As you do so, chant:

*In the Chariot I safely ride*

*However far I go*

*Be my guardian and my guide*

*Protect me to and fro*

Continue this chant while the oil dries, focusing on the security and peace of mind you want this talisman to bring you. Once the oil is completely dry, wrap the card in the handkerchief. Say:

*By the power of the Chariot, my travel is secured.*

Place the wrapped card in your luggage and take it with you wherever you travel for the summer, knowing that it will guarantee your safety and comfort throughout your travels.

-Jack Chanek



## Marina's Divination Station

By Marina Evans

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

We seem to have finally entered our long-awaited spring! With the delay of nice weather this year, we begin to wonder if this will make for a shortened summer as well, one can't know for certain, but it certainly makes those warm days more precious! We may be a little more selective about our time and who we spend it with and what we do with it when we can because it seems that there are so many things that steal little bits of our time throughout the day. Maybe it's work, family, school or classes, or any number of other things. These things aren't always bad. They can be enjoyable, if they are a part of the plan. This can be especially important for the people-pleasers who may be reading this. We tend to give up our time, unwilling to feel like we have disappointed anyone or are letting anyone down. Sometimes this consumes our entire day without us even realizing it until we look at the time and the day has passed. Some of you out there, me included, may even unknowingly practice something called revenge bedtime procrastination. Intentionally delaying sleep to have some downtime for yourself because your day has not allowed it. Will we be tired the next day? You bet. But it's worth it to many. Some of the things that steal our time are beyond our control. After all, we need money to live so working is necessary, but other things may just come from an innate or learned inability to say no when no is what we mean. If you're feeling a little tagged in this photo, then today's reading might be for you.

### **POWER ANIMAL ORACLE CARDS by Steven D. Farmer Ph.D.**

This is a deck I have had for a good number of years, and one I tend to return to repeatedly. At 44 cards it's a smaller deck than most others, and the messages are quite simple, but it can offer a degree of insight at a quick glance that can change the tone of the day. While the cards do provide a short message on the cards themselves, there is a deeper dive into those meanings in the 120-page guidebook that accompanies it. If you're an animal lover, new to oracle, or looking for something to provide quick understanding of inspiration, this is a great deck for you to try out.

*The Drawing of the Card*

***Bear (Boundaries)***



The bear arrives to build on the point we made earlier. The ability to say no when we mean no seems so simple, and yet, for many of us, it can be staggeringly difficult. A bear has little trouble with the idea of boundaries. When they say you may, then you may, when they say you may not, you absolutely may not. This is something we must strive for. The idea of being our most authentic selves has been thrown around a lot in the past few years. A bit of a buzz word if you will, but how many are truly seeking what that is? The truth is, knowing who we are, authentically, can be extremely hard to sort out. We tend to believe our identities are carried in the roles we play, but what about when we pull those roles back? Who is left in the deepest parts of ourselves when

there are no labels? Sometimes, to figure out what it is we truly want, and who we truly are, we must figure out what we do not want. Enter the idea of boundaries. These do not all have to happen at once, but it is something to start practicing. When someone is demanding our time or presence, and it's not something we want to do, we need to learn to say no. This can be difficult of course but learning what we need to say no to and who we need to say no to can open the doors to say yes to what we really want. Like I said earlier, sometimes figuring out who you are is discovering who you are not. Something I heard once a long time ago really resonated with me and stayed with me ever since. A quote by Aubrey de Grey' "Don't cling to a mistake just because you spent a long time making it." Now is a good time to start setting boundaries to serve yourself. Some people pleasers have trouble with this because it feels as though they are letting someone down, failing them, or a 'bad friend' because they aren't showing up for someone. Keep in mind you are still showing up for someone, but now the someone is you. You deserve your attention more than anyone else.

If you enjoyed this and want to see more from this deck and others, follow me on Instagram @29crows and let me know which decks you'd like featured next.

Until then, Breathe.

For the Love of it,

Marina

# Reflections from the Shaman's Hut



## Father's Day

By Trent Deerhorn

I read an article awhile back that spoke about how, once a man becomes a father (in attendance of his partner and child, of course) there is a hormonal change that happens within him. This hormonal change will make him think differently. This brings with it a subconscious realization that he is no longer just a man, no longer just a lover, but now a protector. As I read the article, I was seriously feeling an "Ah-ha" moment. When I became a father, I noticed a shift within myself, and it was anything but subtle. Everything was suddenly completely different. I went from the guy that is the life of the party to the one who threw daggers with my eyes if a stranger looked at my baby too long. I was the person who did not mind walking my kid to school and was reticent to just send them off with their friends, even if their friends' parent was there. I was also the one who LOST IT on a fellow driver who rear ended me when my child was in the car with me. I also found myself telling disrespectful people that they had no right to treat the father of my children in such a disrespectful manner.

For a long time, I thought I was the only one who experienced that. But then I noticed that my friends who were also becoming fathers were experiencing it as well. We talked about it when we had the chance to. None of us understood why it was and we were comfortable with boiling it down to "social expectations." But that was not it entirely.

Although I cannot see my own energy to save my life, I can see others' energies. And I was noticing a shift in my friends' energies. It was as if an armor was suddenly in place. That armor was not protecting them. It was encased around both them and their family members. The slightest twang on that armor would alert them immediately. I think that this is part of why when men sleep, they can not hear the baby cry right away, but the slightest sound outside the house will have them on high alert.



Deerhorn Shamanic Svcs

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I witnessed this most recently when our son became a father (and what an amazing father he is!). We did not go to meet the baby in the hospital. We waited a few days until they were home to go over and meet our new grandson. Our son was in the back of the house when we arrived. We said hi to our

daughter-in-law and the baby, completely preoccupied with the baby's delicious adorability, when our son walked into the living room. BAM! There it was. The "father" energy was all over him, from the colors to the lights to the scent! Now I know that this works in tandem with the hormonal shift that a man experiences. It is cool to know that these things work together and that they create a foundation of a stable and protected family.

And to all the fathers out there this month, **HAPPY FATHER'S DAY!** I hope that you have an amazing time of it.

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

### **MAYBE WE DID START THE FIRE**

**By Ave Ridler**

School shootings so common  
Teaching survival skills for one  
Is now part of the curriculum.  
Leaders chosen based on  
Charm and charisma,  
Their true natures masked by money  
And empty promises.  
Trash tossed out windows  
Another empty Tim Horton's cup  
Rolls down the road.  
Apathy  
Isolation  
Intolerance  
Fear  
Desperation  
Willing to lose it all  
For one more taste of a poison  
That has you standing swaying  
Body folded over face and arms dangling.  
Clutching that convenient coffee  
As you turn blind eyes away  
Not seeing the lost and hungry  
Sitting in front of you.  
Apathy  
Envy  
Loneliness  
Exhausted

Reusable bags litter the streets  
Reusable coffee tumblers fall from  
Thrift store shelves.  
Arrests that break ribs  
Flatten windpipes  
Eight uniforms  
To one body pinned to the dirt  
Gathering crowds crying out for justice.  
Bear spray at a local grocery store.  
A cellular phone recording it all  
Removing responsibility  
Social media turns it all into a big joke.  
Apathy  
Anger  
Hopelessness  
Convenience  
Someone else will fix it  
Someone will tell us what to do  
Someone else has the extinguisher.

## According to the Farmer's Almanac 2026:



### Berry Good

Nothing evokes summer quite like ripe, sweet strawberries. “Albion” is a relatively recent addition to the plethora of strawberries available today, arriving on the garden scene in 2006. The variety was bred to be resistant to pesky diseases, such as anthracnose, phytophthora crown rot, and verticillium wilt. An ever-bearing strawberry, meaning that the berries ripen continuously throughout the growing season, “Albion” is heat-tolerant and high yielding. The fruit is prized for its large and firm conical shape, vivid red color, and superbly sweet taste. Harvest berries into late fall for jams, jellies and preserves.

**June 5<sup>th</sup>: World Environment Day**



**June 14<sup>th</sup>: New Moon**



**June 21<sup>st</sup>: Father's Day and Summer Solstice.**



**June 29<sup>th</sup>: Full Strawberry Moon**



## Ask the Shaman: With Trent Deerhorn

**Q:** From your perspective, am I right in insisting that my X does not get to see his children when he left us for another woman?

**A:** There are so many more details that are required for a thorough answer here, and I am also not a family law professional. But I will offer you some perspective, although you may not like it.

1. He is their father. You may not appreciate that right now, but your children do and need to have him in their life, even if they do not live with him.
2. He left YOU. He did not necessarily leave the children. There is a HUGE difference.
3. No matter how much you may want to hurt him by not allowing him to see his children, you will only be hurting your children MORE.
4. If he is not physically or mentally abusive toward the children, there is no valid reason to not allow him in their lives and to be mature enough (both of you) to co-parent your children.
5. Make darn sure that you are not performing parental alienation because THAT would be on you.
6. I am so sorry that this happened to you. At the same time, it is important to recognize that the affair was a symptom of a lot more going sideways in your relationship than simply him having the desire to stray. You both need to address ALL the issues either with each other in counselling or mediation, or at least within yourselves.
7. Don't drag out the divorce proceedings. That only complicates things for the children. Simple and fair is always the best way to go.
8. Don't feel like you or your marriage "failed." Relationships change. That forces us to change with them. Sometimes they change for the better without our recognizing that the change is a positive thing. Sometimes they change for the better and we do recognize that. It is extremely rare that any relationship holds up to the antiquated rule of "till death do we part." And often if it does it should not have.

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

We are injured and hurt emotionally – not so much by other people or what they say or don't say – but by our own attitude and our own response.

-Maxwell Maltz, Psycho-Cybernetics

## Forum

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

**Max Wrote:** I am so happy to see you covering the Old Gods! Cernunnos has been my patron God for YEARS. It is nice to see Him featured.

**Tiffany Wrote:** I like Howlite!

**Alexis Wrote:** Mermaid Tarot?? I have always been attracted to mermaids and feel like I, myself, should have a fish tail. I am going to have to get that deck!

**Justin Wrote:** Trent, I love your version of "Community." More folks should adopt that level of consciousness.

## 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](mailto:deerhorn007@gmail.com) or phone me at (306) 978.5300 to book an appointment. Blessed Be!





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