

Flight: A Living, Breathing Document of Consciousness

Volume 15 Issue 155

September 2026



Articles that inform and inspire!

Letter from the Editor



As summer slowly comes to a close, we find ourselves bringing in the harvest from fields and gardens and preparing our yards and homes from the coming winter months. This is a time for us to also begin the process of slowing down. For some this seems unrealistic as they are frantically getting their children off to school and signed up for after school activities. This is when it becomes even more important to have a daily practice that allows you to slow down for a moment, because life is hectic enough as is.

Whether it is a quiet cup of coffee in the morning or a 15-minute meditation or taking a walk around the block to enjoy what warm weather we still have, it is important to attend to yourself and to take a moment to contemplate your connection with nature and with yourself. Everything else will fall into step as you go.

This issue of FLIGHT has some awesome articles that will indeed inspire you. I thank my contributors for their diligence and hard work in getting their articles to me for the editing process during the last couple of weeks of summer. I know that some of you even sent them from far away while on holidays and some had family crises happening and managed to get them in anyway. I am very grateful. I will also encourage those who have been following the stories of Ophelia, the child vampire, to check out the conclusion to that series of short stories. We look forward to the future submissions by the author, Gail Fulkerson.

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.***

**** 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!

Trent Deerhorn

Upcoming Events

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

Full Moons of 2026

Full Moon: 12:49pm

Color of the Day: Brown

Incense of the Day: Magnolia

Full of Love

Today is a full moon as well as National Love Note Day. While this day typically involves sending love notes to the living, we're going beyond the veil. With our descent into the darker half of the year, this spell helps us send love to those who have passed on.

If you are grieving the loss of a loved one, whether their passing was recent or a long time ago, you can use this spell to express your love to them. The full moon will amplify your message. You will need a sheet of paper, a pen, an envelope, and, if available, dried mugwort, lavender, and/or rose petals – plus a way to burn the letter to send it off to the spirit world.

Take some time to write your loved one a letter expressing your thoughts and feelings. Fold it up with the herbs and tuck it all into the envelope. Write their name on the outside. In a small fire in your cauldron or a bonfire outside, burn the letter while saying their name three times along with these words:

Beloved dead, receive my note from the heart.

Be close to my words though we're apart.

Laura Tempest Zakroff

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:

September 26th, 2026: Full Harvest Moon Ceremony. Rhythm Instruments Welcome.

October 31st, 2026: Samhain Celebration. Rhythm Instruments Welcome.

November 21st, 2026: Theme TBA. 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**

September 22nd, 2026: Autumn Equinox Ritual. Rhythm Instruments Welcome.

October 20th, 2026: Samhain Celebration. Rhythm Instruments Welcome.

November 24th, 2026: Full Moon Ritual. Rhythm Instruments Welcome.



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.

Samhain Readings Day

Join **Trent Deerhorn of Deerhorn Shamanic Services** for a special day of readings. Using the Scrying Mirror, Trent will receive visions and messages for you to contemplate. Readings will be 20 minutes in duration with opportunities for questions and answers.

Time is limited, so please be on time for your appointment.

Price: \$95.00 Cash, Debit, Visa, MasterCard or Amex

Date: Saturday, October 24th, 2026

Time: 10:00 am – 3:00 pm

Location: Deerhorn Shamanic Services, 230 Charlebois Cres, Saskatoon, SK

By appointment only.

Contact Trent at (306) 978-5300 or deerhorn007@gmail.com to book your time!



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. (B,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 Dokorenhof, 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)



Savor handcrafted vinegars at Dokorenhof, 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 Barfusskirche. 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.

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 specialties, 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



Makes One Think

Archaeological research places the arrival of Aboriginal Australians on the continent somewhere between 65,000 and 50,000 years ago, making them among the oldest continuous cultures on earth.



According to the traditions of Aboriginal groups in western and central Arnhem Land, in the Northern Territory, an even older presence was already there when the first humans arrived: the Mimi, slender spirit beings said to have lived in the rocky escarpments of the region before human society existed at all.

Anthropologist Luke Taylor, who has documented Kuninjku traditions from the Maningrida region, describes the Mimi as central figures in local oral history, credited with instructing the first Aboriginal ancestors in the essential skills needed to survive the harsh stone country of the Arnhem Land plateau.

Tradition holds that the Mimi taught humans how to hunt and butcher kangaroo and other game, how to control and use fire, and how to paint, having produced the very first rock paintings themselves before any

human hand touched the stone.

Beyond survival skills, some traditions credit the Mimi with introducing ceremony, song, and dance as well, framing them as the originators of culture rather than survival technique alone.

Physically, the Mimi are consistently described as extraordinarily tall, thin, and fragile, with bodies so slender that a strong wind is said to be capable of breaking them.

To protect themselves from this danger, tradition holds that they spend most of their time sheltering inside rock crevices, blowing into the cracks of the stone to make them open and admit them, then sealing themselves inside until conditions outside are calm enough to emerge.

From Over 100 Inspirational Quotes by Alan Chazen

Look around you and see if you can find anything that is profitable to man which was not planned in minute detail on paper before being produced. Why does man spend so much time planning those kinds of things when his own life is so much more complex and requires this kind of planning so much more?

Myths

Pan: From Hex and Shadow Chronicles

The most dangerous hour in Pan's wilderness was not always the dead of night. It was noon.

In Idyll I, the ancient Greek poet Theocritus describes a goatherd refusing to play his pipes beneath the midday sun. Pan was resting after the hunt, and the shepherd feared awakening him. The woodland god was known for a quick and formidable temper; disturbing his sleep could draw his anger upon the person careless enough to break the silence.

This was the Hour of Pan.

At midday, the sun stood directly overhead. Shadows withdrew beneath rocks and trees. The countryside became unnaturally still as animals sheltered from the heat and people sought shade. In the mountains and isolated pastures where Pan was believed to wander, the blazing light could become as disorienting as darkness.

Heat exhausted the body. Cicadas screamed from invisible places. Distant shapes trembled in the glare. A traveller might hear movement without seeing its source or suddenly feel watched in a landscape that appeared completely empty. Then came fear.

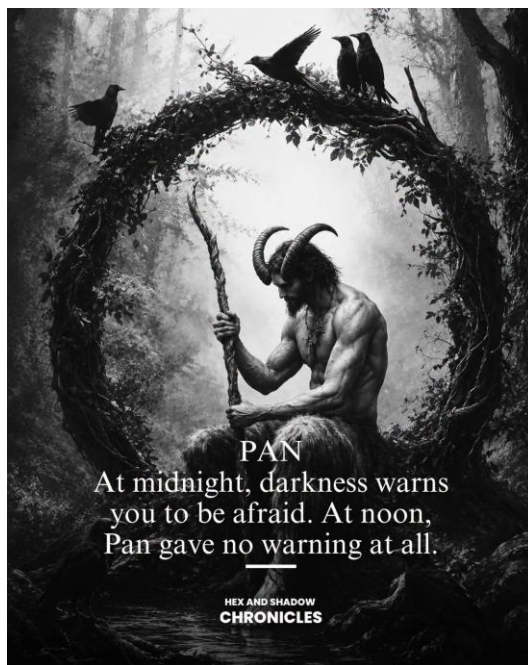
Not the gradual fear created by an approaching threat, but a violent terror arriving without explanation. The racing heart, confusion and urge to flee associated with Pan's unseen presence later became connected with the word panic. Pan ruled wild places where people could be overcome by terror before understanding what had frightened them.

Noon therefore became a threshold.

Midnight concealed what moved through the wilderness. Midday exposed everything so completely that the human mind could no longer trust what it saw.

The Hour of Pan represents the moment nature becomes too silent, too bright and too powerful to remain comforting. It reminds us that the wild does not need darkness to become frightening.

Sometimes the gods were closest when the sun was at its highest and when Pan slept, even the shepherds lowered their voices.



DREAMWORK: Cultivating a Personal Practice for Finding the Work

by Loriann Zuzak

Why cultivate a dreaming practice? How to start? What can be harvested from a personal dream practice?

From My Own Journey: “A constant, useful, supportive element.”

I began writing down my dreams sometime around 2010. I’ve dreamt in movies my whole life, but the practice of writing them down and focusing on remembering them has added a dimension to my own spiritual practice that has paid dividends over the years and added a practical, useful element to my search for self-understanding and personal growth.

My dreaming has accompanied me at times in life when I’ve felt isolated and alone. It has helped me when I was sick. My dreaming has guided my life’s work and encouraged its unfolding. It has offered protection by guiding me away from certain relationships and practices that were doing more harm than good. And although rare, my dreaming has even alerted me to danger that led me to seek out a more advanced shamanic practitioner for expert level support.

Repeatedly, my dreaming has shown me the most precious parts of myself - my gifts and the things I overlook in myself that need attention, appreciation, articulation and expression in waking life.

Bringing Dreamwork into my Coaching Practice: Client Stories

A dream about being cornered by a giant, mutated rat had a client wondering “is my cancer returning?” It turned out her dreaming was helping her siphon off significant fearful energy while she slept. The dream helped her name what was really looming over her - it was the fear - not the illness itself - but the fear of it returning that was causing a whole subset of other problems in her day-to-day life as she navigated recovery.

A dream about a drowning woman in a bathtub showed another dreamer she was on the verge of a breakthrough. Often unnerving or dramatic dreams can be seen as “pay attention” dreams. The intensity in the dreamscape helps you remember the dream in waking life in the morning and will linger in your conscious memory throughout the day - it’s very possible the dream holds something important for “waking you” to understand.

The Task:

In the beginning, it is often a task enough to just make a practice of remembering what little there is on recall in the morning. Even short sequences can be useful. Within the first few years, I came to be able to recall much of my nightly sequences in detail - not just an image,

but a storyline, what I said, what various characters said, as well as textures, colors and the overall landscape of the dream. Generally, I now find that even though I dream nightly, I'll have significant clusters of longer dreams over the course of one week within a month. Sometimes, the dreaming creates a conversation and lays out new personal work over a series of nights.

Tips for Bringing your Dreamwork to a Guide:

I always recommend typing the dream into a document and telling it as a story. Including information like colors and details about the environment around you in the dreamscape can often give as much or more information as the storyline of the dream itself. Recording any thought processes, emotions or reactions dreaming you had inside the dream helps, too.

It is also useful to add waking life context. If you dream of an individual known to you in waking life (personally or a public figure or celebrity) add three positive and three negative things the person represents to you in waking life in your document. I had one dreamer who dreamt of a president she particularly disliked, but when we probed further, the image was simply showing her that she was going to need a "tougher skin" if she was going to step further into the spiritual leadership she was being called to pursue next.

What Time Spent on Your Dreaming Can Do:

Dreaming guidance and support can help you get clear. It can help you on the road to enacting personal change. It can show you where your personal work really is. It can show you where your fears are and what the exact nature of them are. It can show you what you are currently resisting that requires attention. It can help you on the road to recovery with suggestions for improving your health. And perhaps most valuable of all, it can help you make connections between your past and behaviors you've tried to change that are stubbornly persisting.

Making plans, your dreaming can show you what it's time to leave behind and what will be coming next or what it's time to start getting ready for. In my own personal experience, I have found my dreaming to be a constant help, a constant source of loving care, messages and a nearly continual request for growth. You don't have to worry about missing a message because your dreaming will continue to make requests through new dream scenarios until you've lived your way into the next level of engagement.

In my coaching practice, when a client is open to it, we track dreaming throughout the journey period - most often 3 months. The dreaming takes up a voice of what I call "the third" and adds a dimension that amazes us as we work. Between the coach, the client and the dreaming, we can move through the time together in a thorough and powerful way for the client. In our work, we also must be discerning about a reasonable, digestible pace of change. It is wise to remember that we are timeless beings and regardless of how we are experiencing time now, there is always the time we need for whatever we are tackling next.

After a period of healthy self-confrontation and self-led growth, it can be wise to take time off and just go live for a while.

What Dreaming Can't Do:

Ultimately, it's up to you to take responsibility for yourself and what you decide is the work at hand in waking life. You oversee being honest with yourself and are accountable for what you choose to do and what you choose to avoid. As a sovereign individual, your decisions are yours. Your dreaming can't do the work you need to do, even if it can show how you hold yourself back.

The Best of the Dreamwork Harvest: Self-Understanding and Learning About Your Gifts

Paying attention and processing your dreaming for a period can set you up for success in a way that no amount of coaching or therapy can move you through on its own. It is a practice that, over time, makes you your own expert and that guides you through your unique set of life path challenges and unfoldment with support that will only work for you.

Hiring a Dreamwork Guide can help you discern where the work is or what is not currently working in your own personal development approach. Sometimes the simplest dreams are the most profound - you don't always need to have a dream like a movie to get depth and takeaways that are helpful. What's more, your dreaming can show you how you are making progress when engaging in deep, self-confrontational work. A Dreamwork Guide can help you see just how much progress you're making in waking life when The Work isn't feeling particularly "good" in the day-to-day. Your dreaming can offer encouragement and even bring humor to help you keep going when The Work is difficult. When things start feeling too heavy or hopeless in waking life, your dreaming can remind you to lighten up a little and let life back in. It can help you cultivate self-compassion and a loving self-tenderness no matter what you are struggling with. In short, your dreaming can become a valuable ally while navigating your life path and the inevitable human dynamic of navigating change.



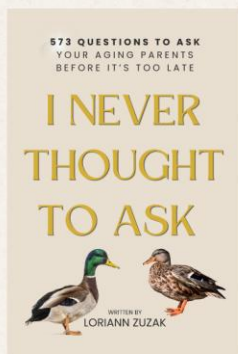
Loriann Zuzak offers seekers dreamwork analysis sessions in person and in written report form. Get analysis and self-reflection questions written by a human hand and heart emailed to your inbox. Bring a single dream or work with a series from a busy week of dreaming. Inquire about rates, sessions and to submit a dream by emailing alchemiawisdomschool@gmail.com.

Loriann Zuzak is a writer and transformational guide whose work explores memory, mortality, emotional legacy and the quiet importance of feeling truly known. Drawing from her own well of precious lived experience, spiritual study and professional certifications, she is the founder of a modern wisdom school. To find out more visit loriannzuzak.com.



Published on Amazon, available now!
June 3, 2026

Life Coach Loriann Zuzak's New Book



"When we suddenly realize there are things we never asked – **not because we did not care, but because we assumed there would always be more time.** This is not simply a collection of questions or timeline of events, but a gentle **guide to discovering the human being beneath the familiar role** of parent or grandparent."

I Never Thought to Ask: 573 Questions to Ask Your Aging Parents Before It's Too Late

AVAILABLE ON AMAZON: Kindle & Paperback

LINK TO AMAZON: <https://www.amazon.ca/dp/B0H3ZW6CV6>

AVAILABLE FROM THE PUBLISHER: epub & pdf

LINK TO THE PRESS: <https://alchemywisdomschoolpress.selffy.store>



Rock Talk By Ave Riddler

Zoisite (with ruby)

Though most recognized as a green mineral with varying flecks of dark and light green, possibly black with the red ruby scattered through the speckled greens. Zoisite itself can be found in a vast array of colors including white, and pink (aka Thulite) blue, and purple (aka Tanzanite), colorless, yellow, brown, green and red. With a mohs hardness of 6-6.5 it is a durable mineral, very rarely forming into crystals, most commonly forms in masses.

This mineral works with the root chakra but also can work with the heart and third eye chakras, energetically stimulating and harmonizing the energetic exchange between these chakras.

Zoisite with ruby can help one to be more aware of their unique and individual self, while remaining connected with others. From a more grounded and self-aware space, this can help one develop a more holistic way of connecting with others.

Meditation with this mineral can enhance contact with etheric bodies and can be used to help stimulate the crown chakra. It can also be helpful while developing any psychic abilities. This makes it a helpful aid for those who are awakening their spiritual self.



Working with Zoisite with ruby can help one develop talents and abilities of the mind.

Not just a mineral for the mind Zoisite with ruby can be used to help support the growth and fertility of life, from conception, to birth, as well as development from childhood to adult; providing ample energy for the rebirth of self, fostering inner development, while increasing understanding of one's role in the world. By enhancing vitality, Zoisite can help one remember and reenact the zest and enthusiasm they may have lost over time.

If one has lost the feeling of wonder and feeling of discovery within life, working with Zoisite may help reconnect one to those feelings.

Physically Zoisite with ruby can be used as a support in treatments for disorders of the heart, depression, chronic fatigue syndrome, thyroids, adrenals, and to increase diminished vitality. Keeping Zoisite nearby when dealing with radiation, chemotherapy may help boost the effectiveness and boost lost vitality from those treatments. While not a cure, this mineral can at least support the efforts and treatments towards healing.

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).



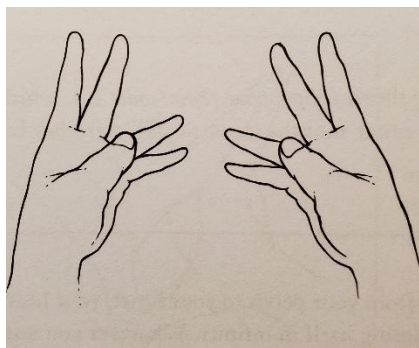
Join Ave live online at
<https://cosmosastrumradio.ca/>
**Tuesdays 9:00pm Sask.
 Time.**

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

Mudras

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



Detoxification Mudra

Place each thumb on the inner edge of the third joint of your ring finger. Do this with each hand. At least once a year, we should all plan a detoxification treatment. It makes no difference whether this is done at a beautiful spa or at home. The important thing is to pamper yourself, and allow yourself rest during this time, while still getting some exercise (walking, yoga, breathing exercises). A rice or potato

treatment has a very efficient but gentle effect. For three to five days, eat easily digestible bread with herb tea made of stinging nettle in the morning; for lunch and dinner, have a meal of rice or potatoes and steamed leaf vegetables. Drink tea or water between meals. Do an enema every second day and occasionally support the detoxification process with a compress. For example, a potato compress is quite easy to use and practically draws the toxins out of the body. It can be used to support general cleansing by placing it on the liver or any other body parts that hurt. Boil the potatoes in their skins and mash with a fork, wrap in a cotton towel, and place on the body; wrap a warm towel around the body and the potato sack. Leave the compress on the respective spot for about 30 minutes.

During the detoxification days, lie down to rest often. This is the time to use this mudra for supporting the detoxification process. It is important to consider the things, in addition to waste

materials and toxins, you are willing to let go of – bad memories, old grudges, bad habits, negative character traits, fears, etc. This will make room for something new. What should it be?

Visualization:

Visualize a film where you see what you are letting go of. Allow yourself enough time to do this. Afterward, visualize new qualities that you desire. Imagine everything new in a very lively and detailed manner; create within yourself the feelings (relief, pride, joy, etc.) that you will have when the goal has been reached – when your wish is fulfilled!

Affirmation:

I entrust my wish or goal to divine protection – and everything will be fine.

ECLIPSED

By Ave Riddler

Storm clouds roll across the sky,
A seemingly solid sheet of slate
Eclipsing the azure it once was.
Bird song silences.
The heavy clouds squeeze out the sun
Fingers of grey pinching the light
Creating a false dusk.
Verdant green leaves
Deepening to emerald.
The air strangely still despite the roiling movement above.
The land shadowed by the eclipsing clouds,
Brightening like a strobe going off
As lightning jags across the darkened sky
A crashing boom racing to catch the light.
Suddenly those heavy clouds burst
Drenching
Pummeling wet
Sheets of rain obscuring trees,
Flattening grasses
Puddles bloom.
The sound of thunder shuddering through,
The hiss of the downpour deafening,
Wind suddenly awakening
Gusts beating against trees
Causing limbs to bend and crack.
A sound like a gunshot as a branch snaps,
Hitting the ground with a thud.

Slowly faintly the sound of birds singing resumes
The drenching rains ease
Those slate grey clouds release the sun...
Light peeking through the gaps
Beams of it dance with the easing rain
Prisms of brightness
Creating a translucent arc of red, orange, yellow, green, blue and purple
Defying the still dark clouds behind them those brilliant colors.
Almost as suddenly as the storm rose it fades
Dripping leaves
Shivering from the memory of it.

Tidbits and Ticks:

I've just finished reading a book about the world's greatest basements. It was a best cellar!

This is Canada



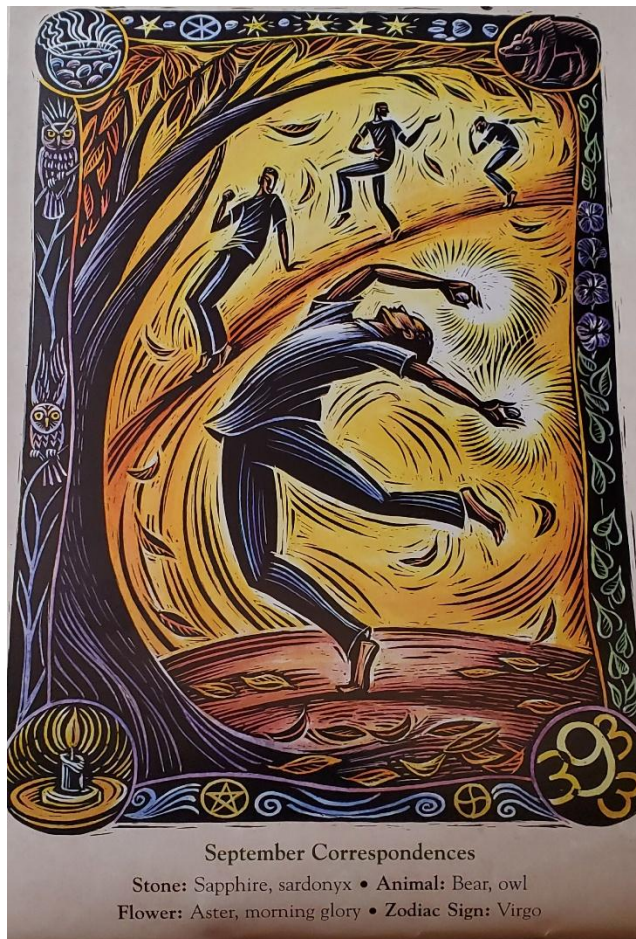
This isn't Ukraine. It's Canada. (Saskatchewan)

From A Guide for the Advanced Soul, by Susan Hayward

Until you can understand that nothing can happen to you, nothing can ever come to you or be kept from you, except in accord with your state of consciousness, you do not have the key to life.

Paul Twitchell

From Llewellyn's Witchy Calendar 2026



September

September ushers in the rhythm of song, dance, magic, and celebration. Streaming platforms make it easy to find your favorite groove. Just drop a title into your search, and instantly you can get your groove on for September.

September is the ninth month of the year. The number nine is charged with magical symbolism; it is traditionally the number of months for pregnancy, the number of the Hermit card in the major arcana of the tarot, and a multiple of the number three, which is also a sacred number.

The month of September brings change. It is the end of hot summer nights and the beginning of autumn romances. Leaves fall as the autumnal equinox approaches in the Northern Hemisphere, and new growth begins to sprout as the spring season begins in the Southern Hemisphere. It is a time of shifting balances and perspectives, although the equinox gives us one day when day and night

are of equal length.

When September rolls into our lives, it brings a sense of nostalgia, along with excitement that major holidays are soon to arrive. It allows us to pause and become the Hermit by spending time

in deep reflection and meditation or dancing into joy by listening to our favorite tunes. Expressing September's magic is sure to light up the inner recesses of your magical mind.

Charging Stones with Equinox Energy

Let us raise magical energy through ritual designed to celebrate the energy of September. We will use the number 9 and the elements of earth, air, fire and water.

You will need:

A small candle in the color of your choice.

A candleholder

A bowl of water

9 stones, to represent earth.

Place the candle in the candleholder. Place the bowl of water in front of the candle. Light the candle. Take a moment to watch the flame as it is reflected in the water. Allow your gaze and your thoughts to soften. Take 3 breaths, in through your mouth and out through your nose.

When ready pick up the stones, one at a time. Hold each stone in your hand. Feel the power and strength of earth. Allow whatever images that come to mind to pass into the stone. When ready, place the stone in the bowl of water. Repeat until all 9 stones are in the bowl of water.

Cup the bowl between your hands. Say:

Elements of earth, air, fire and water

Stir yourselves with September power.

Bless these stones I give unto thee

With your fruitful and positive energy.

Take a deep breath and blow over the water so it creates small ripples.

You can now place the stones in your bathroom, use them as a focal point on your altar, or return them to the earth. You can also use them to recharge your energy anytime you need to get your spiritual groove going.

Release the water anywhere you feel it will be beneficial. Extinguish your candle and be one with the blessings of September.

-Naja Lightfoot



Marina's Divination Station

By Marina Evans

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

Summer days begin the slow decent into autumn nights, which brings about images of cozy evenings with fires and friends. Concluding the season of fertility and into the season of harvest. For some, this is the time the real work begins. This, for centuries, has been the time when people reap the rewards of a long season of labor. Sometimes the crops were plentiful, and the conditions were favorable, and other times drought or flood brought less yield and hunger was a familiar friend. This, as mentioned, was partly determined by the conditions we were given, but was also very much in part due to the effort and care put into the work. This is the same for all aspects of our lives. There are always things we cannot control about our circumstances, and things we can. How we look at the things we can control will very much influence what our harvest looks like. This seems to be a message the cards for this month were eager to pass on to us.

THE SPHERES OF HEAVEN TAROT by Eliot Baum, Georg Hobmeier, Viv Tanner, and James Patton

I will not lie about this deck; I honestly cannot remember where I procured this one or how long I have had it. Sometimes that happens when your collection gets as unruly as mine. I was looking through the decks to pick one for this month and this one chose me. The pastel artwork gives a softer, gentler feel, but the messages it gives have a gravity, nonetheless. The card stock is quite thick and has little give. Perfect for those who like their cards to have a sturdier feel for them. The guidebook is not boastful, with few pictures and to the point descriptions, but the art itself is rich with imagery and gives much to draw from.

The Drawing of the Card

5 of Pentacles (jump card), Queen of wands

Every so often, while shuffling the deck, cards will decide there is something about this reading that you absolutely must know. Something that the other cards you pull may hint at but not explain well enough. Something they deem critically important. Today, we have such a card. I think because we generally draw one card in these readings, the deck deemed one card could not paint the importance of the picture, and, considering the message, I'm inclined to agree. The 5 of pentacles shows us opportunity after



calamity. Plans have changed, routine was lost, or something has gone awry. While these things can be unsettling, it can present new opportunities. Our stability has been toppled, but sometimes this is the push we need to exit our comfort zone. Maybe this discomfort is caused by your design, or maybe sheer luck, either way, new ideas and plans tempt us to push forward and build something new in its stead. This card, however, does warn us of being blinded by this temptation, and stumbling blindly forward. Well, that would be most certainly unwelcome. So then, how can we avoid the trap of flying blind, and still move forward after losing our footing? This is where we find our Queen.

The Queen of Wands shows us our way forward. We must allow ourselves to embody her traits. She is confident, calm, and a master of her skills. To move forward without falling into traps, be as the queen; trust your intuition, see the way forward from all sides and keep yourself ready to strike. You will know when the right time to move forward will be, and, trusting what you know and the skills you have, you will not need to hesitate. Once you set in motion the plans you have made, move with confidence, and those around you will feel the need to follow. Remember though, you need not rule with an iron fist. Allow yourself to nurture those around you, those who help you, and of course yourself. Observe, plan, and move when the time is right, and you will certainly build new worlds from fallen towers.

If you enjoy this reading and want to explore more decks, follow me on Instagram@29crows and let me know which decks you'd like to see next!

Until then, Breathe.

For the Love of it,

Marina

Reflections from the Shaman's Hut

Time Will Tell



By Trent Deerhorn

From a very early age onward I have received visions and dreams that have informed me, inspired me, and guided me when it comes to my personal path of healing and discovery. It is through these visions and dreams that I have often become aware of information that is being held back from me by others who have not had my best interests at heart.

Gradually, as I grew in my dreaming capabilities as well as my telepathic capabilities, that information would present itself in the moment as opposed to later in the dream time. Or, even better, it would present itself in a vision prior to the event. I truly believe that this is something that anyone can be capable of if they start paying attention.

It is because of the dreams and the visions and the telepathic “vibes” that I will often have immediate responses to something that others will not understand. When this happens, I will often abruptly shut down the person who is being cagey. Others, who may be buying into the story that the person is presenting, will be shocked at just how forcefully I can put an end to it. They will often think that I am being an ignorant schmuck because they do not have the insider information that I just received. I don’t mind being thought of as a schmuck. It keeps the pretenders at arm’s length.

I was raised to pay attention to my intuition and my personal gifts. Most folks have childhoods wherein they are told that they need to ignore such things. I did not have that. My mother would ask me why I was feeling or thinking a certain way and I would explain it to her, both verbally and telepathically, and she would understand what I was responding to. She always had my back with that. Sure, we had our bumps along the way as well, but I knew that when it came to my perceptions and intuitions she would stand beside me and not create any self-doubt within me whatsoever. I wish more people had that type of childhood. It would have given them the opportunity to develop self-trust and self-empowerment. Instead, they are left with only what is being presented to them without any conscious connection to what is underneath what is being presented to them.

When I work with people as a Shaman, one of my goals is to reconnect them to their intuitive and insightful selves, and to help them to sort through the history of second-guessing themselves. At first, they try to rely upon me for insights and advice, but over time they learn to trust themselves again. And once you trust yourself again, there is no possible way that anyone in your world can snow you.

Yes, it takes time to develop these skills. But even for the person who does not have the desire to develop them, there is the gift of time. Because no matter what the confusion of the situation may be, as time goes on you will discover what was always underneath it and what the others’ agendas had always been. So, if ever in doubt, wait. Rest with the situation without deciding. Because the one thing that is certain is that time will tell.



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

According to the Farmer's Almanac 2026:



Treasure Tree

Thinking about adding a tree to your landscape? Consider a black tupelo for its stature, flowers, berries and, most of all, spectacular fall foliage ranging from yellow and orange to red and purple. Small, greenish-white flowers arrive in the spring, growing in clusters along its branches. Nutritious, dark blue fruit ripen in fall and attract songbirds looking to stock up before migration. Black tupelo's trunk hollows as it ages, providing safe shelter for owls, bats, frogs, raccoons and other small animals.



September 7th: Labor Day



September 10th: New Moon



September 11th: Rosh Hashanah begins at sundown



September 20th: Yom Kippur begins at sundown.



September 22nd: Autumnal Equinox



September 26th: Full Harvest Moon



September 39th: National Day for Truth and Reconciliation

A GREASY BLACK SMEAR

By Gail Fulkerson

It was an ordinary evening in Ophelia's world. She and Roscoe awoke after dark and padded downstairs to the kitchen. Ophelia took a mason jar of blood from the refrigerator, set it on the counter to warm, and put the kettle on for blood tea.



“Do you want a strong cuppa blood tea, little man, or will a regular one do?” she asked Roscoe. He told his mistress to make him a strong cuppa tea. He preferred it after a good day's sleep.

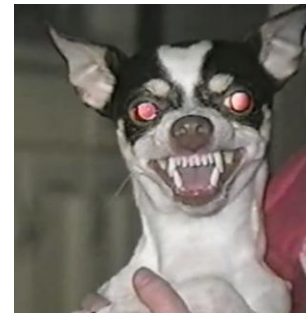
After their drinks, Ophelia and Roscoe got ready to hunt, donning heavy coats, scarves, gloves, and a warm hat. The clothing wasn't required, but Ophelia wanted to avoid standing out as they prowled Saskatoon for prey.

It didn't take long. Rounding a corner, they came upon an older woman deep in thought, not paying attention to her surroundings. She was perfect. Ophelia and Roscoe passed her on the sidewalk, then turned to follow her.

On the way home, the woman stopped for a lottery ticket and hot chocolate. The pair accosted her before she could take a sip. The drink spilled onto the sidewalk, staining it like congealed blood.

Ophelia went for the woman's jugular; Roscoe tore open her ankle, and they fed hungrily. The tea and blood they'd had before leaving home had been digested, and their stomachs were empty.

Pulling out some blood bags, Ophelia filled two before the woman ran out of blood. They must have been famished, Ophelia thought, since it had been some time since she'd reaped only two bags.



She checked Roscoe for blood and found none, unlike herself. Somehow, she'd dribbled blood down her chin and onto her bright white nightie, leaving a long, thin stain. She closed and zipped her coat, picked up Roscoe, and flew home. Ophelia detested stained clothes.

Ophelia headed straight for the basement and pre-treated her nightie with an enzyme soak that worked wonders on blood stains. Then she laundered it with her other bright white nighties. After they dried, she checked the fronts and couldn't tell which one had the long stain. The enzyme soak had done its job admirably.

“How 'bout a cuppa blood tea and a soak in the tub, Roscoe?” He woofed in agreement and shot up the stairs, overshot the bathroom door, and skittered across the floor to get inside before Ophelia reached the last stair.

“Oops, I forgot to make us a cuppa blood tea to sip while we soak in the tub,” remarked Ophelia. “Guess we’ll have our drinks after our bath.”

Ophelia was in the tub, and she picked Roscoe up off the bathmat and placed him between her knees. The duo relaxed in the hot water until it began to cool. She pulled the plug and waited for the water to drain before she and Roscoe got out.

She dried herself, wrapped Roscoe in a thick towel, and floated downstairs to the kitchen, where she prepared their tea. Roscoe’s bowl had extra ice cubes so he wouldn’t burn his little mouth. Ophelia took their drinks into the living room and sat in her comfy chair facing the picture window. The pair sipped and watched the world go by.

The eastern sky began to lighten. Ophelia yawned, picked up Roscoe, and headed upstairs to the coffin bed. Roscoe jumped from her arms onto the bed, burrowing into the blankets and afghans before settling in. Ophelia got into bed and got comfy, too.

Night came and went, but neither Ophelia nor Roscoe stirred. On the third night, Ophelia stirred but did not awaken. Roscoe moved a bit, but like his mistress, he did not wake. It would be a week before either of them woke up.

Ophelia felt weak and needed blood desperately. Roscoe was almost beyond saving, but Ophelia got him to drink from her wrist. He had a hard time latching on, but after a few sips, his strength began to return bit by bit.

She knew what was happening. Ophelia Banks and her little dog Roscoe were nearing the end of their lives as vampires. The old stories of vampires living for centuries left out one fact: vampires have an expiration date. No one knows when they will die; it is a surprise, just like human death. A vampire could be filling blood bags and having them expire mid-reap. When a vampire dies, all that’s left behind is a black smear of greasy dust.

A few weeks later, Ophelia found what was left of Roscoe in their bed. He had expired in his sleep; all that remained was a tell-tale little smear of greasy black dust in the top right corner, where Roscoe usually slept. She cried blood tears for hours.

Not long afterwards, Ophelia awoke in the daytime and found herself smoldering in her bed. She put out the small flames and changed into a clean, bright white nightie. Then she took the singed blankets and afghans off the bed and tossed them down the basement stairs. She would attend to them after she awoke after dark.

But Ophelia never woke up after dark. She died in her sleep and left a greasy black smear on the blankets and afghans, just like Roscoe some weeks earlier. When dawn came, the coffin bed was empty except for the stain.

Thus ended the reign of the vampire duo who prowled the streets of Saskatoon, and the night went on without them.



Ask the Shaman: With Trent Deerhorn

Q: As a healer, what is your approach to working with someone who has addictions?

A: Addiction counselling is completely out of scope for the work that I do. For me to be able to work well with what I have to offer, the potential clients must be at least two years clean and sober. Without that level of self-work and determination, it is pointless to try to make any difference in their healing journey. Shamanism is not a quick fix for anything. It is a slow boiling cauldron that brings a person back to themselves and back to their connection with nature. You cannot accomplish this with any degree of authenticity if you are higher than a kite. If a person is being controlled by whatever substances they are addicted to, they will lack the self-control it takes to do the healing work that Shamanism has to offer. But once a person has accomplished at least 2 years of recovery, THEN we can proceed and they will reap the benefits like crazy.

Forum

We like your feedback! Of the previous issue:

Mike Wrote: Thank you, Trent for your perspectives shared regarding co-parenting after separation.

Jacob Wrote: I, too, had a sudden shift upon becoming a father! I thought I was the only one to have that happen. Thank you for writing about this.

Isabelle Wrote: The Power Animal Oracle Cards are my favourite.

Blake Wrote: I tried the Uttarabodhi Mudra. Darn if that doesn't work! Thank you!

Maria Wrote: I have always been attracted to magpies.

Lexi Wrote: Turquoise is my all-time favourite stone!

Michael Wrote: The Wendigo is a figure from the legends of my people. Thank you for featuring that.

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!



An advertisement for Starosta Trucking. On the left is a yellow line-art illustration of a semi-truck. To the right of the truck, the text "STAROSTA TRUCKING" is written in large, bold, yellow letters. Below this, in smaller white text, it says "For all Your Earthwork and Hauling Needs!" and "Fully Licensed and Insured with WCB". At the bottom left, the phone number "306.229.6066" and email "starostatrucking1@hotmail.com" are listed. At the bottom right, in a yellow rounded rectangle, it says "JASON STAROSTA" and "Owner /Operator". At the very bottom, a yellow banner contains a list of services: "• GRAVEL • SAND • CRUSHED ROCK • CRUSHER DUST • TOP SOIL • CLAY • RECYCLED CONCRETE • LEVELING/GRADING • DIRT WORK • SITE PREPARATIONS • SNOW REMOVAL • DEMOLITION • EXCAVATING".



639 480 8802
whitethunder000@yahoo.ca
sharonwhitethunderhypnotherapy.com

- *Hypnotherapy/
hypnojourneying
- *Shamanic Healing
- *Enchanted Crafts
- *Indian Head Massage
- *Kansa Vatri
Foot Massage



Heavenly Holistic
HEALING
306 281 4340

Heavenlyholistichealing.com
heavenlyholistichealing24@gmail.com

**MINDFUL
MEDITATIONS
FRIDAY EVENINGS 7PM
131b 3rd St. Dalmeny
\$20 per person**

Meditation Will Help

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

TEXT 306-281-4340 TO SAVE YOUR SPOT

Please bring something comfortable to sit on during the meditation.

TINFOIL THERAPIES

- Jikiden Reiki
- Sound Healing
- Chakra Dowsing
- Vocal Toning
- Inversion

tinfoiltherapy.com

MAKE YOUR CHAKRAS FLOW

SARAH VANDERLINDE
RESIDENTIAL REALTOR®

TEAM KRAMER
C: (306) 291-2150

sarah.vanderlinde@century21.ca
www.sarah-vanderlinde.c21.ca

210 - 310 Wellman Lane
Saskatoon, SK S7T 0J1

Each Office is Independently Owned and Operated

ARK Therapy 4 You
Jin Shin Jyutsu

Rod Kaminski Practitioner
kaminsk@shaw.ca 1-306-717-7250

Mystic Willow Services
Healing Begins Today

Dawn Devonshire
Wax Pourer/ Reiki Practitioner

To book a session, email me at
mysticwillowservices@gmail.com

Visit my website at
mysticwillowservices.com



Mindful Living
Mind, Body, and Soul Healing

Marina Cummins
Holistic Iridologist, Reiki Practitioner Levels
1 & 2, Life Balance Energy Practitioner

#123-1222 Alberta Ave.
Saskatoon
306-220-4638
mindfullivingsask@gmail.com
mindfullivinasask.com



Tamela King BodyTalk & Reflexology

Book online at: <http://tamelaking.janeapp.com>
1269 8th St E, Saskatoon, Sk S7H 0S3

Certified Reflexology Therapist RCRT
BodyTalk & Bodyintuitive Practitioner

trktherapies@gmail.com
306-229-5729




Commercial Sidewalk Snow Removal
Complete Lawn Care Services
Weed Control/Fertilizer
Parking Lot Sweeping
Parking Lot Snow Removal
Sprinkler Repair & Installation
Line Painting
Garbage Pick Up
Window Cleaning
Eavestrough Cleaning
Spray WASHING
Swing Stage Retnals
Landscaping

Contact Us
1.306.665.3061
e-transfer to
djs@djswindowcleaning.ca



We carry 5 million liability & have a record of good standing with WCB. We are also a member of ISNetworld!

VISA
MasterCard



SoulTree MEDITATION

Meditation.Spirit.Connection.Expansion.

Megan Wawryk
Hypnotherapist & Multidisciplinary Energy Healer
Tarot Reader, Meditation Teacher, Spiritual Guide

In-person and Online Services Available
Visit my website to book online!

www.soultreemeditation.com
soultreemeditation@gmail.com
306-914-6693
@soultreemeditation - Instagram, Youtube, Tiktok

Get the App! Ascension School App available online.
Visit website for further info

 soultreemeditation



Prairie Girl Therapies

Sherry Crawford

Sr. Life Skills Coach, Peer Support Specialist
Neuro Linguistic Practitioner, Cognitive Behaviour Therapist

306 914-4968 or 403 466-2832



GREEN GODDESS ARTISAN SHOPPE

Naomi Hunter

Resident Goddess

(306) 561-8880

naomi.ness6@gmail.com

504 - 20th St W, Saskatoon, SK S7M 1R8

Transformative Treatments Lasting Results

- Myofascial Release
- Craniosacral Therapy
- Reiki
- Herbology
- Massage Therapy
- Yoga



***** Chelsea's Healing Hands *****

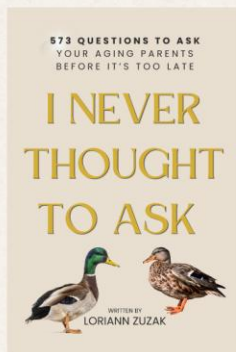
639.480.7215
chelseashealinghands.ca

**BOOK
NOW**



Published on Amazon, available now!
June 3, 2026

Life Coach Loriann Zuzak's New Book



"When we suddenly realize there are things we never asked - **not because we did not care, but because we assumed there would always be more time.** This is not simply a collection of questions or timeline of events, but a gentle **guide to discovering the human being beneath the familiar role** of parent or grandparent."

I Never Thought to Ask: 573 Questions to Ask Your Aging Parents Before It's Too Late

AVAILABLE ON AMAZON: Kindle & Paperback

LINK TO AMAZON: <https://www.amazon.ca/dp/B0H3ZW6CV6>

AVAILABLE FROM THE PUBLISHER: epub & pdf

LINK TO THE PRESS: <https://alchemiawisdomschoolpress.sellfy.store>



Flight Newsletter Advertising

All ads must be in by 6pm on the 20th of the month PRIOR to the issue that the ad is to be placed in. No exceptions. Send to deerhorn007@gmail.com.

Classified Ads:

FREE for article contributors

\$45 for business card size

\$55 for half page.

\$70 for full page

Events: FREE for **non-profit organizations** and **Article Contributors**

\$25 for Profit organizations

Workshops/Classes

\$40 half page \$50 full page

