

Shasta Sovereign

A Creative Collaboration

By Shasta Sovereign

January 2024



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Dear Reader:

We are off to a new year with a fresh start. When we think of January in our great North State, we usually think Snowflakes. Now is the time for us to rest and digest, while hibernating to replenish for the upcoming spring. We have invited friends to draw or write things about snowflakes, and we hope you find inspiration in these pieces. While we may take snowflakes around us for granted, please remember this. Each snowflake is unique and special, while being a part of the collective. We also feel the same way about you. You are special, and you do matter. We look forward to hearing from you in the future.

In Inspiration,

Shasta Sovereign



Dear God

By Jan

Dear God,

I'm writing this to tell you how upset I am with you. You have taken the people I love, some without a warning. You took my child and she was suffering. They tell me she's in a better place but I think she would rather be home with her children and her husband of 28 years. We all loved her and feel empty with our loss. You took my husband and I miss him so much. You are supposed to heal, but I saw no sign of healing with my daughter, my husband, my brother, or my dad. I gave up praying for any help from you. You are supposed to be able to heal the sick. I don't believe that anymore! You have let me down so many times. I look around at what you created and wonder why if you created all that I see why would you make people suffer like you do? I haven't called on you because I think it's a waste of time. If you (God) can heal, then you will help me through my pain. The loss of a child is a pain that is always in my heart.

Share times when you felt let down by God or existence. What helped you weather life's storms?



Pioneer Colors

By Red Robin



* * *

Where it began- Series

By GB

Part 1

After matriculation, I joined college and got bicycle.

That was a great joy.

At that time, it was the only mode

Of way of traveling from remote areas.

My college was six miles away from my home.

It was daily going up and down.

We were never exhausted,

We were always encouraged.



It was told that without education,
We are subhumans.
We can achieve our goal with knowledge,
That is through education.
Let it be any field.
All the modern inventions are the result of this,
Even religious progress. We can read scriptures,
Exchange views, come to conclusion.
Even different mental conditioning,
That the supreme is One. Call it by any name.
I assume that basics are the same:
Love, humanity, treat all equally, be compassionate
Helpful and sharing.
We are conditioned to:
Recite Thy name, do your worldly duties and share everything So
that all enjoy the worldly pleasure,
And progress without any discrimination.
But at present, the trend is to lord over
Every material thing, in that way all the evil intuitions arise.
We forget humanity,
But feel the urges: lust, greed, anger, power.
These are the origin of all the conflicts.
If we tolerate the urges of these desires,
There will be peace, compassion and prosperity.
It can be heaven on earth.
All religions teach us, guide us towards the same goal.
Love thy neighbour.
But we get distracted because of our false ego
And different conditioning, as per individuality.
We must see all the living entities created equally
And from the same source.
The supreme, we may call Him by any name in our homes.



We are taught universal brotherhood,
Recite Thy name, do your assigned duties,
Share all the fruits of these activities, and live in harmony.

Part 2

I was lucky to go to college
Because few students had financial assistance.
After college, I joined Indian Airforce.
It was a great experience for me,
Coming from a remote area
With no idea of the outer world.
It was a great opportunity for gaining further education
And meeting people of other communities and cultures.
You learn only when you mingle and interact with others, Discuss
each aspect of life.
In the subsequent time, all our misconceptions are cleared
In the ultimate, we see all as one full of love towards each Other
and become one team.
With the same goal and engage in achieving
Let it be any field assigned from that experience.
I gained knowledge of how to lead a joyful life.
It may not be suitable to others
Because we all are conditioned differently
As per our upbringing and different environments.
In my life, I learnt from whosoever I met,
Each one was different but never negative,
Always helpful in his own ability and capability.
My field was very progressive.
I entered a subject of “radar”
Which was the foundation of all the missile technology. Dealing
with mega-transmission, detection, guidance et cetra. I am lucky
to serve in such a knowledgeable field,



It gave me a different personality for which I am proud
And leading a good life.

Because of this, I am never frustrated.

Of course, sometimes, I get down,

But that is life, but I never disappointed.

God may bless each of us with humour and joy

*Ongoing series where a gentleman in his 80s from India
reminisces about his life in India and America.*

* * *

My beautiful granddaughter with her special friends.

By The Always Reinventive Spilly Gypsy





Bear Woman

By DW

Dec. 8, 2023

Last night I had a dream. I was having another dream and “woke up”. My daughter was sleeping next to me because I could hear her softly snoring. I sat up to check my phone that was charging. I went to step out of bed onto the floor and found my foot in a puddle of water. My muscles immediately seized up and I couldn’t let go of my phone for several seconds. I was trying to yell for help but couldn’t speak or make any noise except for grunts. My daughter woke up as I dropped the phone. I was trying to tell her not to move or touch me and to yell for help but I couldn’t speak. She briefly touched me and was shocked as well but for a shorter time. I remember being so upset and concerned because she is pregnant and I knew we had to get help. There was water all over the bedroom floor by this point. In my dream I had just enough strength to cradle my full grown pregnant daughter in my arms and leap beyond the water. By then there were first responders on scene and I became separated from my daughter. I stepped outside my home to a city I did not recognise. It was dark and cold. The streets were cobble stone and all the buildings were brick. There were first responders everywhere trying to find the source of the leak. The water had spread from my bedroom floor to the city streets. I needed help. I couldn’t talk, I felt weak, and wasn’t breathing right, I had been electrocuted but no one ever came to help me. The people rushed past to help others or find the leak but ignored me. I was desperately yelling “help me” but no one



came. None helped. I ran down the cobblestone street and rounded a corner to face the dark woods. There was a huge fir tree and underneath a huge brown bear lay. I picked up a rock and threw it as hard as I could, hitting the bear in the head. The bear woke up startled and angry. Her head was bleeding. She was angry with me. I wanted her to be. I was angry and scared because no one could hear me and no one would help me. I screamed with no voice at the bear over and over “NO ONE WILL HELP ME!!! WHY?” The bear stood on her back legs and I wanted her to attack me, begged her to attack me and just end me. Then darkness would pass over her face and I would brace for the attack. It never came. Dim light caught her face again and again I screamed in my mind, “NO ONE WILL HELP ME.” I cried in anguish and could hardly breath. It was then that I woke up and the first words that came to my mind was “Because you have to help yourself”

By DW

* * *

Dear EJ

By DW

Dear EJ,

Without you here, I feel much lighter. If I had to walk on eggshells, I could glide right over them without cracking one. And that's the point. I don't have to walk on eggshells anymore. I do have moments of self-doubt that, after 18 years, I can't do this by myself. Your voice is still in my head telling me I am the ugly cruel one, the selfish one. The



unattractive nag, the one nobody else will want, no one better than you anyway. I know that I would rather be alone forever than ever go back to you. That life was lonely, depressing, and draining. So I am saying bye to you and the weight of your soul-crushing abuse. I want to say that I never deserved any of it. You had no right to hit me, to leave bruises, welts, and cuts on my flesh. You had no right to be so cruel in our most intimate moments when I was most vulnerable. You had no right to scream in my face, to treat our family so cruelly, to play mind games for 18 years! You had no right to drive erratically, dangerously putting my life in danger, all the while yelling at me, keeping me hostage in that fucking car! YOU HAD NO RIGHT!!

So now I'm saying bye to you, get the fuck out of my head and heart. The last few months have been difficult but also a relief. I have had ups and downs but I know if I keep taking the next right step I will eventually make it to the top, where I have self-worth and peace of mind. I do not regret leaving you even on my darkest days. At this moment I finally feel hope for my future. I know I'm blessed with beautiful children and a grandson on the way. I know I have much healing to do in order to truly live and breathe this big beautiful life that I have in front of me. I am going to do it, heal without you and in spite of you. I can't really think of anything else to say. There is nothing left to say really except bye.

DW



Fairy Mushroom Garden

By Traci

Description: A painting of mushrooms surrounded by gold flakes, coated in resin on a woodslice.





Joys of Coloring

By Louisa Evavistra Kondo

I am having great success with adult coloring. It can be inspiring, it's very cost effective, fun, and helps with concentration. Personally, I have a long varied history with coloring. When I was first hospitalized for my Bipolar I in 1995, a very close friend gave me paper and pencils, and I drew pictures all day. It gave me something to do, eased my anxiety, and gave me something else to focus on besides meals and meds.

After working as an RN on a psychiatric unit, that was one of the few activities our patients could do. Once I became disabled because of my mental illness, I resisted the adult coloring craze for a long time. I think because I associated it with illness and confinement. Then I found Japanese oil based colored pencils. They are much cheaper than the American oils and quite superior! I went to Art School for 2 years, so I have experience with these sorts of materials.

I purchased lots of coloring books, pencils, and a Japanese pencil sharpener. The pencil sharpener was about \$7 on Amazon and totally worth it! I started coloring and found that it relaxed my mind, aided in sleep, and really helped my concentration, just like long ago. I've found that I like to color intricate pictures and enjoy the process of coloring: picking out each color, sharpening my pencils, and picking out what picture to work on. After I started coloring, I was able to read for about 30 minutes which was like heaven for me. If I can't



sleep, I get out my coloring and work on a section of a picture until my mind slows and I'm able to sleep.

Recently, I have found all my coloring pages on Google images for free, and if you don't have a printer, you can ask a friend or your local public library and you can get them. So maybe give adult coloring a try, and it'll help you like it has helped me.

Louisa Evavistra Kondo





"Sweet Talk" mug rug

By Aspoonfullofsugar

Various text and print fabrics from my vast fabric collection.



* * *



Homemade cinnamon rolls again with heavy cream frosting



By Taylor Gean

After losing my job in October, I found a love for baking. Anything from bread, cinnamon rolls to bagels and pretzels, you name it and I'll figure out how to make it! I have finally perfected my cinnamon rolls so now I can share the recipe!

Enjoy!!

Ingredients:

- 3/4 cup warm milk
- 2 1/4 tsp active dry yeast or instant yeast
- 1/4 cup sugar
- 1 egg & 1 egg yolk
- 1/4 cup melted butter
- 3 cups Bread flour
- 3/4 tsp salt

Filling:

- 2/3 cup brown sugar
- cinnamon,
- 1/4 cup butter

Frosting:

- 1 cup of heavy cream
- 2 cups of powdered sugar
- a dash of vanilla.

Directions:

1. Mix Warm milk, yeast, and sugar together and let it get frothy (usually I let it sit for five minutes)
2. Then mix the eggs, salt, and butter together then add the yeast mixture.



3. Add flour one cup at a time after mostly combined pour out onto the counter and knead for 5 minutes.
4. Let the dough sit in a warm spot covered for 1-2 hours it should double in size.
5. Then punch out the air and roll out on the counter, then you will add your filling and roll tightly. You can use a knife or a piece of string to cut your dough into the cinnamon rolls.
6. Let rise for another 15-30 minutes then bake at 350 for 20-25 minutes. Once out of the oven add your frosting and enjoy!



* * *





Achieving

By Golden Sapphire

Anyone could write
Anyone could draw.
Everyone can sing
Everyone can dance.
It's a mind set,
Ideas, thoughts.
Don't let that stop,
Keep it flowing
Until the end of time.
Time doesn't stop for anyone,
Why would we stop for time?
God gave us brains to think
God gave us emotions to feel.
Depends on how you use
Those two things: brain and emotions.
Don't give up on the endless
Possibilities of life.
It's there to live it.
Life doesn't stop for anyone,
Why would we stop for life?
It's okay to be sad, mad,
Wanting to cry until the screams start,
Screaming at the mirror.
It's okay because
Life isn't perfect itself,
Life has problems too.
We all deal with life in different ways,
That's okay because



Life can't get any easier.
Life can't offer that big book of knowledge.
If it did, we wouldn't need the ups and downs
To make us want to live,
To make us want to thrive in this life.
But fail doesn't mean to give up.
It means to try harder
At the goals that were set
At achieving something that was impossible
To make it possible.
It's okay to get upset.
Take a deep breath
You have a life to live.
Some don't get that chance to live a life,
Some are fighting against illness to keep that life.
I get B-UTI, drink water and cranberry juice for it.
I suffer from beyond darkness.
Since my birth till now, nightmares don't make it easy.
Only blessing is my children and husband.
I love my little family.
I got ran over, fallen off a big slide head first
Got stabbed, abused and used,
Lied about and lied too,
So much more.
See, not everyone's life is an easy go,
We all face our own challenges.
It depends if it keeps you moving, or if it stops you
Regardless, life doesn't have a big book of knowledge.
It doesn't have the straight shot to greatest things.
Money is only money,
Life is priceless.



Treasure it because it could be the last time
That treasure disappears in to thin air...
Be respectful, regardless of the bad days
Don't destroy someone's life
Because life isn't going as planned.
Life doesn't have to have a plan.
Show kindness because you don't know
What that person is going through,
I already foresaw my future...

* * *

Instead of...

By Golden Sapphire

Instead of wishing for heaven kingdom to come
Or wishing God would come save everyone,
Why don't we make earth kingdom better?
Why don't we save ourselves
Not only from past mistakes
But for future as well.
Instead of praying for the world to change,
Why don't we make the changes?
Instead of praying and wishing for things,
Work for the things to earn things.
Instead of pulling that trigger,
Think about the life and the soul
That you're forcing to see death.
Instead of being mad at God and the world,
Take a breath and be calm.
It's okay to break down,
But it's also okay to seek the help.
Ask a friend for advice,



If you need to talk and no one listens,
God always listens to your words.
He's there for your words when no one hears them.
I do this.
Instead of pushing people away in fear,
Accept who they are and they'll accept who you are.
I look at a person's soul and respect their thoughts
But use words wisely, think twice
Before you destroy someone's life.
Because in the process,
You're destroying a part of yourself as well.
Instead of blaming the government for the way the country is,
You're to blame as well.
It's not just the government, it's not their fault.
As the people, we are to blame as well.
Speak up against bullying, against violence, against anger.
Because there's always a better way to handle a situation.
Don't blame mother nature for weather changes,
It happens every thousand years.
Only way for the world to change
Is if the people make the changes.
Be each others' stepping stones,
Not tripping stones.
Don't be each other's darkness
Because the only one who wins
Is chaos and death.
Instead of wanting heaven's kingdom,
Let's try making earth our kingdom now.
Living each other, one step at a time...
Heal each other with kindness, not cruelty,
Be each others' lanterns
Show each other the stars



Fairy doors

By Persephone

Description: We ran into our beautiful friend Persephone who gifted us this beautiful fairy door. It came from a space of heart and art, as our friend is on her creative journey. We hope this inspires you and encouraged you to tap into your heart too.





Vision In-quiry

By Gus

Background: Our friend Gus was struggling with visions which were both very distressing and negatively affecting his sleep. He agreed to put these visions on paper. He also likes to work with metals to make different objects. The following is an exploration into the human psyche in terms of how visions look like. We hope you appreciate this exploration and we welcome depictions of your visions as well!

Title: Forest

Description: This is a forested mountain. There are funny things in this picture with contraptions people have made. The people found a cave.





Title: Brazil

Description: Stevie goes to town hall to sign some papers.



Title: Shovel

Description: For digging





Title: Green Marble made of soapstone



Title: Blue Diamonds





Title: Mace



Title: Brass Pot

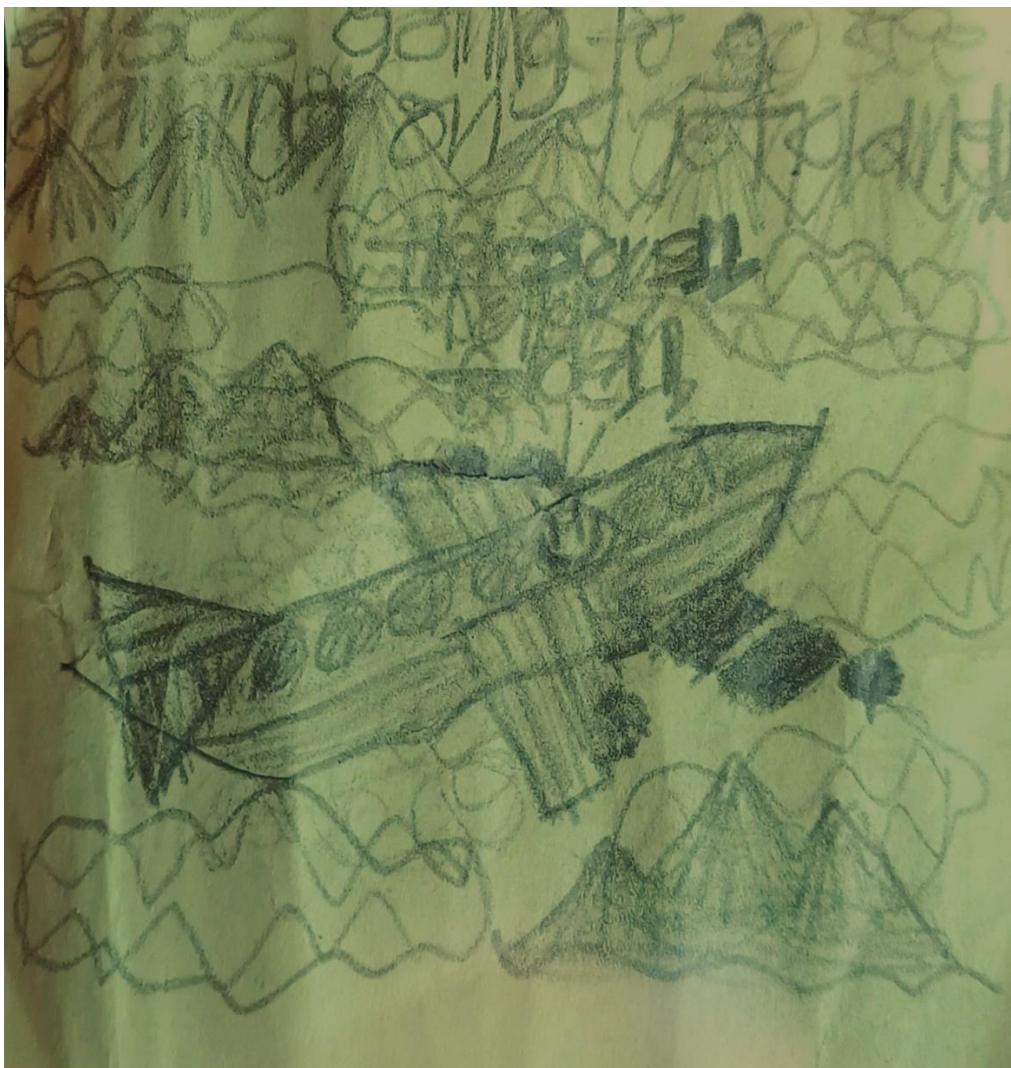




Title Magic Blue Ice Cube



Title: Going to see Grandma on a jet



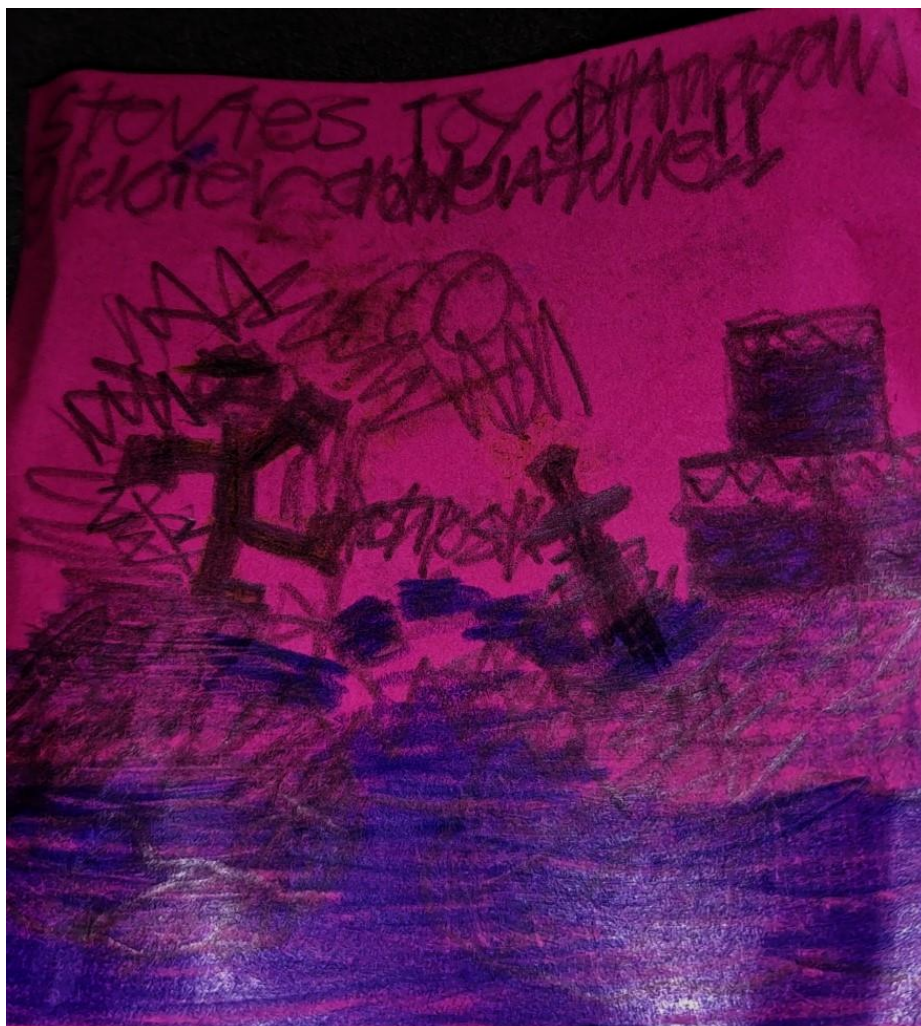


Title: Rainbow Cube



Title: Stevie goes to the glaciers

Description: Stevie slipped on some ice.





Title: Fire and Ice

Description: Video Game concept.



* * *

My Beginning

By Dragonflyladyofcali

On December 25th 2023, I had a very scary experience and almost died. In the morning, I had a very severe panic attack. I went to a friend and asked him to give me one of his Zoloft. Later that afternoon about 3:00, I thought that something was going on in my head. I thought that I was losing my mind. So I went out for a walk and ran into someone that I knew. I told her what was happening to me and she said for me to follow her up to where she was living.

I told her what was happening to me. She asked me if I wanted to take a small hit off of the bong that had hash in it. Well, I told her yes,



and so I did. After I did that, I literally thought that I was going to lose my mind; I was napping, I couldn't move, I couldn't talk, I couldn't really comprehend what was going on around me. I expressed that I needed to go to the hospital. Her roommate said to not call 911. I did not know what to do with this episode.

As the evening went on, I got down on my knees and was crying out to God, saying "Please take this away from me, I don't know what's happening to me." I didn't know, I just didn't know what to do, and I just felt like I really needed to go to emergency. But no one was going to help me get to the hospital or call 911. They kept saying my name and telling me that I needed to just roll with it.

I didn't start feeling normal, or somewhat normal, until around 2:00 in the morning. I decided that I needed to walk home and it was just an episode, like waves of my mind, feeling like my mind was napping, that I was going to die. I have never experienced something like that before. Since this happened, I have been feeling like I don't know if it's residual from what happened to me on December 25th or if it is the fact that I have not used meth for approximately 7 days.

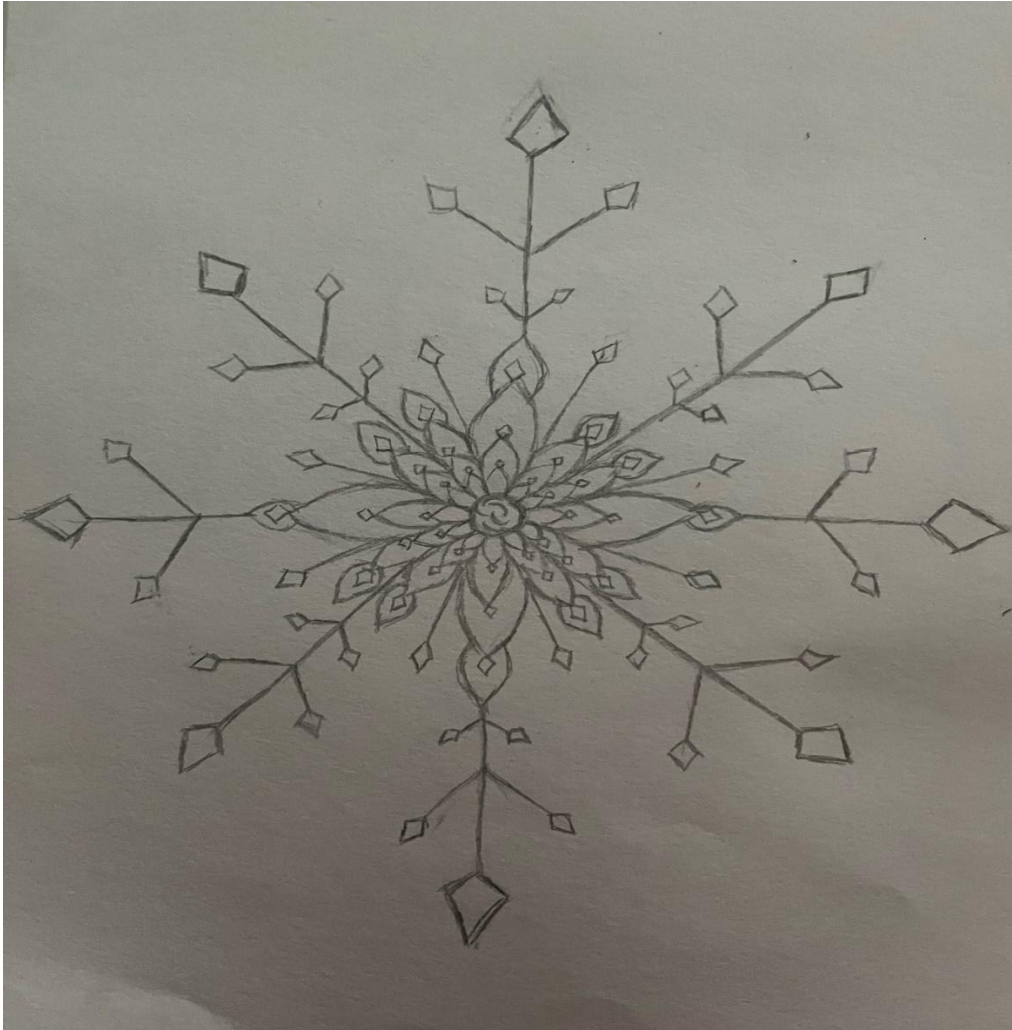
I'm not sure if anybody else has had episodes like this and how but I'm supposed to be feeling. But I feel like I'm being spiritually attacked because I've used meth for 30 years, and now that I'm clean, that this is what's going to happen until I get closer to God. So I am just letting everybody know this is what I went through and I am trying to get some feedback on it. This was just a very scary experience for me. Not understanding everything that's happening is a very scary situation. I am putting this out there because I pray that nobody else goes through what I went through. To try to explain exactly what happened is also something that I really do not completely understand right now. I am just asking that I get prayer while I also help somebody else.

Share times when you had a panic attack. How was it for you and how did you "deal" with it? Any helpful advice for those who suffer?



SNOWFLAKES COLLECTION

By Isabella



Snowflake

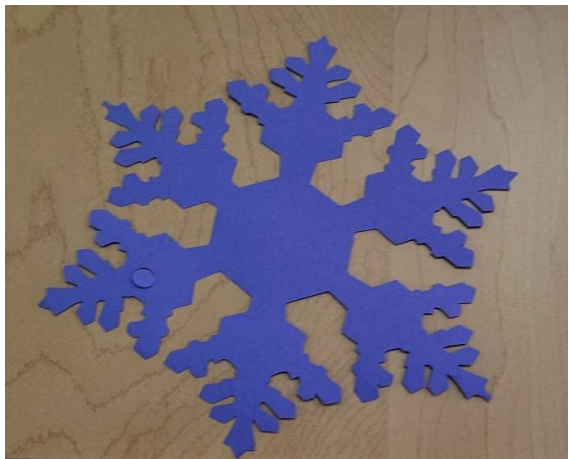
By Cookie

A temporal component
that can become a
surface for fun.



Library Snowflakes

Evavistra Louisa Mcghee





Mount Shasta SNOW FLAKES

By Changing Woman

Snowflakes, Snowflakes, Snowflakes
 Mt Shasta Snowflakes, Snowflakes Of Mount Shasta
 Snowflakes delicate flakes of light
 Mt Shasta Light, Light of Mt Shasta
 Delicate Flakes, Delicate Flakes, Snow Flakes, Snow Flakes
 Snow Crystals, Snow Crystals
 Sky Crystals, Sky Crystals
 Delicate Ice, Delicate White Snowflakes
 Rainbow Ice, Rainbow White Snowflakes
 White Rainbow Ice, Delicate SACRED GEOMETRY
 Ice Ones, Ice Geometry From The Gods, Snow Gods Flakes
 Sky Crystals, Sky Crystals, Light Crystals, snow flakes falling
 Snow All Around, snow around, snow surrounds
 Snow flakes all around, snow a-rounds.

Have You Ever Looked Close?

LOOK Close, look close, look close
 Dear One Look Close!
 Closing Looking
 Snowflake Looking
 Looking Close
 Looking Far, far looking
 Look With The Eyes Of A Child
 Child Eyes Looking, looking child
 Looking with the eyes of a child
 LOOK LOOK LOOK
 Snowflakes dancing in the sky
 Sky Dancers, dancing snowflakes
 Prisms of Light, Light Prisms
 Sky Ice, Sky Ice
 Sky Ice White Crystals
 White crystals of ice,
 Snow crystals of ice



Sky Crystals, Ice Ones, Snow Ones

Father Sky Ice, I See Crystals, Ice Crystals Dancing Prisms Of Rainbow Light.

WINTER CRYSTALS!

Snowflakes Falling falling in peace

In peace they fall, in peace they fall, FALL IN PEACE

Peace is falling

Peaceful fallings.

Feelings of peace

Peaceful feelings, deep peace, deep peace my peace.

Silent snowflakes, silent snowflakes,

Silent peace snowflakes of peace, they fall in peace, peaceful fallings

PEACE IS A FEELING, (PEACE IS MY FEELING).

Mt Shasta Feelings white ice of peace, ice crystals of peace, peace crystals.

In peace they bring

Bringers of peace, deep peace

Peace they bring

Peaceful bringers

Bringers of Peace

Bringing down peace

Snow flakes of peace

Peaceful snowflakes

Catch them on the tongue

Snowflakes on the tongue.

SNOWFLAKES OF PEACE, PEACE, PEACE ONTO ONE

MOUNT SHASTA SNOWFLAKES ONTO ONE

PEACE IS THE PRAYER-----

PEACE IS THE MANTRA-----

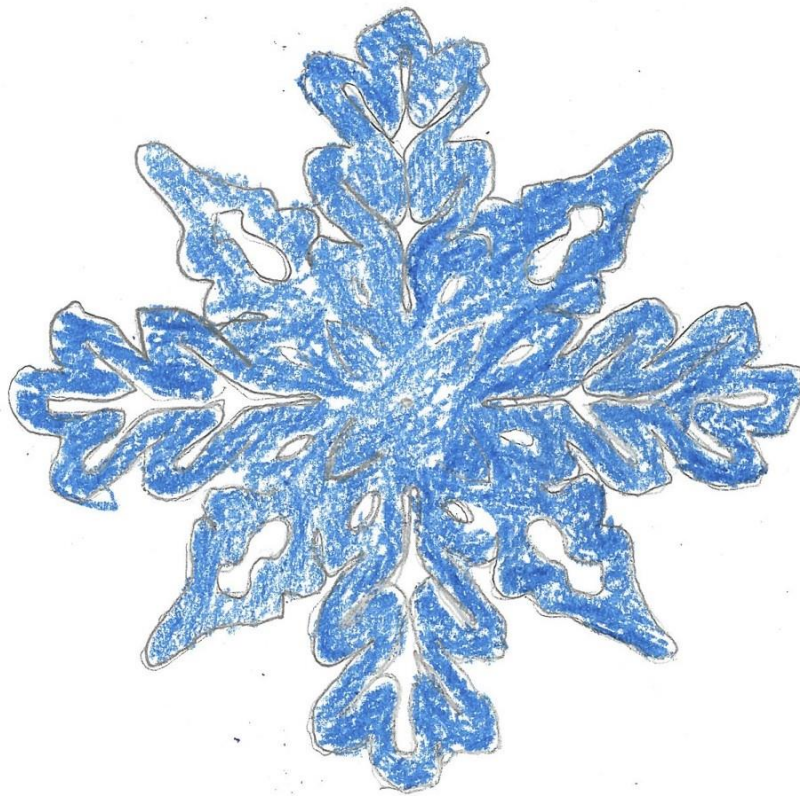
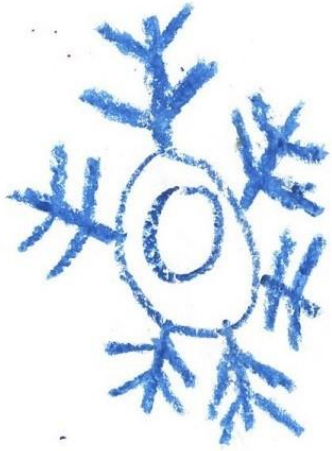
WORLD PEACE IS THE MANTRA-----

AHO, AHO ONTO ONE

WHEN THE LAST TIME YOU CAUGHT A SNOWFLAKE ON YOUR
TONGUE??????



By Jerry





By Red Robin



By Big Valley Clinic





By DragonflyladyofCali



The Beginning

By Rachel Steed

Something about a chilly night breeze, the feeling is not quite at ease.

The chill hits to the bone, look up and you feel it on the tip of your nose.

A little white wet kiss sent from above, some loathe and some fall in love.

Each flake is unique to each of its own, they fall from whichever the wind has blown.

Suddenly the night settles and goes soundless, as number of flakes continues to grow countless.

Snowflakes here and snowflakes there, warm in my bed, I wouldn't want to be anywhere, except right here.



By McKenna





Snowflakes in Her Eyes

By DW

I remember the excitement in her brown eyes. I remember her chubby mittened hand trying to catch the snowflakes. She would giggle as she tried to catch them on her tongue but instead caught them in her eyes. She didn't want to come in even after her little cheeks were red from the frost. She wanted to make more snowballs, more snow angels. I had to wrangle her tiny body, all bundled from head to toe, inside before she was too cold. She'd watch from the window as the snowflakes continued to fall. She loved the snow. I loved watching her so little and full of wonder.

That was years ago. Today she left for southern California with a new life growing in her body and her current life packed in the Uhaul. Lately she has grown sad in the winter as her belly grows too. I tell myself this will be a better life for her and her papoose under the San Diego sun. I trust the love of her new family, the man building this life with her and god knows that my trust doesn't come easy. She will be happy and that makes me happy.

But there are no snowflakes falling in San Diego and right now the snowflakes are melting in my eyes, pouring down my cheeks and I'm sad too.



By Jadee





Sing Like a One-of-a-kind SNOWFLAKES

By The Always Reinventive Spilly Gypsy

White Glistening Snowflakes are coming down all around me. They keep coming and coming dancing to their own beautiful dance and unique twinkling song, covering the ground, trees, and bushes and even the tip of my beak with their many wonders of designs landing cold upon me.

I sit here cold on this bare branchless funny looking sun colored tree, watching the Snowflakes land on my beak then melt away within moments just to be replaced with another amazing unique Snowflake, for it to melt away just as fast as the one before, to be replaced by a unique Snowflake over and over. While the snowflakes keep dancing down around me, I look up at the frozen feeders covered with Snowflakes, hungry for the sweetest nectar that is usually held within them. Then Suddenly the lady that lives within the Big Wooden square tree comes out. She sings to me and my family every time she sees us, and we love singing back to her, while we fly around her head so happy to see her. It seems to make her even happier, and she sings more to us. We can't understand each other. Our songs are as different as to each other like Snowflakes landing on my beak, but what Beautiful Songs each one of us makes to each other,

Like Beautiful One of a Kind Singing Snowflakes



By The Always Reinventive Spilly Gypsy



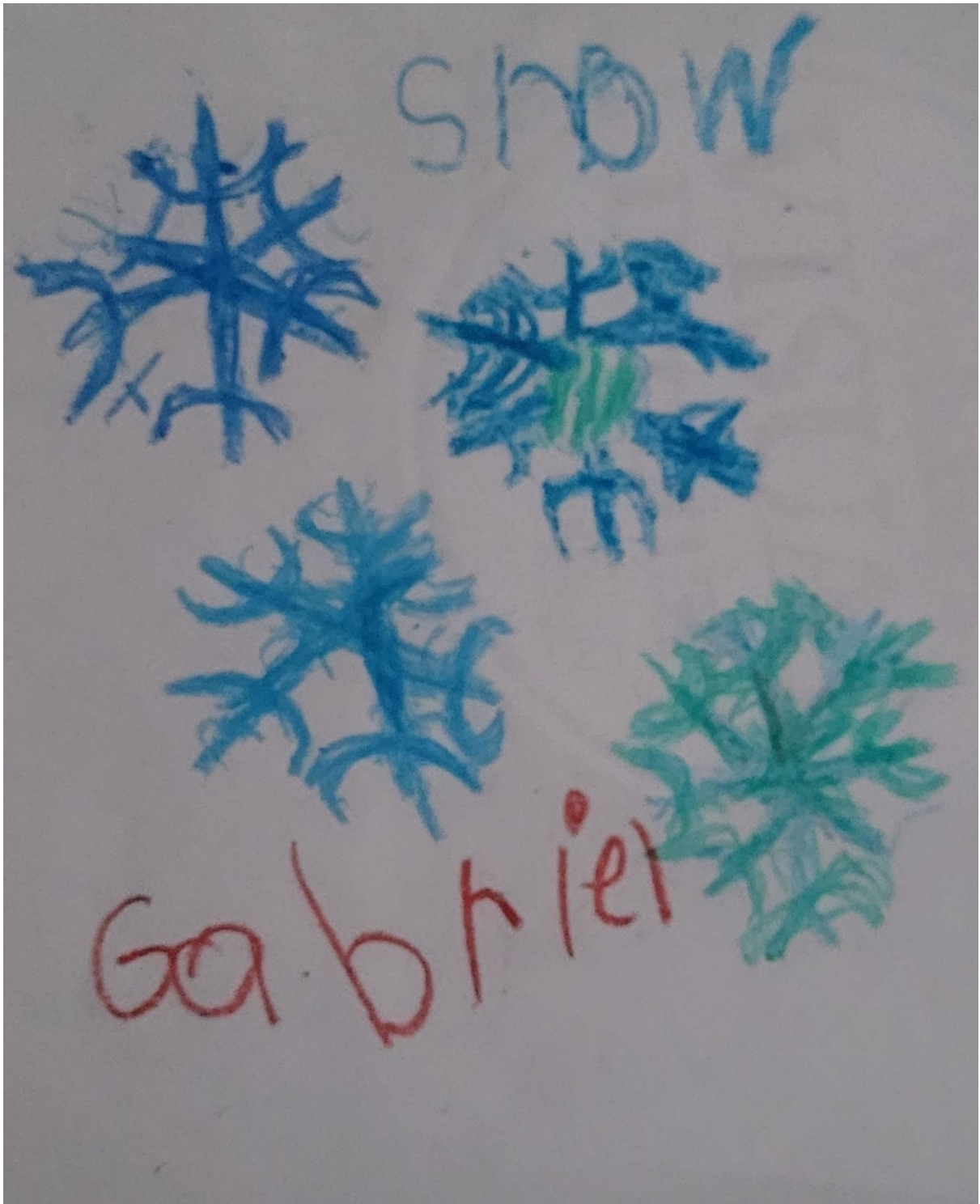


By Seeker





By Gabriel





By A June Eye



By Susan Williams





If inspired,
visit us at:
shastasovereign.com