



# VEIL AND BONE

Access Your Inner Power

[www.veilandbone.com](http://www.veilandbone.com)

## JANUARY

# Monthly Newsletter

## INTRODUCTION

Welcome to the first edition of our monthly newsletter! The goal of this newsletter is to share magickal happenings throughout the month, events we plan to attend, rituals, informative topics, readings, and more. It's our mission to help you access your inner power through the exploration of a more magickal life. We are thrilled to have this opportunity and are grateful that you have signed up for this newsletter. If you enjoy what you find, consider sharing with someone who may also find it interesting! You can also reach out to us if you have any questions or comments by sending an email to [newsletter@veilandbone.com](mailto:newsletter@veilandbone.com).

## JANUS: GOD OF JANUARY

By Kyle Davidson



Different months are named after different Roman deities, and January is the month of the spirit Janus. Janus (Jay-Nes) is the lord of beginnings, change, duality, transitions, time, endings, cycles, and transformation. Like the Hindu deity Ganesha, Janus was associated with doorways, thresholds, and gates. These places were central to his worship and rituals. In Roman ritual Janus was often called upon first so that he might open the doors for the other deities.

The connection to doorways was both literal and metaphorical – he was invoked to protect the literal doors of houses and to protect the home from

harm, but he was also invoked at the beginning of a new venture or project so that he could metaphorically “open the doors” for good fortune and close the doors against negativity.

Janus is depicted as a two-faced man, facing opposite directions. It is said one face looks toward the future while one looks toward the past. Others say one face looks outside, while the other looks within. On January 1st, as well as across the entirety of Janus's month, offerings were made to this deity so he would open the doors of opportunity throughout the year, while keeping us safe from all trouble and harm. In ancient Rome he was offered honey, cakes, dates, figs, and coins.

Anoint the front of your door frame with protection, cleansing, peace, or new beginning oils, then leave a coin as an offering on top of your door frame or beneath your welcome mat to bring prosperity and protection all year long. You can also make a Janus altar with images of rams, the Sun, two-headed deities, or doorways, then leave him offerings there throughout the month. Tell him your new years resolutions and what projects and goals you would like to see completed in the coming year.

This January invite the Lord of Doorways to open you to new possibilities, success, and happiness.

## CHAKRA OF THE MONTH VISHUDDHA - THROAT

By Mahikol Torres



**Location:** Throat

**Color:** Blue

**Crystals:** Amazonite, Turquoise, Lapis Lazuli, Aquamarine.

**Mantra:** HAM

The Throat Chakra is the energetic center that handles expression and communication, both internally and externally. It houses our voice, and thus it influences, and is influenced by, the way we speak and the words we say. It is also associated with expression, from speaking to dance, art, writing, etc. It is also in charge of manifestation and connected to the law of attraction, as it is the chakra through which we communicate and express all of our desires.

An imbalanced chakra may translate into a lack of confidence in speaking one's truth, expressing one's true self, communicating feelings, or feeling like you are not getting something that you deeply desire.

Truthful self-expression and being conscious of the meaning behind your expression and communication will help bring this chakra into view. This reveals where the work needs to be done to balance it. This chakra invites you to seek your unique way to express yourself fully.

# JANUARY Monthly Newsletter

## 2024 NEW YEAR READING

BY KYLE DAVIDSON



### Winter into Summer ACE OF WANDS

The Spark of creation,  
new beginnings



### Summer into Fall TEMPERANCE

Finding balance and  
harmony along the path



### Fall into Winter TEN OF PENTACLES

Formation into  
manifestation, pay-off

The year begins with the Ace of Wands, a creative spark of fire and inspiration. There is enthusiasm and energy in the air. Harness it! This is a good time to begin new projects and creative endeavors that will be relevant throughout the year. Lean into your passions and follow what excites you. This is a card of beginnings, and what is begun during the first half of this year will take time to fully manifest.

As the first half of the year gives way to autumn, the Temperance card takes the stage. Temperance is about the blending and balancing of seemingly opposite forces. There will be less time to focus on your passion and creativity as more practical matters will be more pressing. Find the balance – do not abandon the creative spark of the Ace of Wands but find time and space for it. Harmony is achieved through balance and moderation.

At the end of the year, as Fall gives way to Winter, the energies of the year will stabilize with the Ten of Pentacles. This card is about stability and the realization of long-term goals or projects. The work you began at the beginning of the year will finally begin to pay off. This is a milestone showing accomplishment and success. This is card ten – the final of the numbered minor arcana cards. It is fitting that it closes out the year that began with the Ace – the first card. The cycle of manifestation is complete.

Book a reading with Kyle at [veilandbone.com/readings](http://veilandbone.com/readings)



### TIME FOR QUESTIONS

#### HOW DO YOU CREATE A CONNECTION WITH THE TAROT WHEN STARTING OUT?

**Mahikol Torres:**

The Tarot is very connected to the unconscious mind and our dreams. The cards are powerful visual icons, and the images they each present are very striking and memorable. They communicate very clearly through an interplay of visual and intuitive information by using your memories, feelings, inner senses, inner voice, and imagination to communicate.

My biggest suggestion when trying to connect with your set of Tarot cards is to look at them.

Before you even open the instruction booklet that comes with your new deck, spend a lot of time looking at each one of the cards individually.

Pay attention to all the details, all the colors, the shapes, any symbols. Be on the lookout for symbols that repeat, and try to sense what the cards' meanings may be based on the images and how they make you feel.

This takes some time, but it is so worth doing. This helps you create

your own language with the cards.

Later on, once you start looking at the instruction booklet, you may be surprised to find that many of the meanings you created while studying the cards are very close, if not spot on, to the predefined meanings.

**WANT TO ASK US A QUESTION? SEND IT TO**  
[newsletter@veilandbone.com](mailto:newsletter@veilandbone.com)

## READING GIVEAWAY

### 30 Minute Tarot Reading

REMOTE OR IN-PERSON (LEWES, DE)

Enter Online at

[veilandbone.com/giveaway](http://veilandbone.com/giveaway)

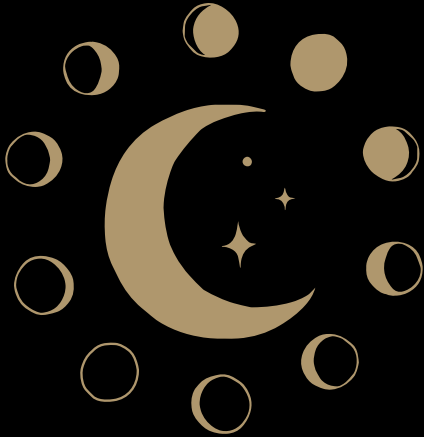
WINNER WILL BE ANNOUNCED IN FEBRUARY EDITION



# JANUARY Monthly Newsletter

## WORKING WITH THE MOON

By KD



January 25th is the Full Wolf Moon, a time for embracing the energy of our community – our wolf pack, so to speak. The cold January weather drives us to stay inside and keep warm, and the Wolf Moon reminds us to do this with our community. Remember, the Lone Wolf is a relatively rare phenomenon. Most wolves are most successful and happy when they exist in a group, relying on their community for security, warmth, and play. Humans, too, are social creatures.

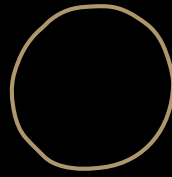
The dark month of January is one of the most depressing and isolating times of year – make sure to reach out to those members of your community that you know could use it. Spread the love and the warmth during the harshest month of winter this year. On your Moon Altar or shrine this month, place images of the wolf to remind yourself of the strength of the pack.

On the night of the Full Moon, light a tealight candle for each person in your community – or at least everyone that you feel needs a little extra light and protection this season.

The weather in January is often treacherous, and the Wolf can represent the natural dangers of the winter. Burn some dragonsblood, amber, or other fiery and protective incense on your altar while visualizing protective

Moon energy falling over you and your community, protecting all of you for the whole year. Give thanks for those in your community, the Light of the Moon, and the spirit of the Wolf for their assistance in your work.

### IMPORTANT LUNAR DATES



January 11  
**NEW MOON**



January 18  
**FIRST QUARTER**



January 25  
**FULL MOON**  
IN LEO

in which we process things we eat. When it comes to food our bodies take in the food, break it down, and retain the beneficial and necessary nutrients, minerals, etc., expelling what they do not use.

Similarly, when it comes to social media, movies, books, etc. our minds receive the information, keep what they believe to be important, and release the rest. The biggest difference here is the fact that our minds store and use that information in unique ways that affect our everyday lives in terms of how we feel and how we see the world, rather than affecting our physical bodies directly.

This means that, just like with food, there is content out there that is good for you, and content that isn't so good for you. And again, just like with food, it's up to you to decide which is which and how you will balance them in a way that feels good to you. Being conscious of the content you expose yourself to puts you in a position of power, as you can use this to expand your mind, explore new concepts and ideas, and revisit your beliefs, values, and preferences with a fresh perspective. You are put in control of your perception of reality.

So, if you're finding yourself stuck, or perhaps feeling particularly down or unmotivated, pay attention to the things you are exposing yourself to and decide whether or not it would be helpful to bring some new energy in. You can do this by replacing some of the things you consume (like movies, books, etc.) with some lighter genres that won't add to your existing stress, or content that provides new perspectives on subjects you enjoy.

You are what you consume. What you focus on is what your mind will find important and what it will seek out in your experience of life. Just as you seek to feed your body a healthy food diet, think about the content diet you feed your mind and the effects it can have on your happiness.

## YOU ARE WHAT YOU CONSUME

By MT

The way in which we consume media and process the information we consume is very similar to the way

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## JANUARY 2024 READING

BY MAHIKOL TORRES



The energy that we are facing, experiencing, or manifesting:

**Tarot Card**  
**THE TOWER**

The Tower is a card that represents chaotic energy. There is a sense of things falling apart, or illusions breaking, which is the energy we are experiencing as we review our past year achievements, and we compare them with our expectations. There is a feeling of having failed at meeting our own goals. This can manifest as feeling lost, since you may not have made the progress you hoped in the year that has passed.



What actions can we take towards the best possible outcome?

**Oracle card**  
**STRENGTH**

The Strength Oracle card invites us to, yes be strong, but also to have courage. Have the courage to decide where to spend your strength and energy. Do not spend it all on trying to burn yourself out fulfilling goals set to please others, but instead spend your energy in setting goals that are more true to you while taking intentional steps in a more fulfilling direction.

Book a reading with Mahikol at  
[veilandbone.com/readings](http://veilandbone.com/readings)



How will this energy manifest in our lives and behaviors?

**Chakra Card**  
**THROAT - WORKAHOLIC**

Our Chakra card is titled "Workaholic" and points to our Throat chakra as a point of focus (check out the Chakra of the Month section for more). As we face the feeling of unfulfilled goals, we may then decide to dive heavily into work right away in hopes of making up for our lack of progress in the past.

This card is letting us know that it is more important to express ourselves than it is to try and make up for the work you may not have done.

This may mean taking a thorough and detailed look at your goals and accept those you could not achieve, decide and express whether they are, or are not, for you, and perhaps find goals that are more aligned with who you are and how you want to express your true self in life.

## PRODUCT OF THE MONTH



### PROTECTION 7 DAY CANDLE

This candle was specially infused with the protective powers of dragons blood, sage, and other powerful herbs. Light this candle for seven nights to create a protective aura around you and your space, protecting you from any and all forms of negative energy or psychic attack.

**\$12.99**

**BUY ONLINE**

[veilandbone.com](http://veilandbone.com)



## WHICH HERB IS YOUR FAVORITE TO USE FOR RITUAL?

**Kyle Davidson:**

While it is tough to choose just one herb as my favorite, I will admit that lavender is always one of my go-to choices for most situations. Maybe it has something to do with the fact my grandmother worked at a lavender farm and always brought home purple bundles for the family, but I have always felt a connection to lavender.

When most people think of lavender in magick they think of love spells, but to me this versatile herb can represent so much more in your practice.

It gently opens the third eye, which is why I often burn it during tarot sessions or stuff it in dream pillows to promote inspired dreams. To me lavender promotes a sense of calm clarity that makes it my best friend for meditation, ritual, or healing. It is one of the best herbs around for any one that wants a little bit more peace mixed with a bit more focus.

In herbal medicine lavender is used to treat coughs, colds, scrapes, anxiety, depression, and is used as an insect repellent.

The folklore of lavender says that Adam and Even smuggled the herb with them as they were kicked out of Paradise, knowing its many uses would come in handy. Others say the Virgin Mary hung Jesus's baby clothes on lavender to dry, and this somehow gave the herb the power to repel evil spirits and bring healing. It is also said King Solomon burned lavender in his temple to regularly cleanse it. It is a gentle herb with a long history of magick, folklore, and spirituality and I always keep it on hand.

# JANUARY Monthly Newsletter

## NEW MOON HOUSEHOLD BLESSING

By KD

This ritual is to be done to celebrate the Dark Moon and the New Moon, based on ancient Greek religious festivals called the Deipnon and the Noumenia. Deipnon was the night of the Dark Moon when the moon is completely invisible. It was a time to cleanse the house of any physical, energetic, or spiritual messiness. The house was cleaned, the altars cleansed, and wrongs were made right. It was a time sacred to Hecate and the souls of the dead, who were given offerings meant to placate them and help them to resolve any lingering problems keeping them from crossing over.



Noumenia was the next day, when the New Moon becomes a thin crescent. Household gods were given offerings, and special blessed jars were created to give thanks for the abundance of last month, while ensuring plenty in the coming month.

On January 11th, the night of the dark Moon, cleanse your home and any shrines or altars in the house. Sweep away incense ash, throw away the burnt-out nubs of candles, and dispose of any offerings. Fumigate the house with cleansing incense or burning bundles of cleansing herbs such as sage, rosemary, or sweet grass.

Sweep your home with a besom (ritual broom) or mop the home with Moon water. Make offerings to the spirits of your ancestors using candles, incense, or by cooking them

a meal. This purifies the energies of the home, bringing about a spiritual reset for the new month.

On January 12th the first sliver of the New Moon will be visible. Bring abundance into the house by creating your own prosperity spell jar, called the Karikios in Greek. A spoonful of olive oil, a pinch of flour, sugar, and spices. A small amount of any food on hand – a piece of fruit, a single potato chip, fresh herbs from the garden, a serving of honey. Give thanks for each item as you put it in the jar.

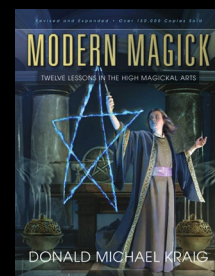
The idea is to give thanks for all that we have by offering back a small piece of anything we have an abundance of on hand. Top off the jar with Moon water and seal it. Tie a yellow and a white cord or string around the neck of the jar and leave it in your pantry or kitchen. It is a true magickal secret that gratitude inspires abundance and expansion. What we give thanks for strengthens and grows. Placing this jar in the kitchen was done by the ancient Greeks to ensure the household would experience abundance in all its forms, be it abundant wealth, health, or joy.

I have read this book at least three times, and every time I read it I gain new levels of understanding that help me feel in charge, while also allowing myself to revisit past beliefs and get a moment to redefine those that no longer work for me.

If you are looking for a no-nonsense, easy to read, title to explore how you can take control of your life and energy, *You Are a Badass* is absolutely for you. Give it a read and let me know what you think!

### KYLE'S PICK

**Modern Magick: Twelve Lessons in the High Magickal Arts**  
by Donald Michael Kraig



Modern Magick is a powerful textbook about the path of ritual magick and its spiritual philosophy.

It does not matter if you are a newcomer to the craft or if you've been practicing for years, this book will take you to the next level of your practice.

It explores a wide array of magickal subjects including the kabbalah, sex magick, spirit evocation, the tarot, and the golden dawn.

For me the appeal of this book is how it is organized into a practice. Modern Magick is divided into twelve lessons beginning with the very basic and getting gradually more in-depth. The intention is that you practice one lesson a month, thus immersing yourself into a year of magickal and spiritual awakening.

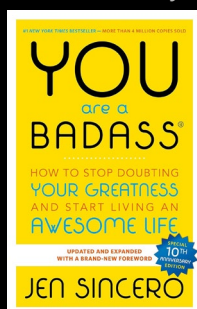
This book talks about both practical magick as well as esoteric magick or spiritual ritual. It introduces the concepts of magickal initiation, spiritual development, and psychic awakening. Spending a year with this book is like a crash course in magick, and I believe anyone could benefit from reading it.

### CHECK THIS OUT

These are our recommendations for resources that we find helpful in our journey. We hope you enjoy them!!

### MAHIKOL'S PICK

**You Are a Badass: How to Stop Doubting Your Greatness and Start Living an Awesome Life**  
by Jen Sincero



If you are looking to kick-start the new year and bring some waves of strength, determination, and motivation, this book will help put you in the right mindset.

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## LIVING WITH INTENTION

By MT

Setting an intention for your day, month, or year is a great way to take an active role in making positive changes in your life. From choosing to be kinder to yourself on days when you don't feel very motivated, to embarking on a new adventure, intentions can mold themselves to your unique lifestyle, your goals, dreams, and your wants. Knowing how to properly set your intention, and honor it as time passes, will yield better results while also granting you more confidence in your intention setting and willpower.

The first step in the setting of your intention is getting clear on what you want your intention to be. This can be anything you want to manifest: from an experience, to a new job, to discovering and shifting unconscious patterns. The important thing is to ensure your intention aligns with who

you are. Your intention should be set and decided upon by you, and should work to benefit **you**. An intention set to please others, or their ideals, will not come to successful fruition.

Make your intention crystal clear. If you can boil it down to one word, great! Otherwise try to make it a short phrase. Here are some examples: "My intention is to experience \_\_\_\_." "My intention is to love everyone I encounter today." "My intention is to find more joy in everyday situations."

The next step after clarifying your intention is setting it. Take a few deep breaths. Focus on your intention by repeating it in your mind or out loud. As you keep repeating your intention, visualize yourself going about your day and seeing the energy of your intention. Visualize situations where your intention manifests. Focus on how it feels. Say your intention one last time, and take another deep breath. Your intention is set.

The final part, and often the hardest, is honoring your intention when it manifests within your day. When you set an intention you are choosing

consciously to find opportunities in your day, month, or year, where your intention exists. If your intention is to be less reactive, this means catching yourself when you are feeling reactive and working through the emotions to reach a calmer state.

If you set an intention to be kinder to yourself, this means catching yourself when you treat yourself poorly and actively making the effort to be kinder. In order to honor your intention you must acknowledge the moment in which it presents itself, and take the necessary action to bring your intention to life.

You can honor your intention by giving yourself as many opportunities as you can to experience it, and if you do, you will notice the true power you have over your own reality. Like most other things, this is a practice. Honoring these intentions sometimes brings up unfamiliar feelings, fears, or insecurities. Some days you will overcome them, and some days you won't. Be kind to yourself when you are not able to honor your intention, but do your best to try each time.



## ABOUT VEIL AND BONE

At Veil and Bone, we are dedicated to helping magickal practitioners of all traditions to access their inner power with the help of our specially crafted tools and talismans. Artist Mahikol Torres hand-crafts our high-quality divination and ritual tools, talismans, and occult art for your temple or meditation room. Kyle creates herbal blends, incense, rituals, and candles created with the intention to assist your practice using traditional elements. We strive to make magickal and occult knowledge as accessible as possible for all witches and magicians seeking to expand their practice.

We want to bring magick to everyone and create tools that will serve to enhance the power of your craft, spellwork, and intentions. As independent practitioners, we understand the need for unique tools that are crafted to fit a variety of needs across the magick spectrum.

It is our goal to help magickal practitioners in our community to explore their spirituality, realize their magickal will, and manifest their intentions. In addition to our unique selection of handcrafted products, we also offer psychic, tarot, and rune readings performed by our experienced advisors, Kyle Davidson and Mahikol Torres.