



**VEIL AND BONE**  
Access Your Inner Power

www.veilandbone.com

**FEBRUARY**  
**Monthly Newsletter**

## MEDITATING THROUGH LIFE

Meditation is the practice of single-pointed focus, directing awareness to one specific subject – usually the breath. During this practice, when that focus is lost, it is the goal to kindly catch oneself and redirect the mind to the intended point of focus. This way of training the mind makes meditation a powerful, transferable practice providing skills that can be applied in every other aspect of life, from strengthening willpower and diligence to taking risks and pushing through difficult obstacles.

The idea of meditating through life is based on treating one's goals as the subject of single-pointed focus. To do this a goal must be defined, and one must commit to working towards its achievement. Just as it happens during meditation when the mind wanders off, diligence will dwindle during the process of working towards the set goal and distractions will take hold. Here lies the opportunity to bring in the most important meditation skills: self-compassion is applied in kindly forgiving oneself for pursuing distractions, and focus is gently redirected to the original goal.

One of the main obstacles comes from a lack of practice and understanding of self-compassion. When faced with failed attempts at reaching goals, or when realizing one has been distracted from the planned path, focus gives way to feelings of shame, guilt, fear, and



disappointment. Dwelling on these feelings for longer than necessary can be a distraction in itself and often leads to giving up and a loss of self-confidence. By practicing self-compassion and forgiving oneself for the distraction or for missing the goal, the negative feelings can be accepted, experienced, and let go so focus can be returned to the set subject.

This concept can be applied to any area of life: from creating a new habit to changing a behavior or belief, or to help improve skills or obtain new ones. Patience and practice are key to this process, as learning happens slowly. Generally, more practice will mean faster learning, but this would require a greater effort and time commitment than is readily available in today's fast-paced society. Move at a comfortable pace and maintain the goal in mind.

One can meditate through life by taking every opportunity to become aware of distractions or deviations and shifting focus back to important goals, aspirations, and dreams. By embracing self-compassion one creates room for exploration, mistakes, and learning that leads to growth. Bringing these concepts together with intentional use of awareness sets the stage and strengthens the skills necessary to overcome life challenges and move forward with a greater sense of confidence.

MT

## CRYSTAL SPOTLIGHT



### ROSE QUARTZ

When I think about Valentine's Day witchery, I think about Rose Quartz. This is the stone for all things related to love. Attracting love, healing relationships, and cultivating self-love - this soft pink stone is well beloved for its power over the affairs of the heart. There are many legends surrounding Rose Quartz, describing the stone as being blessed by the gods themselves.

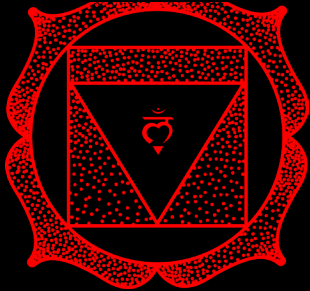
In the myth of Aphrodite and Adonis, the goddess of love cuts herself on some thorns while running to save her lover from the attack of a wild boar. The blood of Aphrodite and Adonis mixed on the ground, changing the stones into rose quartz.

So rose quartz is connected to the essence of Aphrodite, the goddess of love and beauty.

A Roman legend says that the spirit of love, Cupid, stole rose quartz from Heaven and distributed it across the Earth as part of his mission to spread the energies of love. To use rose quartz to draw love, charge the stone with the light of the Moon and put it under or near your bed. To increase self-love or assist with emotional healing, put rose quartz in a glass of water. Hold the glass and visualize it being filled with healing energies, remove the stone, and drink the water as you focus on opening your heart chakra. [We at veil and bone sell rose quartz](#) along with a variety of other stones for use in your spiritual practices. **KD**

# FEBRUARY Monthly Newsletter

## CHAKRA OF THE MONTH MULADHARA - ROOT



**Location:** Base of the Spine

**Color:** Red

**Crystals:** Red Jasper, Garnet, Bloodstone, Obsidian.

**Mantra:** LAM

Our Root Chakra is at the base of our spine and is often associated with the “roots” of who we are. This may include family relationships, personal values, belief systems, and anything that feels deeply rooted in your life. Being the first Chakra, it also represents our most basic needs. To advance to higher chakras, we first need to fulfill our basic needs for safety, comfort, and stability.

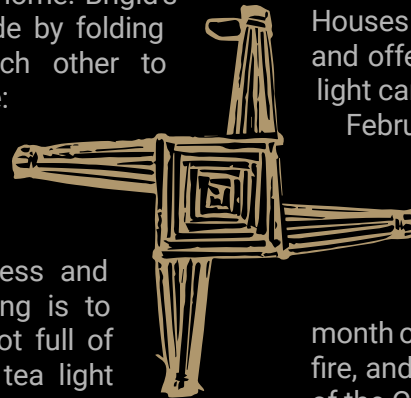
An imbalanced Root chakra may manifest itself as an inability to get projects and ideas off the ground, a constant feeling of being on edge or on high alert, and feeling as though we don't have what it takes to build our dreams and our soul's purpose. To balance this Chakra, we must look to our roots and discover the beliefs that hold us back. These beliefs are passed onto us, generally during the beginning of our lives, and become rooted in insecurities and fears. It is up to us to define them, get to know them, and work to rewrite them. This work may be challenging, as there may be a lot of digging necessary to reach the right roots, but it is this work that allows us to build a strong foundation to develop ourselves, our dreams, and our futures. **MT**

# IMBOLC WISHES

Blessed Imbolc! For those of you who do not know, the festival of Imbolc marks the midway point between the Winter Solstice and the Spring Equinox. The cold and dark are slowly giving way to warmth and light, and to ancient pagans, it was time to honor the Goddess Brigid. Brigid is the fiery Celtic goddess of light, healing, poetry, and craft.

She was associated with the first signs of the coming spring. On Imbolc offerings of Goddess dolls and Brigid's crosses were left on altars and shrines to honor the Goddess. Goddess dolls are handmade dolls or poppets traditionally made from bundles of oats, rushes, or other natural materials like wool, hay, or corn.

These dolls are put in a basket with pillows to make a bed. This invites and honors the spirit of Brigid and invites the warmth and growth of spring into your home. Brigid's crosses are made by folding rushes over each other to create this shape:



A simple Imbolc ritual to honor the Goddess and the coming spring is to take a garden pot full of soil and light a tea light

candle on it. Light it and think of the warmth and growth of spring blessing the land.

*Holy Brigid, bearer of the flame!  
Bring light and life to the dark winter!  
Exalted healer, heavenly queen, Brigid  
with three faces  
Drive from us the cold that chills our  
bones and the frost that grips*

## FEBRUUS: GOD OF FEBRUARY

Februus was the Etruscan god of purification, wealth, and the spirit world. The namesake of February was associated with the Greek Hades and the Roman Pluto. February was named after his holy festival, Februa. This festival took place on February 15th and was a day of purification. Houses and temples were cleaned, and offerings were burned. Today we light candles to bring in the light.

Februus was also associated with Faunus, the god of animals, whose festivals took place at the same time.

The Romans also celebrated Vesta in the month of February, a goddess of home, fire, and healing that is the equivalent of the Celtic goddess Brigid. **KD**

## GIVEAWAY WINNER!

### 30 Minute Tarot Reading

REMOTE OR IN-PERSON (LEWES, DE)

SELECTED WINNER

**Ilene M.**

WINNER WILL BE CONTACTED VIA EMAIL



# FEBRUARY Monthly Newsletter

## LOVE AND RELATIONSHIPS READING

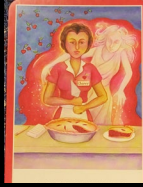
BY MAHIKOL TORRES



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

**Tarot Card**  
FIVE OF CUPS

The Five of Cups is a card generally associated with grief and difficult emotions. The card shows a man crying over three fallen cups, but he completely ignores the two that still stand behind him, which are accompanied by a very healthy and fruitful tree. For those who are already in a relationship, this card reminds us to balance our energy by acknowledging and focusing some more light on the positive aspects of our relationships. For those who are single, this reminds us to stay strong and remember that a lack of romantic love does not define us and that there is much love around us that we often take for granted.



How will this energy manifest in our lives and behaviors?

**Chakra Card**  
ROOT - ACCEPTANCE

The energy of our love life is currently manifesting through the Root chakra, as we tap into the primal need for closeness, community, and love. This card calls us to accept ourselves as we are and to understand the power and beauty of our uniqueness. In accepting ourselves, we also clarify whom or what else we accept in our lives. For those already in a relationship, this card encourages you to allow yourself to be loved, and to find acceptance of yourself as you are, so you may share that love with those around you. For those who are single, this card calls you to accept and take ownership of who you are, to live with intention, and to attract the love you seek through shining your unique light on the world.



What actions can we take towards the best possible outcome?

**Oracle card**  
GRATITUDE

This card ties it all together. Here we are reminded to be grateful for the love we already have, for the connections we share and enjoy with others, and for our agency in loving ourselves enough to leave situations that are not beneficial for us. This card encourages us to incorporate gratitude into our daily lives, by honoring the unique opportunities we have, and by seeking love in the heart of every creature around us. That which we are grateful for is what the universe brings us more of. Gratitude is one of the most powerful manifestation tools. If you want to attract love, you must first find the love that is already there.

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

## HERBAL SPOTLIGHT - HIGH JOHN ROOT

High John Root is an herb traditionally used in hoodoo and root work. It is a magickal herb *par excellence*, being used in success, gambling, obstacle and hex breaking, love, sex, luck, and legal magick. Anoint the root with oil and place it on your altar to bring success and good fortune to your side, or burn a red candle dressed in High John root powder by your bed to attract love.

High John the Conqueror favors the unlucky, oppressed, the wronged, and the clever. Legend has it that High John was a prince of the Congo who was betrayed and sold into slavery. Many



legends are told about how he would outsmart his captors and always come out on top. As the story goes, John fell in love with the daughter of the Devil and summoned him to make a deal for Lilith's hand in marriage. The Devil agreed but set impossible terms. John was to plow 60 acres by Noon, then sow and harvest 60 acres of corn. If he succeeded, he could marry Lilith. If he failed, the Devil would take his soul that night.

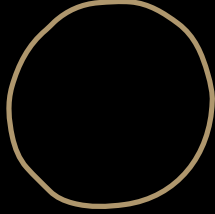
Lilith was charmed by John and bestowed upon him special powers and bewitched tools that let

him grow a plentiful harvest in a single day. John was succeeding when Lilith overheard her father's plan to kill John at the end of the day regardless of the deal. Lilith told John, who stole the Devil's horses and the newlyweds escaped. Lilith said that if they used their magic the Devil would be able to find them, so they decided to leave their powers behind and flee America.

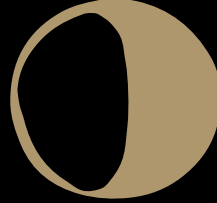
The pair left their powers inside the root of a certain plant, a plant that would take his name and hold all of his cleverness, luck, success, and power. It was believed that this power was his gift to any who used the root to overcome obstacles and to find joy in life. **KD**

# FEBRUARY Monthly Newsletter

## IMPORTANT LUNAR DATES



February 9  
**NEW MOON**



February 16  
**WAXING HALF MOON**



February 24  
**SNOW MOON**  
IN VIRGO

As the Full Moon approaches, there are several ways you can prepare to take advantage of its powerful energy. Begin by placing aside a clean glass jar to make moon water. Decide which items you'd like to charge with the power of the full moon, and dress a candle with herbs that attract energies you'd like to receive this month. On the night of the full moon light the candle, fill the jar with water, gather your crystals, tarot decks, and other magick items and place them outside or by a window where they can charge under the moonlight. In the morning, bring all your items back inside.



### TIME FOR QUESTIONS

#### HOW DO I INTERPRET THE MEANINGS OF MY DREAMS?

**Mahikol Torres:**

Our unconscious mind communicates strongly through symbolism. Dream symbols have been interpreted for many years and you can often find dictionaries in bookstores. Although these can be really helpful in gaining a general idea of a dream's meaning, true dream interpretation goes beyond predefined meanings and dives deeper into the dream and the dreamer.

If someone dreams of a snake, a dream dictionary may tell you it means they are in danger or that someone around them may have ill intentions. However, what if the dreamer loves snakes and even keeps them as pets? For them, snakes may symbolize their

connection with nature, or even safety. So it's not just important to know the symbols that appear in a dream. The feelings, sensations, atmosphere, sounds, and the dreamer's personal connections to the symbols all come together to form a detailed interpretation.

If you'd like to work on interpreting your dreams, think about what you see but go beyond the image and pay attention to how you feel in the dream as you see the images. If you dream you are driving, do you feel comfortable or anxious? If you dream you are climbing a mountain this may signal facing an obstacle, does it feel challenging or exciting? The feelings dictate the meaning more so than the symbols. A mountain that makes you feel intimidated may mean an obstacle that will force you to face your fears, whereas a lush and green mountain full of animals may mean a more pleasant challenge. So, write down your dreams, dive a little deeper, and create your own dictionary paying attention to repeating symbols, places, and themes in your dreams.

## PRODUCT OF THE MONTH



### WITCH BELLS

Hang witch bells on your door or doorknob and let them cleanse any incoming energies. Each time they ring, the bells' vibrations will disrupt unwanted energies and filter them through its crystals before they enter your space, while the hanging spell jar will maintain a shield of protection in your space at all times. **\$35**

**BUY ONLINE**

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

# FEBRUARY Monthly Newsletter

## SPIRITUAL ADVICE RUNE READING

BY KYLE DAVIDSON



**IHWAZ**

This month's rune reading is about what spiritual lessons we should keep in mind for the month. The first rune is Ihwaz, the Yew Tree. This is the Runic equivalent of the Death tarot card. It tells us to remember that all things have their season. Be careful with your attachments – remember to let go. Change is uncomfortable but natural. Do some spiritual spring cleaning this month. What has outlived its usefulness? What can be thrown away? Are there any old beliefs or concepts that maybe served you at one time, but have now outlived their usefulness? Are there any relationships that its time to let go of? It's time to clean house of all those old energies and move forward more freely.



**NAUTHIZ**

Nauthiz is the rune of necessity, need, or obligation. After pruning away with Ihwaz, it is now time to consider what is truly important. What do we need? Where should we be investing our time and energy? The Need rune asks us to consider our priorities, and this month your priorities will be put to the test. When it comes down to it, what is most important in your life right now? What needs to be handled now, and what can wait? Nauthiz in a reading suggests that this month you may be forced to face your obligations. Sometimes the things we must do are not the most pleasant or comfortable tasks. Nauthiz reminds us to face necessity with courage and determination.



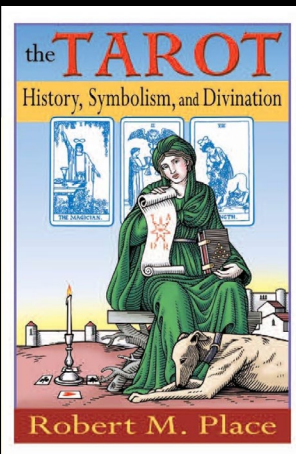
**MANNAZ**

The final rune for the month is Mannaz. Mannaz means human, or self. Its message is to never lose yourself. Each soul has its own talents, passions, and abilities. The Mannaz rune is meant to remind us that these qualities are what make us unique, they define our sense of self. Embrace those things that make up who you are. Don't be afraid to take time this month for yourself. It's a good time to go within and spend time with yourself. Get to know who you are, as Know Thyself is the foundation of all spiritual wisdom.

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

## RECOMMENDATIONS

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



## KYLE'S PICK

**The Tarot: History, Symbolism, and Divination**  
by Robert M Place

This dispels the myths and misconceptions about the history of the Tarot deck, its origins, and usage over the centuries. Illuminating and insightful, this book will not just teach you about the past of the Tarot but also the history of many of the symbols used in the Tarot. No other book has helped guide me toward understanding more about my Tarot journey than Tarot by R. Place. Highly recommended for both beginner and intermediate Tarot users.

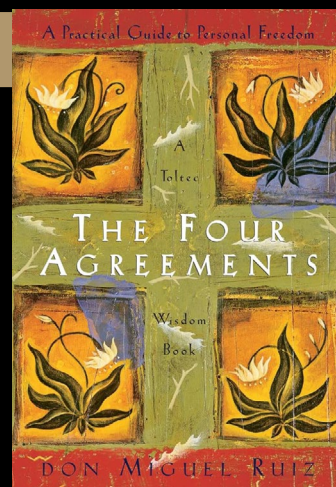
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## MAHIKOL'S PICK

### The Four Agreements by Don Miguel Ruiz

Four seemingly simple ideas are presented in this book that have the power to truly change your life. The Four Agreements are not complicated in their essence, but they can be in practice. Don Miguel Ruiz discusses the way in which we perceive reality and teaches the four agreements while diving deeply into each one.

This book was an absolutely empowering and illuminating read. When you find that life is a little heavy, and the world around you isn't looking too good, the four agreements can help bring things into a more clear perspective.



## TIME FOR QUESTIONS

### WHAT IS THE MOST IMPORTANT STEP IN LEARNING MAGICK?

**Kyle Davidson:**

Meditation is absolutely the number one skill to learn for your magickal practice. Meditation, in time, provides mastery over the mind. It makes us more aware and helps us control where our mind goes. Magick is tied to the power of the mind. Magick is any technique, new or old, that facilitates the transformation of one's experience of reality via the powers of the mind. Meditation helps us to know our mind – our blockages, the tricks our mind plays on us, anything that could interfere with the practice of magick. Once you have mastered meditation, magick becomes second nature.

## REWRITING LIMITING BELIEFS

The following exercise will help identify and begin to re-write limiting beliefs to aid in living a more empowered life. The tools necessary are a journal or several pieces of paper, and something to write with.

To identify limiting beliefs, focus on highly desirable goals, dreams, or situations that also feel scary or beyond reach. Some examples are wanting to change careers, moving to another state or country, starting a successful business, writing a book, or pursuing a personal passion. Meditate on the goal or dream and focus on the fear or the feeling that indicates this goal is unattainable. Ask, internally, what this feeling is representing and why it is there, and listen. This may take several attempts, but continue to listen and do not accept "I don't know" as an answer. Take breaks and return to this later if necessary.

Make a list of any uncovered limiting beliefs. Aim for a minimum of 7. On the opposite side of the paper,

write the new beliefs that will replace the limiting ones. For example, if a limiting belief reads "Money is hard to make," the opposing could be "Money is readily available." Or, if a belief is "I am not worthy of being loved," the opposing belief can be "The universe shows me love every day."

After writing down both lists, integrate the new beliefs into daily activities. One way to do this is by creating one reminder a day on either a calendar or phone. Each day, have one belief appear as a reminder during a time of day when it can be properly acknowledged. As it comes up, read it and visualize it being true for a few breaths. Set these reminders on repeat, so they come up the same day every week. Over the next few weeks, remain open to seeing those beliefs manifest. The brain learns by repetition, and this will help repeat the positive beliefs that will generate life improvements and bring in more joy and abundance daily. **MT**

## ON THE ROAD

A list of events that we will be attending! If you come to any of the events, stop by and say hello!

**MYSTIC FAIRE**

MAY 11TH, 2024

BRIDGEVILLE, DE

**DELMARVA PAGAN PRIDE DAY**

JUNE 30TH, 2024

DOVER, DE

**VERMONT PSYCHIC EXPO**

AUG 10 & 11, 2024

ESSEX JUNCTION, VT