



VEIL AND BONE
Access Your Inner Power

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MARCH

● Monthly Newsletter

PERSEPHONE OFFERING

Every spring we celebrate the goddess Persephone. Persephone is the beautiful goddess of spring, renewal, and rebirth. She is a paradoxical deity in many ways. She is the goddess of Life itself, yet she is also the queen of the dead. Lady Persephone is honored on the Spring Equinox, the day when the night and day, dark and light, are in perfect balance.

According to ancient mythology, it is Persephone that creates the cycle of the seasons. Autumn and Winter are caused by Persephone leaving our world for the spirit world. There she rules over the land of the dead with her husband, Hades. When she returns to the land of the living it begins the springtime, where she stays until the end of Summer.

Persephone is the spirit of life, and her journey to and from the underworld is the cycle of rebirth in all of nature. In the mystery traditions of Orpheus Persephone was regarded as an important goddess who ruled over the afterlife and the cycle of reincarnation. She was worshiped alongside her mother Demeter, the goddess of agriculture and an aspect of Mother Earth, and the goddess Hecate, the goddess of witches and spirits.

To honor Persephone was to honor Life and Death, embracing the cycle that keeps the balance between the two. She was invoked in the spring to bring blessings of peace, health, and abundance to the household. To make an offering to Persephone place flowers in a vase on your altar or shrine space.

Make offerings of honey cakes, pomegranate tea, berries, bread, grain, oatmeal, or honey. On the night of the equinox – this leap year it is on March 19th – light a candle on your altar as a guiding light for Persephone to follow on her way back from the other world. Burn floral incense to welcome her into your life. Give thanks to her for the growth and beauty of spring. **KD**



Proserpina by Dante Gabriel Rossetti

SPRING GIVEAWAY!

30 Minute Reiki Session With Kyle
IN-PERSON (LEWES, DE)

Click Here to Enter!

WINNER WILL BE ANNOUNCED IN APRIL NEWSLETTER



MARCH Monthly Newsletter

CHAKRA OF THE MONTH SAHASRARA-CROWN



Location: Above the crown of the head

Color: Violet or Gray/Silver

Crystals: Amethyst, Clear Quartz,
Moonstone, Fluorite

Mantra: OM

Our Crown chakra rests just above the crown of our head and is associated with our thoughts, ideas, spiritual connection, and our source of knowledge and inspiration. Since this chakra rests outside of our bodies, it is the perfect avenue for astral energies, spirit guides, and our higher selves to communicate with us.

The state of this chakra defines how receptive we are to inspiration, feedback, and spiritual guidance, and may even define our level of confidence in our ways of thinking. An imbalanced chakra will manifest through a lack of creative drive, an inability to find constructive direction in feedback or advice we receive, or even as strong resistance to hearing opinions and guidance from others.

Meditation is a wonderful way to bring your crown chakra into balance, as it helps you to quiet your mind and give more definition to the channels of communication you connect to. Allowing yourself to organize your thoughts will not only bring more clarity but will also help you recognize fears and obstacles that may have been created by an instinctual need for safety or certainty. **MT**

THE USE OF MANTRA YOGA

One of the most helpful techniques I have found to assist my meditation practice is the technique of mantra yoga. This is the technique of focusing your consciousness with a mantra to still the mind of all but a single thought. A mantra is essentially a sentence or phrase that carries deep spiritual significance to you personally.

The term mantra comes from yoga and the Eastern traditions of Buddhism, Hinduism, and others. Most popularly known mantras come from India or China for this reason. However, any sacred phrase, in any language, is functionally the same as a traditional Eastern mantra and is just as effective. The key is to find the mantra that resonates with you.

Mantras are chanted, or vibrated, rhythmically and repeatedly during meditation. When stray thoughts arise – as stray thoughts always do – the meditator guides the awareness back to the mantra. The mantra occupies the mind, the faculty of speech, and the sense of hearing all at once, calming and focusing those parts of the mind.

In many traditions a mantra is given by a teacher or guru, however, most of us modern magickal practitioners do not have the luxury of having a personal mentor. In this case, I recommend using one of the following popular and universal mantras:

OM or AUM – the Sacred Sound of Divinity.

OM TAT SAT – “The Ultimate Truth is Divine” or “God is Truth.”

OM MANI PADME HUM – “Hail the Jewel in the Lotus.”

IAO (pronounced EE AH OOH) – A gnostic name for the ultimate reality, like OM. It also represents the initials of the Mother Goddess of Egypt, Isis,

the spirit of chaos Apophis, and the lord of order Osiris. Thus it represents the balance between the darkness and light.

OM SHANTI SHANTI SHANTI – “Sacred Peace, Peace, Peace in all three realms”

ISIS ASTARTE DIANA HECATE DEMETER KALI INANNA – a common neo-pagan mantra listing different names for the supreme Mother of Reality.

HEKAS HEKAS ESTE BEBELOI – “Away, Away from me all forces of the profane.” An incantation used by the Golden Dawn for rites of purification and protection.

Once you have selected a mantra to work with it is time to incorporate it into your meditative practice. I hesitate to say that there is a right or wrong way to use a mantra, however, this is a technique I have had success with that I can confidently recommend.

Begin by repeating the mantra loudly but slowly, about ten or so times. Use prayer beads to keep track or guesstimate – don’t distract yourself by trying to count while also focusing on the mantra.

The next ten repetitions of the mantra should be faster, but quieter. Repeat that process until you are saying the mantra so quickly and quietly that you can feel or sense the mantra buzzing in your body.

Once you have achieved the height of focus and absorption in the mantra as possible, it is time to reverse this process. Begin slowly increasing the volume and lowering the speed of the mantra to bring you back. Doing this for a set period of five or ten minutes a day will increase focus and clarity, and invoke the energy of the mantra in your life. **KD**

CAREER READING FOR THE SPRING

BY MAHIKOL TORRES



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

Tarot Card
TEN OF CUPS

We begin very strongly with the 10 of cups, showing us that this new season brings with it a lot of joy, personal and emotional fulfillment, and success.

In matters of career, the 10 of cups lets us know that we are stepping into, or are currently in, a career or work phase that can bring the abundance and dream fulfillment we seek.

If you are waiting to hear back from potential employers, this card lets you know there is positive energy with you and you should expect positive news.

For those seeking a new position, this card reminds us to focus on opportunities that bring emotional stability, a pleasant atmosphere, and opportunities to expand your skills. This is where you will thrive, and so will your emotional well-being.



How will this energy manifest in our lives and behaviors?

Chakra Card
CROWN - CREATION

The Creation card is connected to our Crown Chakra. This is where we receive ideas, information, insight, and inspiration.

Energy and passion are here to fuel your journey and your goals. You may be feeling called to create new experiences, situations, and a new reality that aligns more with who you truly are. This card reminds us of our power to change our energy and communicate to the Universe our want for more.

We are beings of power. Our emotions, our thoughts, and our actions can help us create that which we seek. This card reminds you to take action, be creative, and surrender to the possibilities ahead.



What actions can we take towards the best possible outcome?

Oracle card
SACRED JOURNEY

This is one of my favorite cards in this deck. This Sacred Journey card is a herald of a new beginning. As spring arrives and brings about warmth, expansion, and inspiration, we also embark on a journey of inner growth and development.

Be aware that sacred journeys do not always present themselves in pleasant, magical ways. Your journey may require you to walk a path you had not expected or planned for. This is where surrendering to your journey and having faith in the Universe's support and guidance will come in handy. Take that step forward – and if you don't know which way to step, close your eyes and pick at random. Do not let fear or insecurity hold you back from walking your path and stepping into a career that will bring joy and abundance into your life.

SPRING CANDLE BLESSING

Take a yellow candle and anoint it with floral oils such as lilac, jasmine, or rose. Sprinkle it with dried lavender and chamomile. If you are having a particularly difficult time, dry the petals of a daffodil and mix that in with the other herbs.

Light it within the week of the equinox to bring healing and vibrant energy to your spring season. This is a powerful candle charm to invoke calm, health, and peace into your life. It can also boost your creativity, soothe relationships, and inspire love. **KD**



Book a reading with Mahikol at veilandbone.com/readings

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

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THE WORM MOON

March 25th's Worm Moon heralds the start of spring and the Light half of the year. This is a time of renewal, balance, and joy. It is the rebirth of the Earth Mother and the Sun god. This full Moon has a strong creative energy, being in Venus's sign of Libra. It is a time to work spells related to creativity, growth, healing, fairness, balance, or relationships.

This month's moon is called the Worm Moon because it is typically in March that worms reawaken from their hibernation and return to the surface from the depths. Like Persephone's journey, their return is a sign that vitality and life have returned to the world after the harsh winter. They are messengers of life itself.

The energy of life is creative and stimulating. This energy is not just for the plants and animals in nature. It affects every one of us. Draw upon it, and use it to create beauty and wonder in your own life. Let the vitality of nature flow through you.

Connect to it by spending time outside making contact with the Earth. Work in the garden, do some yard work, plant a tree, or sow some seeds. All of these are powerful ways to connect with the vibrant energy of the spring Moon this month. **KD**



WHAT ARE SPIRIT GUIDES AND HOW DO YOU CONNECT WITH THEM?

Mahikol Torres:

Spirit Guides are spirits or astral energies that work with each one of us to help guide us in the directions we want to go that lead to substantial personal growth.

There are many ideas as to where spirit guides come from. To some, spirit guides are family members who have passed and decide to continue helping you along in your journey.

Some of these family members may be people you never met who may have passed long before you were born. To others, spirit guides are part of a Soul Tribe, a group of souls that move together from one lifetime to the next. Some of the souls in the tribe will choose to be reincarnated, while the others hang back in the astral realms to provide assistance and guidance.

Others believe spirit guides are extra-terrestrial entities who watch over us and provide guidance toward

our highest good. All of these can be true, and your spirit guides may be a mixed bag of these types of energies.

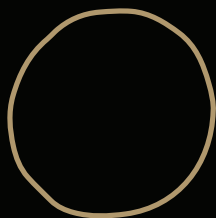
Regardless of where they may come from, spirit guides are very much a real part of our lives. Communicating with them is simple, but actually "hearing" them and heeding their guidance is the true challenge.

The first step in communicating with your guides is to acknowledge that they are there, even if you don't think you've ever felt or noticed them. Then, find some quiet mental space during meditation, and practice sensing your guides: simply ask "Spirit guides, please step into my aura." Then remain quiet and silent and pay attention to any sensations you may experience.

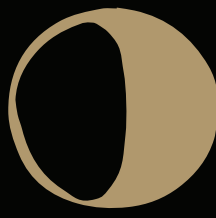
Whenever I call upon my guides, I feel a strong tingling sensation on the back of my head, my neck, and sometimes also my arms. You can ask your guides to step out, and then back in so you can work on noticing the subtle differences in the way your body and energy field change.

Over time, you can ask questions and listen for answers that may appear to you as images, or sounds, or you may hear your own voice inside your head providing an answer. Remain open to connecting with your guides and allow yourself to connect with the guidance of your higher self.

IMPORTANT LUNAR DATES



March 10
NEW MOON



March 17
FIRST QUARTER



February 24
WORM MOON
IN LIBRA

TAROT READING FOR CREATIVITY

BY KYLE DAVIDSON

This month's tarot reading is for the artists, writers, and other creatives who are struggling with creative blocks this season. Winter is a difficult time for many creatives, and the energies often just do not flow. The focus of this reading is to shine a light on any lessons or messages that will help the creative individual break free of creative blockages and find their artistic passion.



THE WHEEL OF FORTUNE



THE FOOL



STRENGTH

The Wheel of the Year turns into spring, the season of creativity and growth. It is time to let go of old, stagnant patterns and cycles. You have outgrown them. It's time to break free from self-imposed limitations and follow your true will. The Wheel of Fortune shows the turning of the wheel from Dark into Light – shedding the old and moving forward into a new cycle. Create patterns that support your creative goals, and break through the illusion of writer's block or artist's block. Support and resources that support your creative goals will be attracted to you, embrace them. Be on the lookout for unexpected good luck or synchronicities that will help you in the creative process.

Let yourself play. Drop anything that does not feel right and let go of self-imposed restrictions. The creative muse is tied to our inner child, and when rekindling the creative spark, we can call upon the child for help and inspiration. Forget about what you should and should not do and focus on what feels right for your soul. The Fool accepts that he knows nothing, and in that acceptance, he finds the freedom to move forward and do what needs to be done. Be like the Fool – carefree, without limitation, and eager to leap into a new adventure or project. In essence – be fearless and play. This is the beginning of a new creative journey for you, and you already have all the tools you need to create what you desire.

This is the card of the Will. What is your true will? What do your heart and soul guide you to create? Even when we know what our soul is guiding us to do, we may find ourselves resistant to putting in the work. Harness all your strength, channel your passion, and do it despite the resistance. That is the only true way to break through creative blockages – to put in the work even when your mind does not want to. Sometimes it is important to step away from a project and give yourself time to recharge. That time is over now. Be strong, make no excuses, and be creative. It won't take long before you realize that creativity feels good, it lights the fire of passion within you. That flame must be kindled, but once it is blazing you will feel its warmth. Creativity is a courageous act – be brave.

Book a reading with Kyle at veilandbone.com/readings

PRODUCT OF THE MONTH



Designed to bring balance and harmony to your space, this hanging chakra ornament serves as a beautiful reminder of the importance of nurturing your mind, body, and spirit. Hang it near a window or in your meditation area to create a calming atmosphere. As sunlight dances through the vibrant stones, their mesmerizing colors radiate positive energy, creating a serene ambiance.

Connect with your inner self by focusing on the specific chakra that resonates with you. Whether you seek to enhance your intuition, find balance, promote self-expression, or cultivate love and compassion, this hanging chakra ornament is a powerful ally on your journey of self-discovery and personal growth.

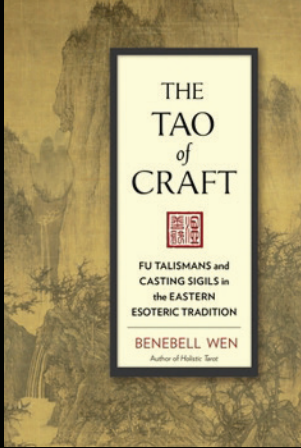
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BUY ONLINE

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RECOMMENDATIONS

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



KYLE'S PICK

The Tao of Craft: Fu Talismans and Casting Sigils in the Eastern Esoteric Tradition BY Benebell Wen

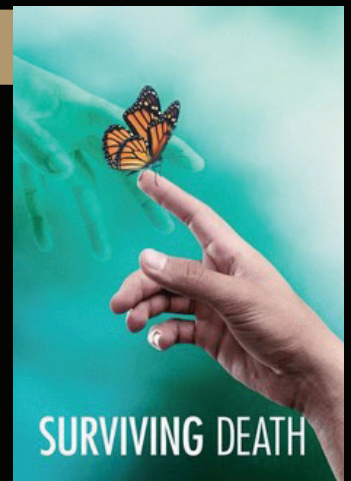
The Tao of Craft is a beautifully illustrated guide to the Chinese tradition of sigil craft or the art of creating magickal symbols for talismans and spellwork. This book dives deep into the history, theory, and practice of this unique and beautiful tradition that most people have never heard of. Wen brings this tradition to life with beautiful clarity, making it accessible for all without losing any of the wonder. Lose yourself in the stunning artwork in this book and learn the Chinese art of sigilcraft for yourself.

MAHIKOL'S PICK

Surviving Death on NETFLIX

If you've ever wondered what exists beyond death, or have been curious about mediumship, spirit signs, or near-death-experiences you absolutely must watch *Surviving Death*. This show is a limited series documentary that explores different topics related to death and the afterlife. Beginning with an episode that discusses near-death experiences, and diving into mediumship, reincarnation, and spirit communication, this show will astonish you, intrigue you, and make you cry (but like, good crying).

The show has very few episodes, but they pack it with a lot of information to stimulate your mind and help you decide how you feel about the experiences they discuss and whether or not they fit into your reality. If you check it out, let me know what you think!



GARDEN MAGICK

As we enter the warmer months of the year and welcome the life of Spring, many of us are preparing our garden beds. Here is a way to bring magick into your garden this year with a quick spell. If you are not planning on setting up a whole garden this year, you can also follow along and plant your seeds in a pot.

All you will need is a piece of paper, seeds, a pot for your plant, a fire-safe bowl, and soil. The spell can be performed at any time but would be most powerful during the New Moon.

Begin by writing down an intention

you would like to manifest. This can be anything you'd like to "grow" into your life. If you don't have an intention in mind, you can still write your wishes for the seed(s) you are planting.

After writing your intention, say it out loud three times before ripping the paper into small pieces. Burn the pieces of paper and mix the ashes into the soil. Take out your seed(s) and hold each one in your hand individually. If you have a lot of seeds you can hold multiple in your hand at a time. Focus on your intention and take a deep breath in.

As you exhale, visualize your intention in the air and see it slowly move toward the seeds and get absorbed by them. Thank the seeds, and gently plant them in the dirt.

As time passes, nurture your seeds intentionally. Visit them often, talk to them, and focus on your intention as you do. Treat your plant(s) as a physical manifestation of your intention. As it grows, so your intention will grow, and how you nurture your plant will affect how the intention manifests. **MT**

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TIME FOR QUESTIONS

WANT TO ASK US A QUESTION? SEND IT TO newsletter@veilandbone.com

WHAT SHOULD I DO WITH OFFERINGS AFTER A RITUAL?

Kyle Davidson:

When working with deities or spirits, it is common to place offerings of food or drink upon the altar or shrine. These offerings help to invite in the influence of the spirits, creating a bridge between us and the other side. One of the most persistent questions I have come across is what should happen to offerings after the ritual is complete.

Some people throw the offerings away, but I do not agree with this.

Offerings should be considered sacred and not treated as garbage, tossed away so casually.

Instead, I consider offerings to be like the yogic/Hindu concept of Prasad. In these and other Eastern traditions, food and drink are placed on the altar for a specific deity as part of ritual worship or ceremony.

It is not believed that literal food and drink are necessary for the deity, but that the deity does consume the life-giving energy within the offered substances. The deity or spirit absorbs this energy during the ceremony and leaves the food and drink recharged with the deity's spiritual energy.

After the ceremony concludes, it is believed that the offerings given are

offered back by the deity to everyone in the temple. This blessed food is called prasad meaning "divine grace" or "divine favor". Food becomes a vessel for the energy of the deity, and eating it is like an act of communion that invites the blessing of the spirit into your body and your life.

Whenever possible I try to consume the offerings for the deity after a ritual or ceremony to invite the energy into myself. In the case of flowers or herbs, I recommend not throwing them in the garbage either. Instead put them into the compost bin. Let them nourish your garden in this way to infuse the very ground you walk on with the blessings of the gods.

WHY IS MANIFESTING SO HARD?

So you want to take charge of your life and begin creating the reality of your dreams, but no matter how many vision boards you make it just doesn't seem to work out. Maybe you started seeing some results, but as time passed you realized you didn't quite get what you asked for, or maybe you weren't even ready for it. It's easy to feel discouraged when the things you want don't seem to enter your life when you ask for them, but these tips will help you take your manifesting to the next level.

Before you can manifest anything, you have to know what you want to manifest. This goes beyond "I want more money" into more specific requests like "I'd like \$5,000 by June 30th." The Universe is always listening to your requests, and the clearer you are about what you want the easier it will be to manifest. Once you decide what you want with enough specificity, go deeper into the emotions behind what you want to manifest. Why this specific thing?

How will manifesting what you want affect your life? What are some signs that show you are ready to manifest this desire? Who will you be once this desire is fully manifested?

The next step is to start creating the energy of what you want to attract. This is where things like affirmations, journaling, visualization, and mantras, come into the picture. During this step, you work to build your commitment to what you want to manifest and tune your energetic signals to the frequency of the things you want. This is done by using our emotions, one of the most powerful communication channels with the Universe. You will often find that the law of attraction will ask you to feel like what you want is already yours.

The final step is surrender. This is often the hardest step and where most people give up. When you set a goal of something you'd like to manifest you are asking the Universe to take you to a destination or a result. You are not in charge of how comfortable

the ride will be. Often, the Universe will take you down a path that feels irrelevant or the complete opposite of where you think you should be going. When this happens, remind yourself that if "where you think you should be going" was correct, you'd probably already be there.

A need for surrender also presents itself as procrastination, avoidance, or as an unwillingness to face and address imminent problems. When manifesting, we have to acknowledge that a change is needed so our desire can exist. This may require letting go of people, situations, or things that no longer serve you. You may also have to face your insecurities and actively work to overcome or accept them.

This is how the Universe guides you, by giving you challenges that will disrupt the current energy and make way for the things you desire. Let the Universe handle the directions, and open yourself up to changing your vibration and allowing your wishes to enter your life. **MT**