



VEIL AND BONE

Access Your Inner Power

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JUNE

Monthly Newsletter

WE'RE BACK!

May was quite a lovely, crazy month for us as we prepare for all the wonderful events and other great happenings of the year. We took a short break and are happy to bring the newsletter back! We hope you missed us, and that you enjoy what we have to share this month!

THE SUMMER SOLSTICE IS HERE!

By Kyle Davidson

Litha, or Midsummer is upon us! The longest day of the year is June 20th, and the powerful energy of the Sun will be at its full strength. The Summer Solstice is a sacred day for many people among many traditions, and we at Veil and Bone are here to offer suggestions for Litha activities that will attune you to the energy of this powerful day:

1. Bonfires are good for all of the Solar based holidays, and the Solstice is an especially powerful day. Make a fire and circumambulate around it, walking in a clockwise circle the way the Earth orbits the Sun. This will attune you to the healing power of the Sun, and can be a walking meditation focusing on the importance of the Light. Often, people burn wood from their Winter Solstice Yule Log or a branch from their Christmas tree to complete the cycle that began six months before.

2. Make a flower crown or offer fresh flowers at your altar. Sunflowers, Daisies, lilies, and Saint John's Wort are all associated with either the Sun, Light, or the element of Fire, and are all appropriate to use this season. The

bright yellow flowers of Saint John's Wort are associated with the Summer Solstice because they are ruled by the Sun. Saint John's Wort drives away darkness, both spiritually and mentally. The festival of Saint John the Baptist, who this herb is named after, is generally celebrated on June 24th, right around the time of the summer solstice. Planting and harvesting this herb is most powerful around the time of the Summer Solstice.

3. Go camping! This is a time to connect with the energies of the Sun and the Earth. These natural energies are at their peak, and basking in their natural glow is a good way to realign your energies for the whole year.

4. Candle magick for success, healing, and prosperity is especially powerful as the Summer Solstice is associated with the full power of the Sun and the element of Fire.



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MYSTIC FAIRE IN BRIDGEVILLE, DE!



On May 11th we had the honor of participating in the Mystic Faire hosted by Mystic Crystals And Cats in Bridgeville, DE. The event was filled with wonderful vendors offering products ranging from crystals to teas, witchy apparel, metaphysical tools, and more!

We set up our booth with a lot of excitement, as this marked our first event of the year. After setting up we enjoyed meeting the other vendors, and all the wonderful people who stopped by our booth! Not only were we able to provide our products to those who wanted to include them in their practice, but we also forged wonderful new personal and professional connections.

We are thrilled to get started with our event season, and are looking forward to the many magickal and fun events we will be attending throughout the year. We'd love to thank Samantha and Tim, owners of Mystic Crystals And Cats, for putting together this wonderful event. We will be attending again this Fall, so stay tuned for date announcements as the event is arranged.

READING FOR THE SECOND HALF OF 2024

BY MAHIKOL TORRES



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

Tarot Card
ACE OF WANDS

The Ace of Wands presents powerful new beginnings filled with passion, excitement, and creativity. It can signify a fiery new relationship or an adventurous work venture. This new beginning lets us know that we have succeeded in manifesting our desires, and the Universe is ready to deliver. As we embark on this new journey, we must continue to fuel the dream with passion and diligence. At the same time, we must be unafraid to do the work that is required to maintain and nurture this new situation. It is time to roll up your sleeves and become very hands-on. The Universe has brought us the opportunity, but it is up to us to choose to accept it and keep it alive.



How will this energy manifest in our lives and behaviors?

Chakra Card
THIRD EYE - DESPONDENCE

Our Third Eye Chakra is the center of our intuition. It helps us see beyond the veil, but also helps us use our vision to create that which desire in our lives. This Despondence card alludes to the way in which those around us may feel as we step into our new beginning. Some people may not be too happy to see us exploring new horizons and trying new things. However, if we choose to embark on the journey, it is our responsibility to remain strong in our vision of our goals. Allowing the comments or thoughts of others to blur our vision will take us out of alignment and may create unnecessary obstacles.



What actions can we take towards the best possible outcome?

Oracle card
GOLDEN CROWN

The Golden Crown card is a strong reminder that we are being divinely guided on this journey. Our higher selves know we are ready for this next phase and are leading us in the direction of our dreams. It is important to keep spiritual communication channels open, look for the signs, and honor them. This journey is much bigger than we envision, and it is giving us the opportunity to shine. So, put on your golden crown, follow the guidance of your higher self, and go make some magic!

Book a reading with Mahikol at
veilandbone.com/readings

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HERBAL SPOTLIGHT ST. JOHN'S WORT

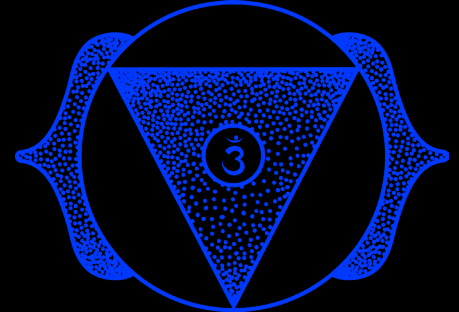
This lovely yellow flower is one of the most powerful Solar herbs in magickal practice. The original Greek name for this herb was *Hypericum*, meaning "Above an Apparition".

This is because the herb was believed to have power over apparitions and negative entities, with bundles hung over doorways and shrines to keep away evil. Its name may also be derived from the practice of hanging it above icons, or religious images, to make sure the shrine did not accidentally become a home for negative entities. Around this time every year, the ancient peoples of what is now the United Kingdom would fashion wreaths from Saint John's Wort.

They would be hung on the doorway to prevent fairies and other creatures from entering the home and causing midsummer mischief. This herb also has a bright, sunny energy. It has been used for centuries to treat depression, anxiety, and melancholy by brewing it into a tincture and drinking daily. Always consult your doctor before using it as a herbal supplement, to make sure it does not conflict with any medications you may be taking. Otherwise, use Saint John's Wort to dispel dark energies in your home and shrine by hanging dried bundles or making a Saint John's incense. **KD**



CHAKRA OF THE MONTH AJNA - THIRD EYE



Location: Between the eyebrows

Color: Purple or Indigo

Crystals: Moldavite, Black obsidian, Amethyst, Purple fluorite

Mantra: OM

The Third Eye chakra rests between the brows and is commonly associated with intuition, psychic abilities, spiritual awakening and connections. This is a very powerful chakra that serves as a place of communication with our higher selves and our spirit guides and requires regular use or maintenance to maintain its connection.

Serving as a third eye, this chakra helps us see beyond the veil by providing messages, insight, and guidance through visual images, words, feelings, thoughts, and memories. When you get signs from loved ones, or when you encounter synchronicities, it is your third eye chakra that helps you see them and reveal the insight you are receiving.

An imbalanced chakra manifests as an inability to determine where you or other people end or begin. This means you may pick up very easily on others emotional or energetic states and, instead of maintaining a clear boundary, you may take on these qualities and allow them to affect your own energy. On the opposite end of the spectrum, a blocked chakra may prevent you from seeing the messages from your intuition or trusting your inner guidance. **MT**

MANIFESTING MAGICK PODCAST EPISODE!



We are so excited to share the link to an interview we did with Kristie Callahan, host of the podcast Soul Empowered Insights. We had an incredible conversation about manifesting magick and the different tools that can be used to set your intention and begin manifesting your desires. If you'd like to learn more about setting intentions, using candle magick, or making sigils, find the podcast on Spotify or Apple Podcasts, or click the image to the left.

Kristie Callahan is an Intuitive Soul Empowerment Teacher, Coach and Reiki Master Teacher based out of

Vermont and we met her at the Vermont Psychic Expo in 2023. Kristie works to spread joy and heal the world through reiki, coaching, workshops, and so much more! We loved getting to be a part of her podcast and hope you enjoy listening.

If you are interested in learning more about Kristie, you can find her at

<https://www.kristiecallahan.com/>

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SIGNS FROM BEYOND

The Spirit world is always in constant communication with us, and our spirit guides are always eager to let us know they are present and supporting us on our journey. The ways in which they communicate, however, are not always easy to recognize and often times they are challenging to decipher.

Signs from passed loved ones or Spirit Guides can appear in many ways, but it's important to understand that not everything is a sign. Discernment, being able to differentiate what is meaningful versus what is not, is extremely important when asking for and interpreting signs from spirits or your higher self. If you accept everything you see as a sign you run the risk of missing out on truly important guidance, and if you are unable to recognize when something is a sign you may feel as though your guides are not supporting you.

So, how can you tell if something is a sign or not? First, you have to take into consideration the likelihood of the situation you encountered. Feathers are generally known as a sign of protection or a spirit, angel, or ancestor letting you know they are present. Finding a feather in a forest that is full of birds is most likely not a sign, but finding a feather directly on your front door, inside your car, pinned to your windshield, or even inside your house is most definitely a sign.

A few years ago I moved to a new home in a very wooded area where the trees are regularly visited by herds of migrating birds. Having moved there alone, I found myself anxious and feeling very alone. As I went out on

a walk, I asked my spirit guides for protection and guidance as I entered this new chapter in my life, and I asked for a sign to show they were listening. When I finished my walk and returned home, I came across a pile of black feathers directly on my front doormat. As I looked around I also noticed a trail of black feathers that circled my entire house. So, although I live in a place that is full of birds, I consider this a direct response to my request. The very specific placement of the feathers in a pile on my doormat and around my house is very unique as opposed to finding one or two feathers lying about.

Another way to discern the validity of signs is the internal reaction you experience when you come across them. If you are driving past a billboard

with a phrase that triggers vivid memories of someone you love and brings tears to your eyes, this could be their way of showing their presence. If you are at work and suddenly pick up the scent of a passed love one and are filled with emotion, that can also be a direct sign. However, smelling someone's perfume while walking through the perfume aisle at a store would most likely not be a sign.

If you are seeking to communicate with your guides, passed loved ones, or your higher self you can also ask for direct signs. When you do this, be very specific. Instead of saying "please give me a sign to let me know you are here," you can say "please let me know you are here by showing me a coin with my birth year on it," or "please show me a pink balloon to let me know you are here." Make sure you pick something that isn't likely to happen regularly on its own so you don't confuse yourself, and then remain open to finding the sign. For these examples, don't go through your coin purse or go to a party store. Instead, allow the signs to manifest on their own and be open to receiving them, even in ways you don't expect.

Signs are a powerful method of communication and support from those who are guiding you from beyond our reality.

By asking for them and remaining open to their manifestation you begin the conversation with those guides and begin to create a language with them which you can later use for further communication. **MT**



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JUNE AND THE DIVINE FEMININE

Traditionally, June is the month of the goddess Juno, the Queen of Heaven. Appropriately, the month of June is full of festivals dedicated to the divine feminine. Vestalia on June 9th is a festival of Vesta the goddess of the hearth and the protector of the home and family. June 11th is the holy day of the goddess Mater Matuta, who was associated with the dawn and the protection of children. June 24th was the holy day of Fortuna, or Lady Luck, who was made offerings for good fortune. The 20th of June is also the Summer Solstice or Litha. This is the longest day of the year, and a day sacred to various Sun deities. The bright energy of June makes it a traditional time for weddings, which is appropriate for a month named after the goddess of marriage. **KD**



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!

GRAND OPENING ARTISAN FAIRE

JUNE 23RD, 2024
HARBESON, DE

DELMARVA PAGAN PRIDE DAY

JUNE 30TH, 2024
DOVER, DE

HEART TO HEART HEALING ARTS GRAND OPENING

JULY 13TH, 2024
SEAFORD, DE

MANIFESTING SPELL JAR WORKSHOP

JULY 20TH, 2024
LEWES, DE

VERMONT PSYCHIC EXPO

AUG 10 & 11, 2024
ESSEX JUNCTION, VT

JUNE 2024 TAROT READING

BY KYLE DAVIDSON



**The most prominent
energy this month**

THE LOVERS



**Shadow energy to be
addressed this month**

8 OF CUPS



**Spiritual Lesson for
June**

THE MAGICIAN

There will be crossroads moments this month. When tough decisions arise, follow your heart. Remember your true values, core beliefs, and what you stand for and always choose that, especially if it's a tough choice. The Lovers is a card about standing at the crossroads and remembering that Love is always a choice we can practice. The Lovers is also a card of Romance, Passion, and Love. This month focus on spending time with those you love and care for, and remember the reason why you walk your path with the people that you do.

It is important to know when to walk away. If your relationship, situations, or behavior patterns no longer feel true, it is time to move on. If you need a little bit more space, take it. The wanderer on this card is here to remind us that our journey is our own, places and people are just parts of that journey, and there nothing wrong with saying goodbye.

Your mind creates your reality. This is true for each and every person. Like the Magician, we conjure the elements of our existence and shape our experience. Most people create unconsciously, but we can take conscious control of our minds. Remember that your thoughts, perceptions, and habits are really the bedrock of your reality, and it is important that we learn to take control of our own minds. When you are controlled by your mind, you are a slave to your unconscious conditioning. When you control your mind, you are the Magician creating your own destiny.

**Book a reading with Kyle at
veilandbone.com/readings**