



VEIL AND BONE

Access Your Inner Power

www.veilandbone.com

Monthly Newsletter

SEPTEMBER

THE AUTUMNAL EQUINOX

September 22nd marks the day of the Autumnal Equinox, also known as the sacred sabbat of Mabon in Wicca and Neo-paganism. This marks a powerful shift of energy, as the balance tips toward the dark half of the year. The dark half of the year is not evil, but a time to look internally.

A period of reflection, rest, and introspection where we are given the opportunity to review our year and make plans for the future. Apples are the symbol of Mabon, and altars and shrines are decorated with apples, cinnamon, and other symbols of the season. Celebrate Mabon with a bonfire to burn away all that you wish to release for the year.

Pouring apple cider over the roots of a tree in your back yard is another Mabon tradition. Offering the cider to the tree is a way of expressing gratitude for all of the abundance received in the months before, and it's also a way to promote abundance in the year to come. **KD**

HERBAL SPOTLIGHT: ROSE OF JERICHO

The Rose of Jericho, sometimes called the Resurrection Plant, isn't much to look at. It looks like a miniature tumbleweed, a small ball of dead leaves that fits in the palm of your hand. But if you just add water, something truly Magickal happens. Just a few hours after being watered, this tumbleweed resurrects from the dead. It goes from brown to lush green, its leaves unfurl, and it is alive once more. It is this ability to return, time and time again, from the land of the dead that makes this plant so powerful for witchcraft. The waters that restore this herb to the land of the living are blessed in the process, becoming holy water.

This water can be used with a white cloth to bless a space for spiritual work, or can be mixed into your mop or bath water to cleanse negative energy. This can be used for healing, meditation, or dedicating a space for Magickal work. It is also used to bless a business with abundance. When business is slow, water the rose of Jericho in your work space to restore vitality and abundance to your work. **KD**

UPCOMING EVENTS

TAROT ESSENTIALS CLASS

09/27, 10/04, 10/11, 10/18
AT DIADEM MEDICINE IN LEWES

SOUTH JERSEY PAGAN PRIDE DAY

10/15 CHERRY HILL, NJ

MILTON THEATRE ZOMBIE FEST!

10/19 MILTON, DE

GO SMUDGE YOURSELF

10/26 AT DIADEM MEDICINE

MOON MAGICK CLASS

11/02 AT DIADEM MEDICINE

INTRODUCTION TO PAGANISM

11/26 AT DIADEM MEDICINE

CREATING SACRED SPACES

11/23 AT DIADEM MEDICINE

RITUAL MAGICK CLASS

12/07 AT
DIADEM
MEDICINE

**SEE YOU
THERE!!!**



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READING FOR THE COLD MONTHS

BY MAHIKOL TORRES



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

Tarot Card
KNIGHT OF CUPS

As we step into the colder, slower time of the year, the Knight of Cups shows us a need for emotional control and regulation. Our emotions may be very positive, or we may be experiencing negative feelings regarding our year so far. The key component of this card is understanding that, as our emotions rise, they have the potential to become overwhelming and possibly distract us from our path..

Allow yourself the time to look at your emotions individually. Feel them, sit with them, and talk to them. Do not act out of emotional turmoil, instead, let your emotions pass and return later to view them with a clearer mind. This allows you to view your emotions from a clearer point of view.



How will this energy manifest in our lives and behaviors?

Chakra Card
SACRAL - PERSEVERANCE

This card touches upon the emotional distress we may be experiencing as we enter the later half of the year and we review what we have done and what we have not achieved. This card is calling our attention to any feelings of disappointment we may encounter, reminding us to look within and experience our emotions.

The word Perseverance reminds us that the year is made up of cycles, and what we did not achieve this year can be reviewed, restructured, and tried again. Do not give up simply because the year did not go as you planned. Instead, learn from the experiences you had and allow yourself to find ways to grow and continue moving forward toward your desires.



What actions can we take towards the best possible outcome?

Oracle card
COMPASSION

The Compassion card serves as a clear direction from the Cosmic Oracle. As we review our events, years, achievements, and losses, we must remain compassionate with ourselves while remaining true as well. Do not hide your feelings, do not be ashamed of your mistakes.

Pay attention to the way in which you talk to others about your situations, dreams, achievements, or challenges. Most importantly, be mindful of how you speak to yourself. Self-compassion can take you further, and help you find opportunities in situations you may deem negative. Be kind, and know there is always a new opportunity to try again.

Book a reading with Mahikol at
veilandbone.com/readings

FALL TIME "LET IT GO" SPELL



As the end of the year begins to peek over the horizon, we are invited to release patterns, ideas, people, and situations that no longer serve us. By making this space in our lives, we create room for growth and new opportunities in the new year.

Use this spell to help in letting go of any unwanted energies, situations, and connections. You will need a small pouch, preferably red or brown colored, a few pieces of paper and a pen.

On the pieces of paper, write down the things you want to let go of. As you do, visualize the energy,

person, or situation and focus on the feelings they bring up for you.

Place each piece of paper inside the small pouch as you whisper "I thank you, and I release you to make room for something new." If you have small items that may be tied to the energy you want to let go of, place them in the pouch as well.

Find a spot away from your home and bury the pouch where it will not be found. As the fall leaves cover it and the winter snows melt over it, they will help the energy return to the earth and be re-purposed. **MT**

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CHAKRA OF THE MONTH

SVADHISHTHANA SACRAL CHAKRA



"I move easily and effortlessly in flow. I embrace my creativity. I am fully present. I create pleasurable possibilities."

Location: Navel | **Color:** Orange

Crystals: Citrine, Orange Calcite, Amber, Moonstone | **Mantra:** VAM

Written by **Diana Pine**
www.diademmedicine.com

The sacral chakra is most spoken of with words of Eros, pleasure and sexuality, but ooh there's so much more! The sacral includes our sense of belonging, having tribe and community, birthing our creativity, ideas, and wisdoms, and yes, pleasure.

On the flip side, the sacral is where procrastination and sabotage resides – that place within us that gets stuck and we get in our own way.

The demon of the sacral is guilt. Brené Brown defines guilt as a behavior "I did something bad" where shame tells the self "I am bad". They are not the same.

As an Eastern Therapies Practitioner and Sexologist, it is incredibly common for clients (and friends) to tell me about the sacral wounds that brought trauma or pain to their body – instead of pleasure. The blocks in our sacral destroy satisfaction in everything we do.

Clearing our blocks to bliss allows us to use the power of Eros, the power of the erotic, within our lives to give us the energy to pursue genuine change within our world.

In Greek tradition, the God Eros was born after the God of Chaos to unite with love, order, and harmony. In Vedic tradition, Kama bound the whole universe together - with no other goal than connection. In medical spaces, Eros is the sum of life preserving instincts to protect and preserve the body and mind.

We can use the power of Eros to connect us back with the flow of life, with all the ups and downs of life, we flow with a sacral knowledge that empowers us to creatively and intentionally navigate what we want out of life!!

emotional, and psychic expressions - don't hold yourself back!

- Use the mantra above with intention!

"The erotic is not a question only of what we do; it is a question of how acutely and fully we can feel in the doing."

~Audre Lourde

A clear sacral wants you to experience satisfaction in everything!! From dancing, to building a bookcase, writing a poem, examining an idea, it's alivening to get creative!

The more you experience sacral clarity, it shows you your capacity for joy. Once you experience the sweetness of flow and joy for yourself - you can require no less for yourself. ♥

Disclaimer: if you have a big glaring sacral wound that is deeply personal or full of so much trauma that it makes everything hard emotionally, find a coach or therapist who can hold space to be deep in the work with you.

IF YOU'RE WANTING TO CLEAR YOUR SACRAL:

- Slow down.
- Engage all your senses.
- Practice presence.
- Move your hips in a figure 8 shape - right to left.
- Get your hands and feet in flowing water.
- Allow freedom in your physical,

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TAROT READING FOR SEPTEMBER

BY KYLE DAVIDSON



8 OF CUPS

The 8 of Cups often represents a time of transition and walking away from something that no longer serves your highest good. It signifies moving on from emotional attachments or situations that have become stagnant or unfulfilling.

This card encourages you to trust your intuition and listen to your inner voice this month as you embark on a journey of self-discovery and growth. It may be time to explore new horizons, seek deeper emotional fulfillment, and pursue your true desires with courage and conviction.



THE HIGH PRIESTESS

High Priestess The High Priestess represents intuition, mystery, and inner wisdom. She signifies a deeper understanding of the subconscious and the spiritual realms. This card encourages you to trust your intuition and inner guidance, pay attention to dreams and symbols, and explore the hidden truths within yourself this September.

The High Priestess suggests a month of introspection, meditation, and connecting with your inner self to uncover deeper knowledge and insights. Trust in your intuition and listen to the whispers of your soul as you navigate your path forward.



THE WHEEL OF FORTUNE

The Wheel of Fortune symbolizes destiny, change, and cycles of life. Things are going to come full circle this September. The Wheel represents unexpected opportunities, good fortune, and the inevitable ups and downs of life's journey.

As we move into the dark half of the year, and the wheel of the year rolls along, this card reminds you that life is constantly in motion, and things can shift and change unpredictably. Embrace the changes that come your way, as they may lead to new beginnings and positive outcomes.

The Wheel of Fortune encourages you to go with the flow, adapt to circumstances, and trust in the timing of the universe. Stay open to new possibilities and be ready to seize the opportunities that arise.

Book a reading with Kyle at
veilandbone.com/readings

PRODUCT OF THE MONTH



A beautiful set of Elder Futhark runes, hand painted and carved by Mahikol Torres on stained coffin toe bones. They are sealed with a protective gloss varnish that showcases the beautiful patterns and detail on the bones. A small booklet explaining the meanings of each rune is also included.

All pieces are carved painted individually by hand, slight imperfections and variations may occur.

Rune sets are available in white and aged styles. Check them out on our website and purchase your own set today!

veilandbone.com

BUY ONLINE

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HACKING YOUR MIND

Often times we are told that we cannot control our thoughts, the subject of those thoughts, and how we interact or react to them. This idea takes away a lot of our agency to direct our lives, as we often get caught in unpleasant, unproductive, negative, fearful, and stressful thought patterns. However, the idea that we have no control over thoughts or our minds is highly incorrect.

As you read this, your mind is producing thoughts that may or may not be relevant to what you are reading, but if I ask you to think about a polka-dotted whale jumping out of the ocean your mind will formulate some kind of image and maybe some thoughts related to it. It is this power of guiding your thoughts that can be used to create a healthier relationship with your mind that will not only bring you inner peace, but also help you achieve your goals and desires.

Our brains work similarly to social media algorithms: whatever you engage with most will be flagged as important, and your brain will not only serve you these thoughts and ideas, but it will also seek them out in every possible situation. So, if you are someone who constantly engages in negative self-talk, or thoughts regarding lack, your mind will believe this is what you want it to focus on and you will mainly see these things.

This is where your ability to direct your thoughts comes in handy. If you are seeking to be more self-compassionate, or you are wanting to create more abundance, or joy, or focus more on certain things you like, you must go out of your way to re-train your mind. By purposefully engaging in the kinds of thoughts, feelings, and experiences you want to have you recalibrate your brain to find more of those things, situations, thoughts, and experiences in your everyday life.

Are you wanting to experience more abundance? Then you must actively seek any evidence of abundance in your life to tell your brain "this is what I want you to be on the lookout for." If you are trying to cultivate more self-compassion, you must actively seek and create moments where you speak kindly to yourself. At first, this may feel challenging or even ingenuine as these behaviors are not what you are used to experiencing.

This is where you must remain diligent and remember that your current thought patterns formed through repetition over your entire lifetime, so they cannot be re-written in just one day. Through continued practice, and by constantly seeking out the feelings you want, and redirecting your thoughts to those you wish to experience more of, your brain will create new pathways and strengthen them, slowly shifting the focus of your thinking and mindset to better align with the things you desire. **MT**



TIME FOR QUESTIONS

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

WHO IS HEcate?

Kyle Davidson:

Hecate is the Goddess of Witchcraft, spirits, and the crossroads. She is the Soul of the Cosmos, the living spirit of the Universe itself. When people refer to signs from the Universe, they unknowingly speak of Hecate. It was said in ancient times she had the keys to every gate and path in all three realms of creation. To commune with Hecate is to practice magick and explore the Mystery of creation. She takes the form of three women - often

GODDESS PRAYER FOR AUTUMN

Hecate, goddess of magick and transformation, as the leaves turn gold and the world begins her slumber, we seek your blessings for a smooth transition into this new season.

Grant us strength and clarity to navigate the paths ahead, illuminating our journey with your torches of insight. Hecate, as the veil between worlds thins, we welcome your presence and guidance in our autumn reflections and rituals.

May your presence be felt as we honor the balance between the light and dark, celebrating the beauty of change and growth.

Blessed be, Mother Hecate, as we welcome the autumnal equinox and the bounty of the harvest.

May your wisdom shine upon us as we embrace the magick of this liminal time.

a Maiden, Mother, and Crone, and her sacred places are the crossroads and the graveyard. She protects children, outcasts, and the oppressed. The Witch Queen comes quickly to those who call out to her. The best times to invoke her presence in your life are the Full and New Moon, where offerings of a lit white candle, a cup of fresh water, and a key are placed the altar as an offering to her.

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VERMONT PSYCHIC EXPO 2024



This past August we attended the Vermont Psychic Expo in Essex Junction! This was our second year attending and we were so THRILLED to see many returning faces and get to interact with so many incredible people. We loved touching base with vendor friends and providing readings throughout the weekend! We even got our auras photographed, which was an awesome and very illuminating experience!

We also wanted to thank our friend Michele Robertson for her help and company on this wonderful trip! We certainly plan to return next year and are looking forward to another incredible event! We hope to see some of you there!

RECOMMENDATIONS

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

KYLE'S PICK

Hekate: Goddess of Witches

By Courtney Weber

Hekate: Goddess of Witches by Courtney Weber is a well researched guide to the titular Goddess. It explores the role of the Goddess throughout history. Weber blends together historical research, spiritual traditions, and personal experience to paint a portrait of the Goddess from different angles. If you want to know more about this powerful and mysterious Great Goddess, I highly recommend checking out this book.



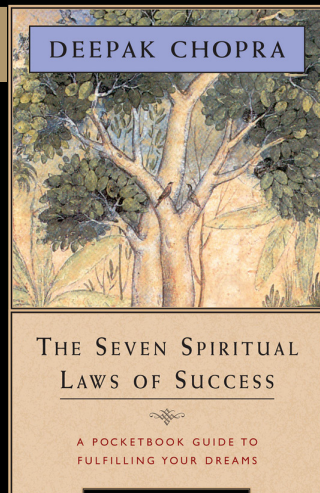
MAHIKOL'S PICK

The Seven Spiritual Laws of Success: A Practical Guide to the Fulfillment of Your Dreams

By Deepak Chopra

Success is a subjective experience, manifesting in unique ways based on our culture, beliefs, and values. Spiritual success focuses on the way we engage with ourselves and others on our spiritual path, and Deepak Chopra's book is here to provide 7 concepts, or laws, that can be followed to bring ourselves closer to that attainment of success.

If you are looking for direct guidance, with actionable steps that you can put into practice right away, then this is the book for you. Take the opportunity to view your situation from a new perspective and apply these laws to get yourself closer to a peaceful spiritual journey filled with joy, acceptance, and love! This is a quick read, but one that, if followed consistently, will have a very long-lasting impact on your day-to-day life.



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TIME FOR QUESTIONS

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WHAT SHOULD I DO IF OTHERS DON'T APPROVE OF MY SPIRITUAL PRACTICES?

Mahikol Torres:

Spirituality is a very personal and subjective experience. It revolves around our own unique understanding,

and acknowledging, of a force greater than ourselves. To me, the relationship and interactions we have with that force is what I define as spirituality.

It is very important to recognize that your own way of connecting with Spirit, God, or The Divine is unique to you and may be made from beliefs you explore and connect with.

Generally, the lack of support and acceptance of beliefs comes from

fear. Those who are not educated in or open to new beliefs may be uncertain and fearful of what having other beliefs may mean or cause.

The best thing you can do is remain true to your beliefs, and allow others to see that you can experience peace, love, joy, and spiritual connection in your own way, and if someone is promising you the answer, or the one true path, do not listen or follow.

PRACTICING DETACHMENT

Detachment is a concept discussed by many cultures across the globe, focusing on letting go of attachment to thoughts, feelings, people, and especially material possessions. In some Eastern cultures, detachment is practiced by giving up all possessions and living a minimalist life. This helps remove the stress and worry of materialism, and it is a more extreme way to practice detachment.

In writing this, my purpose is to share a way to practice detachment for those of us who still want to partake in the pleasures of life. So let's discuss how detachment can help you achieve your goals and live a more peaceful life.

To practice detachment, we must understand what attachment is and how it works. For example, let's say you'd really like to manifest a nice, big house and a brand new car. These things may be out of your financial reach, but they are goals you'd like to work toward. You may even have an image in your mind of what the right house and car look like, and you won't stop until you get it.

This is where most people usually stop and only focus on wanting a big house and a nice, new car. There is a lot of focus on the material aspect

of making money to buy these things and hoping that once they are in your possession, you will feel fulfilled. However, as you establish your vision of the things you want, it's crucial to understand why you want them. This is where the real work begins.

So, you want a big house. Why? Think about it thoroughly and do NOT accept superficial answers. Go beyond the object and ask yourself "what else will I gain from obtaining this?" You may realize a big house provides a feeling of safety and comfort, it may make you feel successful or bring you a sense of higher personal or social status. Be honest with yourself here and do not judge your desires. Maybe your new car will bring you security, safety, and the ability to explore your surroundings and travel.

As you investigate and explore the things you want, and the true benefits they bring, you may start to notice that you can obtain many of those feelings without the need for the material objects. This is the true nature of detachment: understanding that it's not the object or material gain that you want, but instead the feelings and benefits that it brings.

Having this realization and honoring it will help you feel less attached to

the specific material object, and may even show you new ways to obtain the things you truly want. Perhaps you realize that safety, comfort, and peace can be attained in a small home that doesn't need as much maintenance, or you may realize you already have some of those things you want in your current environment.

By removing the need to obtain the specific object or situation you envisioned, you allow your mind to find new ways to obtain the feelings you truly desire. This will bring you a sense of achievement, and success, and may motivate you even more to then seek out the material objects you originally imagined for yourself, or you may shift your perspective and realize you can obtain what you want without those objects.

So, detachment doesn't mean ignoring your wants and never owning material possessions. Instead, detachment asks that you see beyond the material into the realm of your emotions, your true desires, feelings, and goals so you can release the need for a material object and gain confidence in finding success and fulfillment that already exists around you. **MT**