



VEIL AND BONE

Access Your Inner Power

www.veilandbone.com

DECEMBER

Monthly Newsletter

SHADOW WORK

DISCOVERING AND ASSIMILATING THE UNSEEN SELF

The practice of shadow work combines psychological and spiritual elements to encourage the discovery, exploration, and understanding of the “shadow self.”

This part of ourselves is comprised of traits, emotions, or experiences we tend to bury or deny due to fear, shame, cultural or societal conditioning, and similar feelings that lead these shadows to become unspeakable. They tend to fill our lives with anxiety and uncertainty and can weigh heavily on our minds whenever they show themselves in any way.

However, it is important to recognize that these shadows are normal and exist within us all. They can, often times, reveal some of the most relatable and connecting features of the human experience.

Taking a deep dive into shadow work encourages self-awareness and personal growth, allowing us to embrace our full selves rather than just the parts we consider acceptable or polished enough to share with others.

This intimate and transformative process fosters healing, enhances emotional resilience, and leads to a more authentic, integrated life while removing the fear of those unseen or hidden parts of ourselves. By acknowledging and integrating our shadows, we can create a deeper understanding of ourselves and ultimately emerge stronger and more evolved.

EXPLORE YOUR SHADOWS

If you are seeking to learn more about yourself and your shadows, consider engaging in any of the following practices:

JOURNALING: Set aside time to write freely about your thoughts, feelings, and experiences. Focus on identifying recurring themes, emotions, or traits that arise, especially those you might typically suppress or ignore.

MEDITATION AND MINDFULNESS: Practice mindfulness or guided meditations aimed at self-discovery. This can help you cultivate awareness of your thoughts and feelings, allowing you to observe your shadows without judgment.

ARTISTIC EXPRESSION: Use creative outlets such as drawing, painting, or writing poetry to express your feelings and emotions. Art can be a powerful way to bring unconscious thoughts and experiences to the surface.

THERAPY OR COUNSELING: Working with a therapist can provide valuable support as you explore your shadows. A professional can help guide you through difficult feelings and facilitate deeper self-understanding.

BODYWORK AND MOVEMENT: Practices such as yoga, dance, or other physical movement can help you release stored emotions and

establish a deeper level of connection with your body.

QUESTIONS FOR EXPLORING YOUR SHADOW SELF

Take your time thinking about each question and answer. Feel free to journal about your thoughts. If you encounter very challenging feelings, consider seeking guidance from a mental health professional.

When I think of my “shadow self,” what images or symbols come to mind?

What fears or insecurities do I often ignore or suppress?

What past experiences still trigger emotional responses in me?

What negative thoughts do I have about myself that I tend to overlook?

How do I define success, and what shadows lie within those definitions?

In what ways do I use distractions to avoid facing my inner struggles?

What truths might I be denying about myself or my life?

How do I cope with feelings of guilt or shame?

What qualities do I admire in others that I wish I could embody? What holds me back?

MT

DECEMBER Monthly Newsletter

DECEMBER SHADOW READING

BY KYLE DAVIDSON



What part of my shadow is trying to come to light?

THE HIEROPHANT



What problem is this shadow causing for me?

TEN OF CUPS REVERSED



How can I bring light to this shadow?

KING OF CUPS

The traditions and values with which you were raised still have a grip on you in unseen ways. Often, these traits are positive and enrich our lives. However, if these are not considered, they can become unhealthy unconscious habits. The Hierophant in the Shadow says there is a part of you that clings to the past, or clings to ideas about what should be. This can lead to failure to accept what is present in our reality. It's time to re-examine the lessons instilled in us in youth and bring them out into the light.

Not being able to accept new ways of thinking, being ingrained in our old patterns, and being stuck in the past can prevent you from finding joy in the present. This adherence to the idea that things must be a certain way can make it difficult for you to accept new ideas, people, and experiences that can be just as enriching as what you are used to - if not more so.

It is time to look at things with new eyes. The King of Cups is wise and emotionally intelligent, and he tells us to look at other people's points of view. Look at things from a new perspective, and realize the value of ways of life outside what you are used to. Explore new options. You have the ability to intuitively sense the value and goodness in those around you. Shift your focus away from how things "should" be, and focus more on how things are, and how they could be.

Book a reading with Kyle at veilandbone.com/readings

YULETIDE CHARM

As the Winter Solstice approaches and the nights grow longer, colder, and darker, it is wise to bring some light into your home. A simple yuletide charm to combat the darkness of the season is to make a pagan yuletide wreath. Think of it like a Catholic advent wreath, but with three candles instead of four. Place the three candles along the wreath, one green, one red, one white.

The green candle represents the evergreen spirit of nature, which rests during the winter months but promises to be renewed in the spring. Red represents the way home and community keep us warm through the cold nights. White represents the Light, which while dim during these dark months is never extinguished and will always be our guide.

Anoint each of the candles with a few drops of olive oil, and then light the candles each night to bring the love and warmth of yuletide into your home. **KD**



DECEMBER Monthly Newsletter



CAN YOU TELL ME MORE ABOUT THE LIFE & ENERGY READING YOU OFFER?

Mahikol Torres:

The Life & Energy Reading is something I crafted slowly and almost by accident. As my skills and gifts developed, I began to seek ways to find important information that could help me break through my current obstacles or obtain a greater understanding of the situation I was in. As I began to work with energy and the chakras, it became clear that this

part of our experience influences our reality much more than we realize.

The structure of this reading begins with a deep dive into your chakras. Here I connect with your energy and review your chakras individually, exploring their strengths, current state, or areas of focus or imbalance. This part of the reading provides the structure for the rest of the session, as it will point out potential blocks that manifest in different areas of your life.

Once the energy reading is over, we pull 21 tarot cards and lay them in a spread to reveal details about your personal life, home life, career, love, and future.

As we review each area we reflect on the energy reading and its messages, finding ways to use your energy to alter your current reality and align it with your desires.

I recommend the Life & Energy

reading to those who find themselves stuck and who are seeking a way out of cyclical energies. This reading is not meant to give you the answer or remove the problem. Instead, it will shine light on areas and situations that you can work on to manifest your desired outcome.

While the experience can be fun and light-hearted, the messages tend to be in-depth and may even be multi-faceted as they apply differently to multiple areas of your life.

If you are wanting a shorter, introductory experience or don't want to go so in-depth, then I would say a standard tarot reading may be a better option for you, but if you are seeking guidance and direction through challenges and are open to the discovery and exploration of your energy and patterns as shown by the Tarot, this reading is for you.

END OF THE YEAR TAROT READING

BY MAHIKOL TORRES

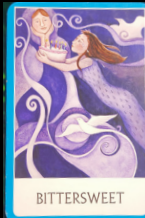


The energy that we are facing, experiencing, or manifesting:

Tarot Card
9 OF CUPS

The 9 of Cups is often called the wish card, as it represents the fulfillment of that which brings us emotional excitement and a feeling of completion. As we approach the end of the year, we may be thinking about the things we accomplished and those we did not.

This card invites us to focus on the positives and encourages us to celebrate our victories both big and small. If you feel that you have nothing to celebrate, this card asks that you look closer and find joy in small wins throughout the year.



How will this energy manifest in our lives and behaviors?

Chakra Card
THROAT - BITTERSWEET

Our throat chakra is the center of communication and self-expression. This card, focusing on the word bittersweet, brings attention to the joy of self-expression and the acceptance of that which we did not express.

We may find it challenging to speak or communicate our wins and losses, as it may be challenging to accept that we could not check off every item on our yearly to-do list. However, with acceptance comes peace.

We are not machines, and life is not centered around tasks. Take the message of the 9 of cups and celebrate your victories, while accepting that not everything was meant to come to fruition in 2024.



What actions can we take towards the best possible outcome?

Oracle card
BELIEVE

This oracle card closes out the year by reminding us to believe in the magick of life, the universe, and ourselves. As we enter a new cycle and step into the excitement or anxious anticipation of a new year, we must believe that we are where we are meant to be.

Belief requires a level of surrender, so with this, we are asked to simply allow ourselves to flow with the energy of the year, focus on our goals, and believe that the Universe will help us see the steps we need to take to achieve them.

Book a reading with Mahikol at
veilandbone.com/readings

GODDESS OF THE MONTH

Decembers deity of the month is the legendary Frau Holle, or Lady Holly. This Germanic deity preceded Christianity and possibly even the Norse gods like Thor and Odin. She is the spirit of the trees, the forest, and the Earth itself. She is also associated with weaving, witchcraft, and winter. The Holly Lady appears in many tales, usually manifesting in the cold of winter.

Christian authors had to write statements rebuking the practice of men and women leaving their bodies in the night to dance with Frau Holle in the spirit realm. Others say she would roam the countryside for 12 nights every December, attended to by the souls of the dead, and together they sought to punish the wicked.

Yet other gentler tales describe her as being the guardian of children who pass from this world too soon, acting as foster mother as they make the transition into the new world. Frau Holle is described in one of Grimm's fairy tales as a mysterious being who lives in another world. In their story, a little girl is sat beside a well using her spinning wheel. When she accidentally loses her spindle in the well, she dives in after it, fearing her evil stepmother's wrath if it ends up missing.

Like Alice down the rabbit hole, the girl finds herself in another world. She encounters a talking oven who wants her to remove bread from it before it burns, and she meets a tree that asks for its apples to be picked. The girl does both, then discovers the cottage of Frau Holle. The girl kindly presents herself to Frau Holle, who asks the girl to help with some chores, namely the shaking out of her pillows and blankets, which Frau Holle says will create snow back in our world.

After the girl does, Frau Holle takes her to a door that will take her home. As she walks through the door she is showered with gold as a reward for being helpful and kind. The evil step sister in the story grows jealous of the girl's good fortune, and tries to repeat the journey, except she ignores the oven, and the tree, and she is lazy and reluctant to help out Frau Holle.

On her return from the portal, the evil stepsister is covered in sticky pitch and mocked. Frau Holle is a traditional character with long standing roots, she stands for magick, winter, kindness, karma, weaving, and trees. Traditionally Frau Holle is celebrated on December 21st or 25th, and is commonly given offerings of Holly, tea, or incense. **KD**



IS EVERY WITCH WICCAN? IS EVERY PAGAN A WITCH?

Kyle Davidson:

The short answer is no, and no. Wicca is a religious movement that began in the 1900s and is one of the largest branches of modern Paganism. Paganism is also a religious movement. Both religions are oriented toward reverence for nature, the spirits of ancestors, and the old gods and goddesses of natural forces.

Wicca and Paganism both are accepting, even encouraging, of witchcraft practices - however, being Wiccan or Pagan does not automatically make someone a witch, just as being a Christian does not automatically make someone a Priest or Bishop.

Witchcraft is considered a practice. It is the practice of using herbs, roots, crystals, chants, invocations, and more to create a desired change or result in life. Witches can be of any religion, and I have met Christian, Satanist, Buddhist, and Pagan witches throughout my life.

A witch is someone who understands the inner power they have to create real change in their lives. Anyone of any religion can potentially be a witch, and being a member of any religion such as Wicca or Paganism does not automatically qualify someone for the title. Witches are those who practice witchcraft, everything else is incidental.

DECEMBER Monthly Newsletter

CHAKRA OF THE MONTH VISHUDDHA - THROAT



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. **MT**

CHECK THIS OUT

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

MAHIKOL'S PICK

The Alchemist
by Paulo Coelho

I love a good story, but what I love even more is the way Paulo Coelho can create a magnificent narrative while providing insight and understanding of key areas of the human experience. If you are wanting to discover a captivating story and walk away with a full heart, this book is for you.

Through relatable experiences and universal themes, Paulo paints a path to a better, more fulfilling life. This will forever be one of my favorite books and I highly suggest you check it out if you haven't!

KYLE'S PICK

**High Magick: A Guide to the
Spiritual Practices That Saved My
Life on Death Row**
by Damien Echols

This fascinating read is both a personal journey of an innocent man who discovered the path of western esotericism, meditation, and magick while spending nearly two decades of his life on death row. Echols shares the spiritual practices that saved his life - and his sanity - while dealing with injustice and abuse at the hands of the justice system. Damien explains his practices in the simplest of ways, making the practices of magick, meditation, and ritual accessible for everyone.

THANK YOU FOR YOUR SUPPORT!

As we reach the end of 2024 we want to extend our sincere gratitude to all of you who engage with our business, who come to us for readings, those of you who stop by our booth at events, and to all who read and enjoy our newsletter! For us this has been a very big, busy year full of opportunities, new faces, and a lot of joy.

As we enter the new year, we hope to get back to publishing this newsletter monthly and bring you new topics, new spells, tips, recommendations, and more! We are also working on planning our event line-up and re-vamping our website and product offerings as well. Stay tuned for all the wonderful things the new year will bring, and please stay in touch!

If you have questions or comments regarding our newsletter, email us at newsletter@veilandbone.com

If you are interested in booking a reading, visit www.veilandbone.com/readings

If you'd like to check out our product inventory visit us at www.veilandbone.com/shop

If you are planning an event and would like to invite us as vendors you can email us at info@veilandbone.com

Thank you again for your continued support. Enjoy the Holidays!