



VEIL AND BONE
Access Your Inner Power

www.veilandbone.com

JANUARY

● **Monthly Newsletter**

WELCOME TO 2025!!

2024 was a big year in many ways for us personally, but also for our business, and the world! Many big events and changes have shifted the global energy, our outlook for the future, and our interest in taking decisive and positive action as we move forward. We are excited that you continue to join us on our journey and we hope to have you along for the ride on this new year. As the year begins, we are preparing our schedule of events, workshops, and we are focusing on expanding our product line and bringing you more tools, knowledge, and resources for your magickal and spiritual practice.

We would also love to hear from you! If you have questions, comments, or if you want us to explore a particular topic in our newsletter please let us know. You can email us at newsletter@veilandbone.com any time! Thank you for your continued support, and may 2025 bring you many blessings, opportunities, and paths to explore.

CANDLE MAGICK 101

The cold, dark month of January is a hard time for many of us. One way to combat the darkness is with candle magick. Candle magick can be a beautiful stand-alone practice, or can be incorporated into larger more complex rituals. Blessed candles can illuminate the darkness for us, while also adding some enchantment to our lives. To create a spell candle, for any purpose, begin by selecting an appropriate candle. If you wish to add warmth and protection to your home, choose a red candle. To attract romance, select a pink candle, or for wealth use green. Lightly cleanse the candle using incense smoke to remove any old energy attached to it.

Once you have selected the candle, use your athame or dagger to mark the candle. To mark the candle is to carve or shape it in a way that aligns with your intention. Some carve their candles into sculptures representing the intent, but it need not get so complex. It is just as well to carve simple symbols into the sides or top of the candle. For wealth, use the money

symbol. For protection, a shield or an eye. For love, a heart. For healing, the Sun and the name of the one in need of aid. Focus on the symbol. Visualize it glowing with light, imbuing your candle with the energy of intent.

Next, anoint the candle with oil. You can create your own spell oils by adding herbs or scented oils to a base. Pure olive oil can also be used in a pinch. By rubbing the candle with oil we sanctify it, making it a sacred vessel for our intention. I think of this as ensouling the candle, giving it spirit.

Before lighting the candle, dress it with herbs. By "dressing" the candle, I mean the herbs are sprinkled on the top or the candle is rolled through the herbs. Dried herbs will naturally stick to the candle because

of the oil. Please note that the herbs may catch fire, and so dressed spell candles need to be watched at all times and kept away from flammable surfaces. Remember, a small pinch of herbs can be just as potent as a large amount, and is much more fire-safe. Choose herbs that align with your intention, using whatever you happen to have left over from your garden or spice cabinet. Rose petals for love, cinnamon for wealth, etc.

When the candle is fully prepared, spend a few minutes visualizing the candle being charged with energy. Make it into a repository of your mental energy. Then, once you feel it is charged, light the candle. Let the calm, cozy candle light illuminate these dark winter days while also acting as a powerful catalyst for change and manifestation. **KD**



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JANUARY BONE READING

BY KYLE DAVIDSON

THIS WINTER

The general energy this winter is going to be slow and stagnant, as indicated by the turtle token. A lot of financial strife can be expected, as many recover from the Holidays. Generally there is a sense of swimming upstream, like no matter what we do we are held back from truly progressing. Progress is happening however - it is just happening more slowly than we may like. Don't give up, and you will get there. The way the Coyote Tooth has fallen indicates that miscommunication and misunderstanding are going to be dominant themes this winter as well. Make yourself clear, and then listen attentively to avoid any social conflicts. In either case, do not be afraid to use your voice and speak up for the things you believe in. Arguments and general tension with those around us can be expected during this period.

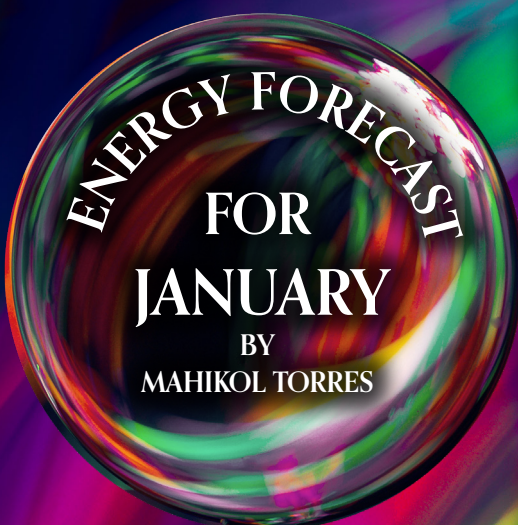
SPRING AND SUMMER

The Key opens up the flow of energy this spring, after a winter of stagnation. Things are going to begin to flow more quickly. This spring in particular is a good time to plant seeds for what you wish to accomplish in 2025. The Seed and the Key are the two main signifiers of this spring's energy, and they represent Growth and Success. The Amethyst is also in the spring section, the symbol of spirituality. This makes it an especially good time to plant the seeds of new spiritual practices. Begin a new meditation practice, or take your current one to the next level. Study Tarot cards, astrology, or yoga. Cultivate the qualities of kindness, compassion, and honesty. This is the time to break into new fields and try out new things.

AUTUMN AND NEXT WINTER

The bones which signify conflict, chaos, passion, and work have all fallen into the Autumn section. This is going to be a busy time with much to do. You'll need to get your hands dirty and channel your energies into what makes you feel passionate. It is important to keep yourself busy, as feeling accomplished is going to help you feel grounded and stable while you experience a lot of shifting energy. Remember it is okay to outgrow people and move on to protect your energy. It may be time to let go of toxic people to nurture your own growth. The end of the year is going to be chaotic, but if you manage to keep yourself grounded you will find yourself finding rewards for all the hard work you have put in throughout the year.

Book a reading with Kyle or Mahikol at veilandbone.com/readings



This new year begins with a powerful redirection of our energy from the fast-paced nature of the Holidays, to a more calm, refreshing flow. We are being asked to take a step back, rest, and find value and enrichment in new ways. You may feel overwhelmed or oversaturated from TV, media, and other technology.

This is a great time to focus on planting the seeds for the experiences we want to have this year. Allow yourself some time to explore new hobbies, pick up a book, or maybe engage in a new creative skill. The important part is to explore new ways to stimulate your mind. If you can adopt this attitude, it will serve you well in the coming months as energies become more structured and move with more haste.

In regard to relationships, the social nature of the past few months may leave you feeling drained and in need for some alone time. However, remain open to new connections that may bring forth positive and lucrative opportunities.

Finally, this month brings with it a call for reconnection with ourselves. The cold months are a time to go within and perform some inner maintenance. This can be done through shadow work, meditation, or simply freshening up your spiritual practice.

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THE ONE TRUE PATH

When exploring magick and spirituality, we come across many ideas, beliefs, rituals, and traditions. Many of them claim to be the one true path to mastering your inner self and achieving spiritual enlightenment, but if so many claim theirs to be the right path, how can we know who to trust?

It comes as no surprise that we are all unique beings, so why should one single path lead all of us to the ultimate spiritual goal? No one medicine cures all ailments, no one art piece can communicate the same message to all. Similarly, no one practice, rulebook, scripture, or set of beliefs are able to guide every one of us to spiritual enlightenment.

So does that mean everyone is lying about their path being the one true path? Yes.

This doesn't mean that their practices, advice, or ideas are not helpful or useful, however. They just aren't right for everyone. This leaves us with the responsibility to not only explore multiple paths, but also to carve our own.

In order to do this, it's important to maintain an open mind and to be willing to steep yourself in teachings from different groups, different regions, and mindsets that are similar and also opposite your own. As you explore these beliefs, question everything, be intentional in your search and test the beliefs to see if they align with you, your goals, your values, and morals.

As you do this, you will notice that you may not agree with an entire belief system, but that certain pieces make sense or resonate with you on a deeper level. You may also find you feel aligned with a belief system, except a few of their teachings just don't quite fit or make sense. During this phase of exploration, you will find what works and what doesn't work for you, and you can then craft your own

path, your own belief system, values, and rituals, based on the practices and pieces of other systems that you feel connected to.

Personally, my practice blends Pagan, Wiccan, Buddhist, and Hindu beliefs and ideals in no particular order or structure. My practice is as unique a mix as my own self. So, I invite you to pick up holy books and other spiritual resources that you are familiar with, and also those you have no knowledge about, and explore them, question them, test them, and allow yourself to decide, with honesty, which pieces you want to honor or ignore. Don't be afraid to allow your soul to seek what actually works, instead of forcing yourself to stick to systems and ideas that you know are not for you. There is no one true path other than the one you choose for yourself. **MT**

GODS OF JANUARY

January is a transitional time. It is the start of a new year, an opportunity to begin new positive patterns and break old negative cycles. Magickally we are at the threshold of the coming year, and this makes January a powerful time for transformative magick. Threshold times are magickally potent periods, the best time to invoke magick to destroy obstacles and open paths. January is the threshold for the rest of the year. Across history there have been many deities and spirits that have been invoked during threshold times for protection, fortune, or other blessings for the coming year. Below are just a few of such beings:

Ganesha, the Hindu lord of beginnings, thresholds, good fortune, wisdom, knowledge, and the destroyer

of obstacles. In Hindu households, the famous elephant headed deity frequently has a shrine located near the front door of the house. Ganesha is invoked at the beginning of any undertaking to clear the path of obstacles and help inspire wise decision making. He usually is offered sweets and incense.

Hecate, the Pagan goddess of the crossroads, thresholds, magick, and the dead, is another being often invoked at threshold times, especially on the night of the New Moon. She is invoked to bring protection, empowerment, and guidance to those entering a new era or standing at a metaphorical crossroads. She is often offered wine and garlic.

Papa Legba is a spirit from Vodoun, and is the spirit of the crossroads. In that practice he is invoked before all ceremonies to open the path between the realms of mortals and spirits. He is an eloquent and occasionally tricky deity, called upon to assist any new undertaking, help us to understand things more clearly, and sharpen our senses of cleverness and wit, while also helping turn the odds of luck in your favor. He is usually offered rum, candy, and tobacco.

Hermes or **Mercury** is the Greco-Roman spirit of the road, the crossroads, and the messenger of the gods. He can help release stagnant energy, speed things up when you feel they are moving too slowly, or assist in spiritual understanding. He is often offered incense and wine.

Janus is the namesake of January. He is the two faced guardian of gateways and doors, beginnings and ends. Similar to Ganesha he is often invoked at the beginning of any venture to open doors and protect us on the metaphorical paths we must tread. He is often given offerings of flowers or coins placed near the doorway as an offering. **KD**

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TIME FOR QUESTIONS

Have a question you'd like us to answer?
Email it to newsletter@veilandbone.com

I AM INTERESTED IN DOING READINGS FOR MYSELF, BUT I AM NOT SURE WHERE TO START?

KYLE DAVIDSON:

There are different paths for different people. For most, I recommend starting with Tarot or Oracle cards. Decks come with instruction manuals that can teach you how to get started, but the cards themselves also provide visual cues that you will get better at interpreting on your own. For those of us that are drawn to magickal symbolism, Norse Runes or Chinese I-Ching both are systems based on using simple shapes made of lines, that are cast to create patterns that are interpreted based on how they fall.

For those of us that are better at interpreting the abstract, tea leaves or mirror scrying allows you to open your intuition to interpret the projections of your mind. This can really be a creative way to do readings, which allows you to devise your own meanings and interpretations. I think for the beginner the most important thing is to try out new things, and continue to practice with anything that resonates. I recommend doing a daily reading for yourself every day for at least a month. See what practices and methods stick, and adopt and change the methods to see what kind of readings you have an affinity for.

HOW CAN I CLEANSER AND CHARGE MY SPIRITUAL TOOLS OR CRYSTALS?

MAHIKOL TORRES:

Cleansing and charging your tools is a great way to keep their energy fresh and connect with them on a deeper level. Let's start by talking about cleansing: this is done to remove or disperse any energy that may be attached to or held within your tool or crystals.

Running your tools through incense or sage smoke can be a simple, yet powerful way to cleanse them. As you pass your tools through the smoke, visualize the smoke taking away any energy and leaving behind a soft white glow.

Submerging your tools or crystals in water with sea salt is also a powerful way to cleanse them (this is not recommended for all tools and crystals so do some research and use sound judgement here). Leave them in the water by the light of the sun or moon(or both) for a few hours.

Once your tools have been cleansed, it's time to charge them. Charging focuses on filling your crystals or tools with energy and intention, allowing them to serve their magickal purpose. Charging your tools by the light of the full moon is one of the most common and powerful methods.

If you can't wait until the full moon, you can light a candle and sit with your tools/crystals in front of you. Take a few deep breaths, close your eyes, and hold your hands over your tools. Visualize energy coming from the moon, sun, or perhaps a planet you are working with, and flowing through you and into the objects. See the energy fill the objects as you focus on your intention. These are some quick and simple ways to work with cleansing and charging your tools. Happy witching!

MONTHLY CHALLENGE

GRATITUDE JOURNALING

This month's challenge revolves around gratitude and focusing on the abundance of beauty and joy that is already present in our lives. Each day, either in the morning or at night, write a short list of 3 things you are grateful for. Focus on different areas of your life such as home, work, spiritual practice, abundance, etc.

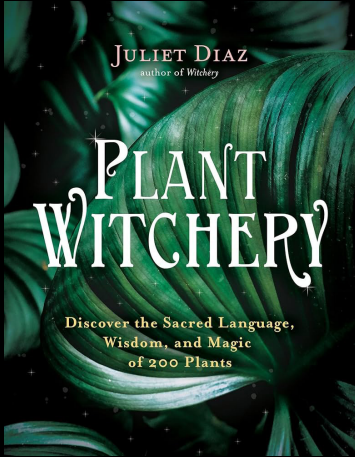
If you follow through each day for one month, you should have a list of 90 things that bring joy into your life! This practice will also help you identify the blessings you experience in your life on a daily basis.

We would love to hear how this goes for you! Email us at newsletter@veilandbone.com and let us know what your experience was like!

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CHECK THIS OUT

THESE ARE OUR RECOMMENDATIONS FOR RESOURCES THAT WE FIND HELPFUL IN OUR JOURNEY. WE HOPE YOU ENJOY THEM!!

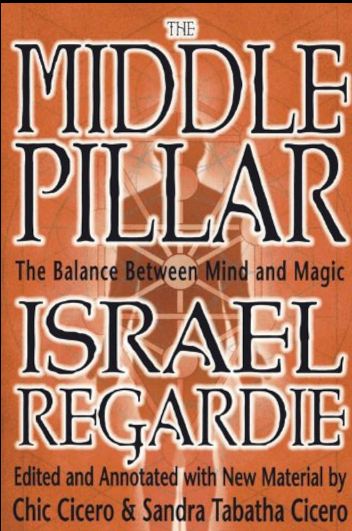


MAHIKOL'S PICK

Plant Witchery
by Juliet Diaz

Have you been thinking about diving deeper into the properties, wisdom, and magick of herbs? Plant Witchery by Juliet Diaz is the perfect resource for those who are interested in exploring the world of herbs and the many different ways in which you can include them in your practice. I love the personable approach of this book and the awesome information it provides about each individual herb. Not only do you learn how the herbs look, but you also learn their medicinal and magickal uses!

When I do any work that requires herbs, I always go to Plant Witchery. It's the first book I reach for and I trust it thoroughly. It includes a large variety of different plants and herbs, and there is an index in which plants are classified by intention. Check it out and I promise you'll find some valuable information and will have a great resource on your herbal journey.



KYLE'S PICK

The Middle Pillar: The Balance Between Mind and Magick
by Israel Regardie

If you are someone who has practiced kundalini yoga, chakra meditation, or reiki, and are interested in expanding or changing up that practice, the Middle Pillar is a great book to explore. It is a concise but thorough description of the energy centers of the body, and how to awaken the central channel of energy that runs along the spine. While Kundalini yoga and the system of the chakras originate in Eastern practices, the Middle Pillar Book explores a similar system that is based on western mysticism.

For many of us born in the west, the philosophy and symbolism of the Middle Pillar may resonate more strongly, as it is something that originated in our own culture, with familiar themes and ideas. This can help us ground our energy work in something we are more closely connected to, while working with aligning the spheres and channels of energy within the body.

Regardie explores various ways of working with these energies to create harmony in mind, body, and spirit. I love this book because it has taught me simple methods and techniques that I use regularly to find my center and deepen my meditations. Regardie makes the subject accessible, informative, and empowering, while also staying grounded in practical wisdom. Highly recommended for anyone interested in energy work of any kind.