



VEIL AND BONE
Access Your Inner Power

www.veilandbone.com

FEBRUARY 2025

Monthly Newsletter

THE DARK SIDE OF SPIRITUAL AWAKENINGS

Many think a spiritual awakening is magic switch that brings forth a life filled with light, friends, abundance, and an overarching theme of joy. We have gotten so used to the social media-presented lifestyle of spiritual gurus, coaches, and others who are leaders in the community, but we don't realize the work that goes into achieving that state of mind and manifesting that kind of lifestyle.

While this is possible to achieve, it doesn't mean these things will simply appear once you "awaken."

It's called an awakening because you "wake up" to the reality that your circumstances don't fulfill the true nature and desires of your spirit. Once it happens, you may encounter some challenging feelings about how you got there, how you may have perpetuated the situation through your actions, and the challenges of removing yourself from that state into one that feels more true to your self.

It's at this stage that connections with others may start to crumble as you awaken to the reality that some people are only takers, and that others may not always have your best interest in mind. If you choose to honor your inner guidance and remove yourself from those spaces, you may begin to feel lonely as you step into the unknown.

As this happens, it's important to expose yourself to new connections that support your growth and encourage you to be your authentic self. Do not get caught up in the "loss" of connections, but try to see this as

an opportunity to invite new ones into your life that will match your values and direction.

Another aspect of awakening is the realization that, to get to the goal of who and where you want to be in life, a lot of inner work is required. It will not happen overnight and certainly not without a large amount of effort. It may be tempting to remain where you are and avoid the reality of what your soul is asking of you. However, once you awaken, it's very hard to fall back into your habits without having some inner sense of discomfort knowing you are not allowing your true self to shine.

When I talk about these challenging aspects of spiritual awakenings, I often use the metaphor of a wound:

Imagine that after many years you discover a cut on your leg that has been infected due to lack of awareness. Once you realize it's there, you know you can heal it, but you also know that you can't heal it unless you go through the painful process of cleaning out all the gunk that has built up over time. It's only after that process that the wound will be able to properly heal.

Spiritual awakenings are very magical opportunities for self-development and growth, but they also bring forth their share of challenging feelings, choices, and situations. Remain aware of your goals, your wishes, and your values as you traverse these transformations and allow your true self to shine in the darkness. **MT**

UPCOMING EVENT DATES FOR 2025

May 24, 2025

Annual Delaware Mystic Festival

May 31, 2025

Mystic Faire (more information to follow).

August 9&10, 2025

Vermont Psychic Expo

October 19, 2025

Delmarva Pagan Pride Festival

Come visit our booth during these events and say hello!

If you are hosting an event and are seeking metaphysical/occult vendors, please let us know! You can email us at

info@veilandbone.com

FEBRUARY Monthly Newsletter

LIVING & LOVING OUT LOUD

By Diana Pine, *Holistic Sexologist, Liberation Educator, Eastern Therapy Practitioner, Renegade Reverend & Divine Officiant*

In a world filled with conformity—both visible and invisible—choosing to live and love out loud is an act of rebellion and reverence. To embrace authenticity in the face of societal constraints is to echo the legacy of St. Valentine of Rome, who risked his life to uphold the sanctity of love. He defied imperial decrees, secretly marrying couples because he believed in the divine power of connection, intimacy, and devotion. This courage to honor love, even under threat, is a testament to the transformative power of living authentically and unapologetically.

This call to authenticity extends far beyond the romantic partnerships St. Valentine championed. Love is not confined to binary definitions, prescribed roles, or narrow scripts. It is vast, fluid, and revolutionary. We celebrate love across the spectrum of gender, identity, and expression, acknowledging the infinite ways it manifests in the human experience. To those whose existence challenges societal norms: you are seen, valued, and cherished. Your authenticity is your power. By showing up fully as yourself, you light a path for others to step into their truth and create a world where all are free to love and be loved without fear or shame.

To live authentically is to defy the laws that confine us, defying gravity 🎵 that tether us to outdated systems of oppression, shame, and fear. We reject the limits imposed on us by voices that say, “This is the way it must be,” or, “This is all that’s possible.” Instead, we choose to soar, to expand, and to create lives rooted in sacred truth. Living and loving out loud means claiming your space in the cosmos

and declaring, “I am here, and I am worthy of love, joy, and connection!”

Authenticity is your superpower. When we embrace our truth—our full, messy, magnificent selves—we align with our highest purpose. Authenticity is magnetic; it calls in the relationships, opportunities, and experiences that nourish our soul and amplify our impact. It is through showing up fully as we are that we become conduits for transformation, healing, and sacred connection.

To support YOUR journey, I am honored to share my **Reignite the Spark** mini-series. This offering is a guided exploration of sacred love, designed to help couples and individuals rekindle connection, passion, and intimacy.

Want a deeper dive solo or partnered? Join the **Revolutionary Love Program** for deeper self-love and greater intimacy.

Both offerings honor YOUR authenticity and self-awareness, to remember the sanctity of love—not just romantic love but the love we hold for ourselves, our communities, and the divine.

Together, let us follow in the footsteps of St. Valentine, who chose love over fear and authenticity over compliance. Let us honor love in all its forms—messy, divine, expansive, and true. Let us reject limits simply because someone says they’re so. Love is not something to be hidden or diminished; it is a force of nature, a spark of divinity, and the heartbeat of creation. Live it. Love it. Loudly.

IRON PYRITE

Pyrite, sometimes called Fool’s Gold, is a powerful protective stone. Iron Pyrite is associated with the energy of Mars and fire, and so it is an excellent choice to keep by your door to ward away negative influences. Carrying one in your pocket will shield you from stress and negativity, while also aiding in the manifestation of wealth and abundance. Pyrite gets its name for the Greek word for fire because of its ability to produce sparks. The element of fire rules passion, protection, and will power, and so pyrite is also a stone of strength and endurance.

FEBRUARY MONTHLY CHALLENGE

Last month we focused on gratitude journaling and opening ourselves up to the beauty of all that already exists in our lives. This month’s challenge shifts the focus to spreading gratitude and sharing it with others as a way to bring joy and spread more love in our community.

The challenge this month is to create an opportunity, every day, to share a gesture of gratitude with at least one person. Don’t overcomplicate it or spend much time planning it out. Allow yourself to remain open to sharing gratitude during situations that naturally arise throughout your day.

This may be something simple like thanking someone for holding the door open for you, or you could grab a coffee for the person who always gets a coffee for you. Perhaps send a text letting someone know how much they mean to you. A genuine “thank you for always being there for me,” can go a long way. The purpose here is to let others know that you see them and appreciate them.

By spreading love to others through simple gestures like these, we also create space and invite more love into our own lives. Treat others as you want to be treated, and let’s help make the world a more loving place!

FEBRUARY Monthly Newsletter

PROTECTION MAGICK

Let's be frank. Times are hard right now. Politically and culturally, things are tense, and they are not likely to improve any time soon. At times of systemic oppression, it is important to do what we can to protect those that we can. Donating to the right causes, volunteering when you can, and writing to your government representatives are all practical steps we can take that will help make a safer, better world for many people in the long run.

If you are reading this newsletter, you likely want to do more to protect yourself, and those you care about. This is where a little magick can go a long way. In times of strife and oppression, witchcraft has always acted as a refuge for those rejected by mainstream society. Protection magick is one of the most important skills a practitioner can learn to protect themselves, and their space. I have decided to share some of Veil and Bone's secrets of protection magick.

1. PROTECT YOURSELF - MAKE A PROTECTIVE CHARM BAG.

A charm bag filled with protective herbs, stones, and ingredients is a subtle protective charm. Take a small cloth sack, like a reusable tea bag. Fill it with Spanish moss, black obsidian, dragons blood powder, salt, iron, or other protective stones. Put them all together and tie the bag shut on the Full Moon. You or a loved one can carry it in your purse, backpack, the dash of your car, or anywhere else. This is a good standing form of on the go protection magick.

2. PROTECT YOURSELF - USE A PROTECTION CANDLE.

Veil and Bone 7 day protection candles are votives dressed with dragons blood powder, rosemary, and other protective herbs and oils meant to shield against negativity. Taking a red votive candle and dressing them with similar protective herbs creates a spell that keeps your space safe. Light the candle every day for a week, keeping it by your door or window. Repeat as often as needed.

3. USE CRYSTALS AS TALISMANS

Keep pieces of pyrite, obsidian, or amethyst by your front and back door. These stones act like energetic bouncers, keeping out any unwanted influence or energy from your space. These can also be carried, kept in the car, or discreetly placed in a child's back pack.

Protection magick is an important skill, and one that will no doubt come in handy in the coming times. All of these spell suggestions are things you can make at home, with what protective herbs you have in your garden or pantry. If you find it easier to purchase our charm bags, candles, or stones, we have many protective charms for sale on our website. In either case, keep yourself safe, stay strong, and remember that the light always follows the darkness. **KD**

Because it is made of iron, and associated with both fire and Mars, this stone is a powerful protector and should be carried whenever you need a boost of protection, confidence, or strength.



FEATURED PRODUCTS CLICK IMAGES TO SHOP



This bag is made with iron pyrite, dragons blood, and other ingredients used for magickal and spiritual protection. Carry it in your bag, place it in your car, or hang it above your door or window to invoke an aura of protection and stability, keeping away harmful and dark energies and shielding your aura against negative entities.



When the energies of the world are overwhelming, and you feel bombarded at every angle, use this protective red spell candle to create a bubble of sanctuary for yourself. Enjoy the protective herbs of rosemary, sage, and dragons blood as they create a strong energetic boundary, shielding you from all forms of negativity and psychic attack.

FEBRUARY Monthly Newsletter

EMBRACE, AVOID, AND LEARN READING

BY KYLE DAVIDSON

This month, I want us to focus on discernment. This tarot reading is designed to help us know what to embrace, what to avoid, and what to learn this month.



What to Embrace

SIX OF CUPS

In this stressful time, it is important to remember our inner child. They need us to step away from the stress of the world every now and again. It is time to play, to reconnect with old friends, and nourish our inner child. Taking this time for our inner child will make us stronger, happier adults.



What to Avoid

DEATH

Don't make hasty decisions, massive changes, or walk away from something you care about right now. It is not the time to change things on a large scale in our lives. It is not time to give into doom and gloom. Now is a time for rest and preparation – not a time to make rash changes.

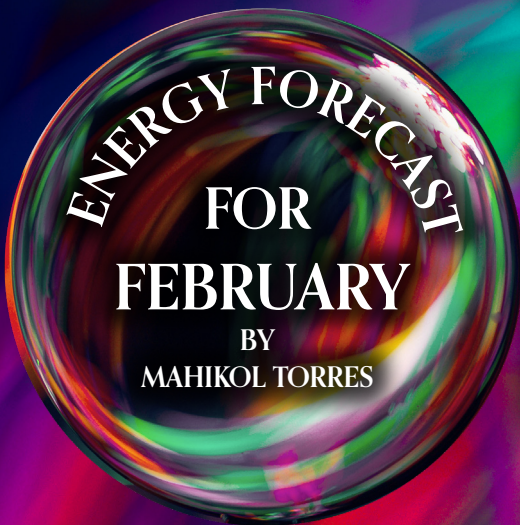


What to Learn

TWO OF CUPS

Learn to truly listen. Learn how to communicate. The people in your life want to be there for you, so let them. Don't be afraid to ask a trusted person for help, or to reach out when you need to talk. There is something sacred in that communication, and you should embrace the people that are there for you, and the lessons they can teach you about yourself.

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



February is a month of release. As we transition from the challenges we experienced in the previous month, we may feel defeated, overwhelmed, and uncertain.

Through the chaos, we have gained some clarity, and we have been given the sight of some things that no longer fit our current reality and sense of self. This month, the energy shifts from a constant state of giving, and we are asked to release the binds that make us feel trapped to people, places, or situations.

This will not be an easy transition, as our hearts will be conflicted in choosing how or when to let go, and we may be tempted to hold on to negative habits, relationships, and circumstances. On one hand, we want to experience freedom, create space for growth, and manifest a reality that aligns better with who we are. On the other, we fear the discomfort of stepping into the unknown and shedding parts of ourselves we have carried for so long.

Our hearts yearn for growth, and it is up to us to create that space. As we look at our inner garden this month, we must work to nurture those aspects of ourselves we want to further develop, instead of focusing on how we will cut the ones we don't want. As those chosen aspects grow and thrive, the ones that are unnecessary or unwanted will slowly wither from a lack of attention and space.

FEBRUARY Monthly Newsletter

DANCING WITH SHADOW: FINDING HARMONY WITHIN

Hello Dear Readers,

In December's edition of the newsletter, Mahikol did a wonderful piece highlighting shadow work and some ways to connect and explore the Shadow Self. In this piece, I hope to expand upon Shadow a bit more.

First, I'd like to address one thing: As beings of Light, we often have the tendency to try to denounce anything that could be considered Dark or negative. We, inherently, often see our Shadows as bad. I challenge you to reframe this idea as Shadow is not inherently bad. Rather, our Shadows are often created as protectors of the Self.

We do not inherently have Shadow. Not in the way we understand it to be for the purposes of this piece nor as a whole in the concept of Shadow work. We may have Dark aspects, but this is not Shadow. Remember the definition provided by Mahikol in that Shadow or aspects of Shadow are "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." In short, Shadow is created internally due to an external factor. We are taught very specific things as we age. These teachings mold us and have profound effects. Thereby, Shadow is created when the internal does not match the expectations of the external.

To further clarify, Shadow is a separate concept from what I would refer to as a "Dark" aspect. Similarly to the idea of a dark personality trait, Dark aspects may not truly serve a purpose beyond selfishly serving the Self. Shadow is born when Light and Dark meet, in the form of protecting something within the Light.

Within these Shadow aspects, can also lie something called "golden shadow" aspects. These aspects are often the very facets of self that

Shadow was created to hide from the judgment of the outside world. Creativity is a very general example of one.

Whether you are experienced with Shadow work, or exploring it for the first time, I ask you to consider these thoughts as you continue on your journey. The Shadow created was once useful, warranted even. But as time goes on, sometimes that same Shadow that protected you is no longer useful for the future. Like a hammer used for one task, but now you need a screwdriver for another task.

HOW TO DANCE WITH SHADOW

As you learn to engage with Shadow (or continue to engage with Shadow), remind yourself that Shadow once served a purpose. As such, Shadow deserves to be honored and respected as much as the Light. Interactions can often feel like a Push/Pull or Ebb and Flow. Be patient.

I personally use Visualization and Meditation as the mediums for my shadow work. Literally dancing with my Shadow. I approach it with a sense of playfulness and curiosity. This also took me years to get to this point.

Everyone has their own techniques and ways to embark on their journey. So find what works best for you.

As you learn to address and identify your Shadow and shadow aspects, be mindful of what you're feeling in your body. Really feel into it. Sometimes a blockage can be felt or a sense of feeling stuck. When this happens, I encourage you to check in with yourself and also, be curious. See if you're able to reach just a bit further. But just like Shadow, some blocks are there to protect us. Use your best judgment, depending on what you feel is coming up.

Shadow work, while it can be painful, can also be an absolutely beautiful

and freeing process. People get very caught up on the idea of eradicating Shadow, that they often miss the point. Shadow work at its core, is the practice of embracing oneself to become whole again. To become more authentic. And to do this, we have to be willing to accept all of ourselves: The Light and the Shadow.

When you're able to dance with your Shadow, you'll be able to find harmony, a more full sense of authenticity, and become closer to feeling whole.

In Light and Shadow,
Aniel Kailani

Aniel Kailani is an intuitive healer, Oracle, and Soul Alchemist. Utilizing Light and Shadow work, they help facilitate growth, release that which no longer serves, and promote harmony within the self. Aniel practices a modality called Intuitive Rebirth to help clients realign, move energies, and get closer to a more balanced sense of self. Aniel also offers oracle card readings and energy healing.

Aniel can be reached by email at:
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FEBRUARY Monthly Newsletter

SHADOW READING FOR THE COLLECTIVE BY ANIEL KAILANI

Deck Used: The Secret Language of Darkness - Soul Light Transmissions From The Shadow by Denise Jarvie



Card One
37. ANGER

Anger can manifest itself in many ways, so much so that a person may not recognize that their actions may be coming from a place of anger. Tune in to your reactions and see what they may be telling you. A situation may be causing you frustration and anger right now. It is okay to be angry. But waiting for someone or something out of your control to change so you can stop being angry is futile. Your anger is your business, so ask your anger what it wants. From there you can take a course of action. Moving your anger from the shadows can lead to expansion.



Card Two
**44. RESILIENCE
(REVERSED)**

This is a reminder to listen to yourself. Resilience is built through the practice of feeling, processing, and letting go. Resistance to this process wears down your resilience and makes you more prone to break. Like a reed in a hurricane reaching the end of its bending point. Resilience talks about being centered through harmony and chaos. When you are not processing something effectively, or resistant to it, you become discordant. You become that which you wish to be resilient of. What are you avoiding?

Disclosure: This deck does not recognize reversed meanings. This interpretation was created from intuition and the feelings that came through during the channeling process.



Card Three
42. INTEGRITY

This card is another cautionary tale of avoidance. It speaks of loyalty to our innermost truth. Integrity is not just about you. When we lie to ourselves, we lie to others. When we are alone with our thoughts, any unease or worry you may have becomes loud, clear, and present. Perhaps you're avoiding yourself because you feel unsettled, guilty or disappointed about something you haven't achieved, overcome, completed, or committed to something you had set your mind on. Perhaps you carry fear of something that is causing you to make yourself small, and avoid your personal truth. All these things can manifest as anger. Be gentle with yourself. Listen to and honor yourself. Support yourself. When you are true to yourself, you become more authentic. When you keep your loyalty to your innermost truth, you can find strength and resolve.



At Veil and Bone, we believe that our community is a treasure trove of knowledge and experience, and we want to hear from you! If you have insights, stories, or practices related to spirituality, divination, or personal growth that you'd like to share, we warmly invite you to contribute to our newsletter. Your unique voice can inspire and enrich the lives of fellow readers, fostering connection and learning within our community. Whether you have tips on enhancing intuition, rituals for the phases of the moon, or creative ways to incorporate spiritual practices into daily life, we would love to feature your contributions. If you're interested in collaborating and sharing your wisdom, please reach out to us at newsletter@veilandbone.com. Together, let's create a vibrant and inclusive space that celebrates the diverse journeys of our readers!

FEBRUARY Monthly Newsletter



TIME FOR QUESTIONS

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

A QUESTION I AM OFTEN ASKED, IN THE CONTEXT OF A TAROT, RUNE, OR BONE READING, WITH A CLIENT FACING A DIFFICULT DECISION OF ANY KIND IS "CAN YOU JUST TELL ME WHAT TO DO?"

KYLE DAVIDSON:

The answer is no, I cannot. The Tarot – nor any other divinatory system - does not exist to erase your free will, to hold your hand and give you all the answers, taking away both choice and risk. Anyone who tells you differently is simply suggesting you do what they want you to do.

Fate creates many paths for us, and divination can give us a hint as to where those paths lead – but this does not erase choice. Free will is a gift, and at times, a burden. Yet it is ours. Do not put the onus on the Tarot to decide if you should leave your partner, quit your job, or whether or not to pursue your dreams. Use the Tarot to explore your options, not to set your path. For this very purpose I use a Tarot spread called Hecates Path. Pull a card for your past – what led you to this crossroads. Pull a second card for your present – where you are now. Next, pull three cards for each option available to you. The first card shows what is positive about this path, the second shows what negativity you can expect to encounter when you make this choice, and the third is the outcome of this decision.

This spread does not exist to erase your choice, but to inform it. Every choice will have positive and negative outcomes. What you prioritize is up to you. Sometimes the negative consequences of a choice are sacrifices we are willing to make, sometimes we are not. In either case, it is up to us to choose the paths we tread.

SOMETIMES IN MEDITATION, I HAVE VIVID EXPERIENCES, BUT AFTER THEY PASS I DOUBT THEM AND SUSPECT I MADE THEM UP. HOW DO I KNOW IF THEY ARE REAL OR IMAGINARY?

MAHIKOL TORRES:

I'd like to first say that this is a very common occurrence, and a sign that you are moving in a really positive direction with your practice and opening yourself up to your intuitive self. It can be hard to understand or accept that you either saw, heard, or felt something that was only in your mind, and a good dose of skepticism is very healthy.

Intuition and imagination are very closely tied together. When you daydream, and when you have a psychic vision, they both happen in the same "place." This is because the imagination is where we can see images, colors, symbols, and connect them with physical sensations. However, when I ask you to imagine a neon green elephant riding a rollercoaster, you don't have to ask yourself if you made it up after the imagined vision goes away. So, chances are if you are trying really hard to tell yourself you made it up, then you probably didn't.

Another element that comes with psychic vision is the feeling of the experience as it happens. Something about it will usually feel unique, and it can be a feeling that is hard to describe in words. If your experiences have an element of "I'm not quite sure how to explain what it felt like," then it was likely a real psychic experience. Keep practicing! The more of these experiences you have, the easier it will become to tell them apart from your imagination.

FEBRUARY GIVEAWAY!

30 Minute Reading of Choice

IN-PERSON (LEWES, DE) OR REMOTE

[Click Here to Enter!](#)

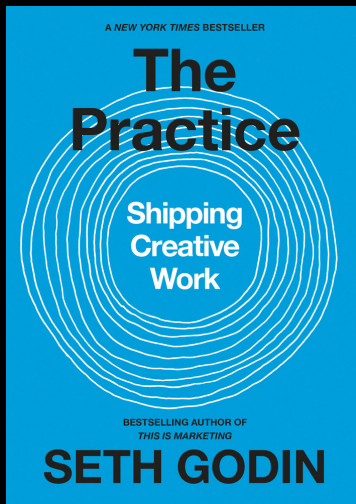
WINNER WILL BE ANNOUNCED IN MARCH NEWSLETTER



FEBRUARY Monthly Newsletter

CHECK THIS OUT

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



MAHIKOL'S PICK

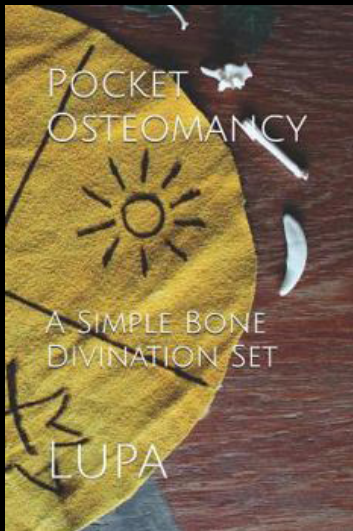
The Practice: Shipping Creative Work

by Seth Godin

Are you seeking to make change with your work? If you are a creative individual who has felt stuck, or if you are wanting to offer anything (product, service, programs, ideas, books, TV shows) to the world, then this book is for you.

The Practice encourages readers to explore the art of showing up, doing your work without drama or commentary, and allowing the results to speak for themselves. The book is such an easy read, and shares the importance of self-reliance and diligence in your work.

This is a book I've read multiple times, and can see myself reading many times again. Check it out if you want to take your work to the next level.



KYLE'S PICK

Pocket Osteomancy

by LUPA

If you are curious about picking up a new divinatory practice, one that is ancient, natural, and maybe slightly spooky, I recommend this book on osteomancy, or bone casting. This is a practice of throwing ethically sourced animal bones onto a cloth mat, and interpreting the positions in which they land for divination. It is a way to connect with both nature and the souls of the ancestors for guidance and wisdom.

Lupa reveals a simple, but effective, way to do readings with nothing more than four bones and a cloth. This unique system is of their own devising, but with ancient roots. Lupa makes this subject approachable and accessible to all. This is a short book, but it is packed with information.