

Through
the
Veil
Workbook



Through the Veil

The Kit includes:

**This PDF workbook
The Video Lesson
The MP3 Meditative Journey**

Start where you like

Print out the workbook or use it as a guide for your own
journalling

Start with the parts of this kit you feel most drawn to

Come back to the other parts later if/when they call to you
- you don't have to do it all!

Explore your journey through the veil in any way that feels
good to you!

Use this kit as a guide, always go with your gut and what
feels true to you



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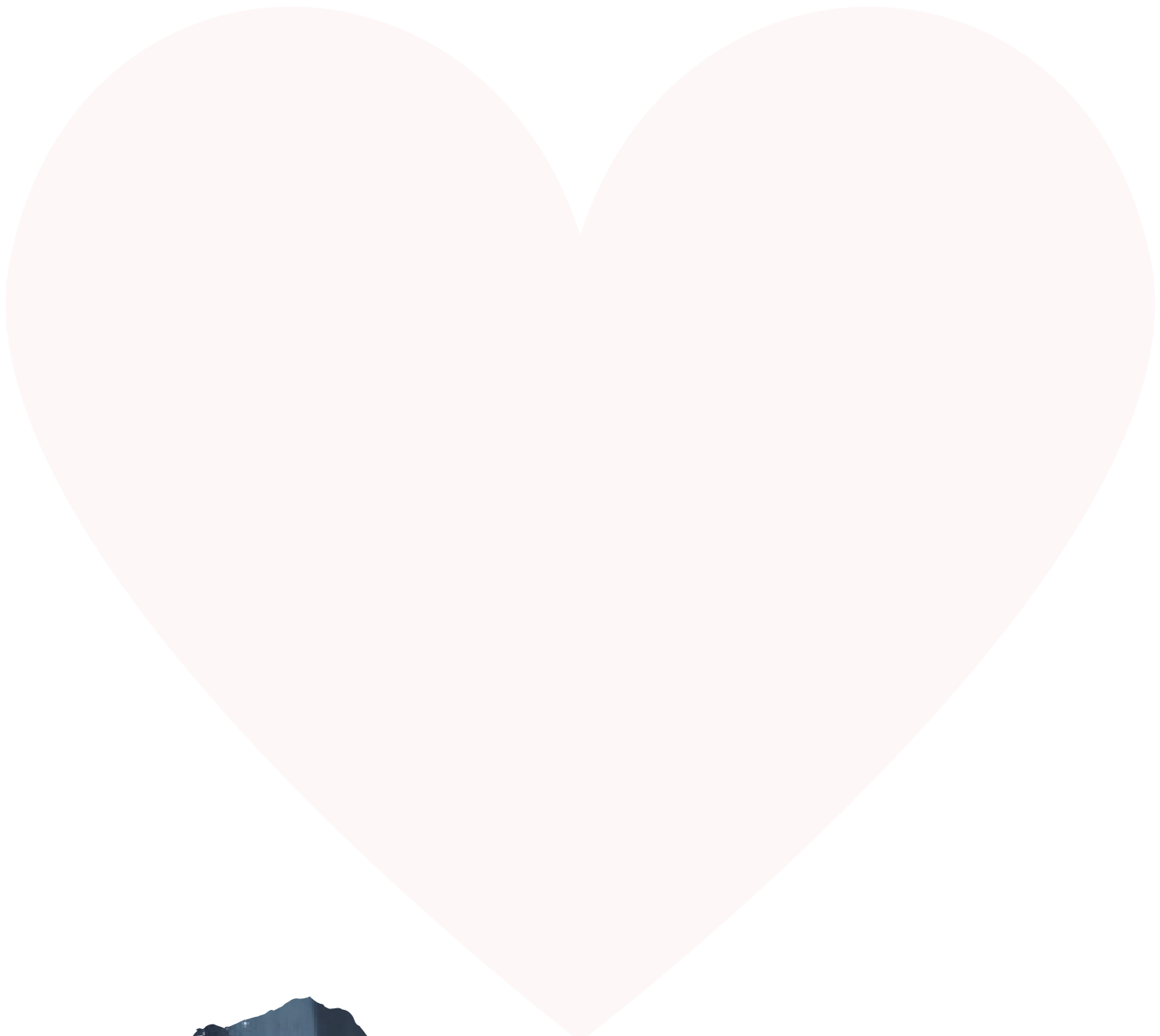
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Heart Storm

Before you read any further or dive into the rest of the content, take a moment to write down any ideas, words, first thoughts that come up when you think of "through the veil"...



"It's said that All Hallows' Eve is one of the nights when the veil between the worlds is thin - and whether you believe in such things or not, those roaming spirits probably believe in you, or at least acknowledge your existence, considering that it used to be their own. Even the air feels different on Halloween, autumn-crisp and bright."

-Erin Morgenstern





Intentions

What intentions do you have for your work with journeying through the veil?

How will you show up for yourself this month/during this work?

What could stop you from fully showing up?

How can you give yourself the best chance to show up for this work?

How would you like this work to support you and help you develop spiritually?



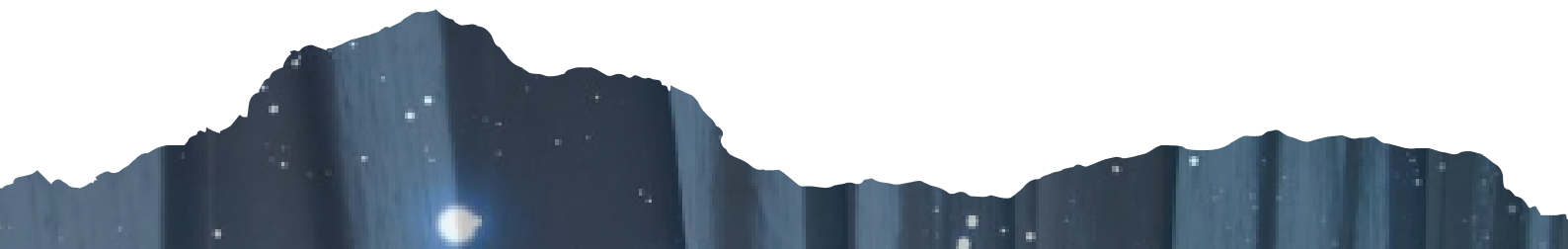
Check-In

Do you have any resistance or fear coming up around looking through the veil?

What are you most looking forward to?

How will you keep yourself safe as you do this work?

What will your daily spiritual practice look like this month?



Intro

In our work together this month we are journeying through the veil. This idea of seeing through the veil is well known in spiritual circles. We often talk about the veil between the 3D physical world and the spirit world, the veil between ourselves here in physical form and our loved ones "beyond the veil".

We talk about times and places where the "veil is thin" and we can more easily access messages from the spirit world.

But "the veil" is so much more than just that which separates us from spirit, it also separates us from ourselves and each other.

In this work we will be looking at three aspects of the veil which keeps us separated:

★ THE VEIL OF THE SELF

Here we will begin to explore and look through the veils that keep us separated from our own inner truth, knowing and higher self.

★ THE VEIL OF THE WORLD

This is where we will look at some of our programming - some of the veils that have been placed over us by others.

★ THE VEIL OF THE SPIRIT WORLD

And of course we will also journey through the veil that keeps us separated from divine truth, from our guides and angels and from our loved ones behind the veil.



Thin Places + Thin Times

There are times and places which often lend themselves better to doing this work - to seeing through the veils of illusion and the veil into the spirit realms.

Of course we all know Halloween or Samhain is known to be one of these special times!

Some other times you may find the veil thinner and easier to see through:

- ★ The Full Moon
- ★ Midnight (the witching hour!)
- ★ At the sabbats - especially Halloween and Beltane
- ★ At the changing of the seasons - the equinox or solstice
- ★ On special days and anniversaries of passed over loved ones

Some places you may sense are "thin":

- ★ Churches or places of worship
- ★ Ancient sacred sites - stone circles, holy wells, etc.
- ★ Places in nature
- ★ Your passed over loved ones favourite places
- ★ Graveyards or crypts



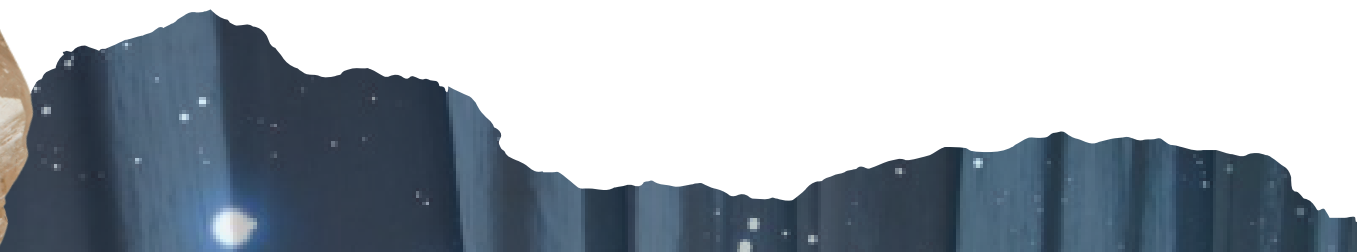
Thin Places + Thin Times

What time of day do you feel is most "thin"?

What days of the year do you feel are most "thin"?

Are there any places you have visited that felt "thin"?

Are you being called to visit any thin places as you do this work?



Through the Veil Tool Kit

Here are some tools that may help you to work with your journey through the veil. Use this list only as a guide, always trust your intuition and remember you can always use what you already have.

★ DEITIES:

Archangel Micheal
Archangel Azrael
Archangel Jeremiel
Horus

★ OILS:

Rosemary
Frankincense
Cedarwood
Sage

★ CRYSTALS:

Clear quartz
Amethyst
Labradorite
Nuumite

★ OTHER TOOLS:

Journal
Candles
Protection amulets/objects
Offerings to spirit: Incense, flowers, oils etc.



Protection

When journeying through the layers of illusion and separation and as we move deeper into connecting with the spirit world, the first thing we need to do is to put our boots on. You wouldn't explore caves and mountains without shoes, so let's not go through veils without our spiritual boots on.

Everyone has a different way of protecting their energy that works for them, whatever yours is, make sure you are using it as you do this work.

You do not need to be fearful, in fact, if you are, please only go as far as feels safe for you, as always. Look after yourself, only do what feels right and true for you.

But protection is not about fear, it is about being sensible and safe. It's about being prepared.

Some ways you can protect your energy are:

- ★ Calling on Archangel Michael
- ★ Calling on your Ancestors
- ★ Working with different spiritual tools like white light, shields of light or light-grids surrounding you
- ★ Using crystals or other protection objects and amulets
- ★ Affirmations





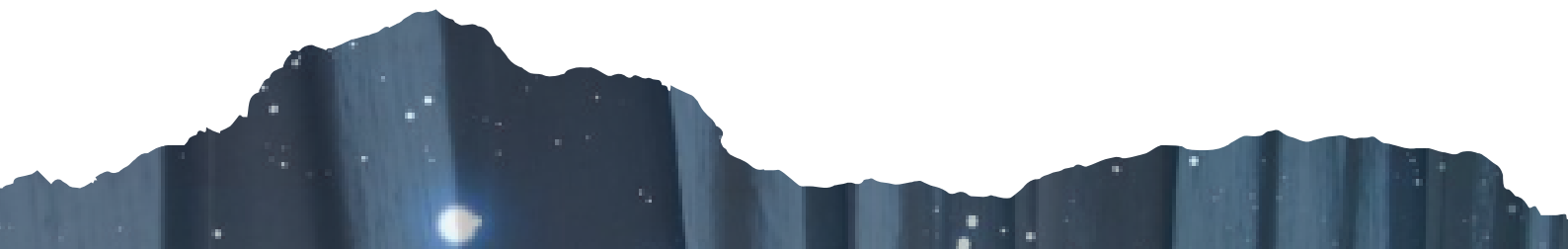
Protection

How will you protect your energy and keep yourself safe as you do this work?

How will you keep your energy clear?

How will you keep your energy grounded?

What will you do if you don't feel safe?



Veil of The Self

The Veil of the Self work offers you an opportunity to really look into where you are not seeing the truth of who you are, of what you are capable of.

It offers a chance to look through the illusions, the limiting beliefs that hold us back in life.

It stops us from being able to fully access our own soul, our higher self and connect with our life purpose and path.

Sometimes this veil of illusion can be helpful - it is not always a good idea to just pull these veils down suddenly and see everything in a new light.

Many of us would not be able to handle it if we were suddenly shown the truth in one fell swoop!

So as we begin to gently journey through the veil of the self, as always, be kind to yourself, only answer the questions that you feel ready to answer.

In the meditation I will guide you through a visualisation to move through this veil, but as you begin to answer the following questions you may like to just take a moment to get quiet and still, take a few deep breaths, fill yourself with light and then visualise a veil in front of you that separates you from your truth. See this veil becoming more transparent until you can see through, looking with love, protected by your guides and angels and into the truth of who you really are.



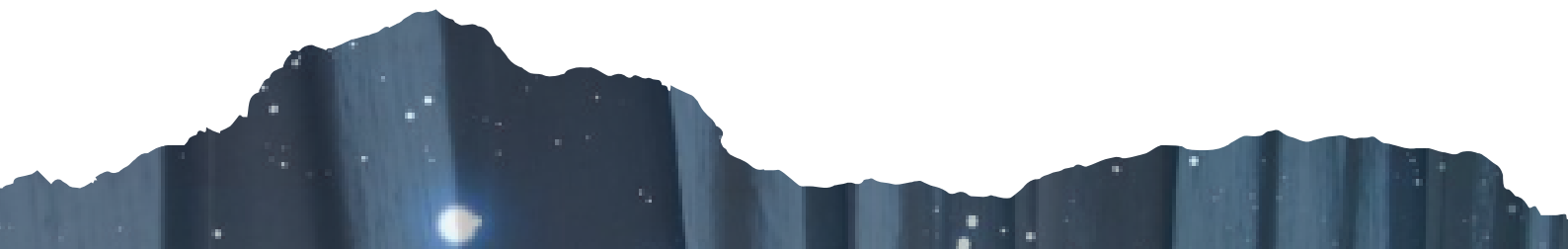
Veil of The Self

What limiting beliefs are you carrying right now?

What is the truth about these limiting beliefs?

In what ways do you self sabotage yourself?

What is the truth about this self sabotage?



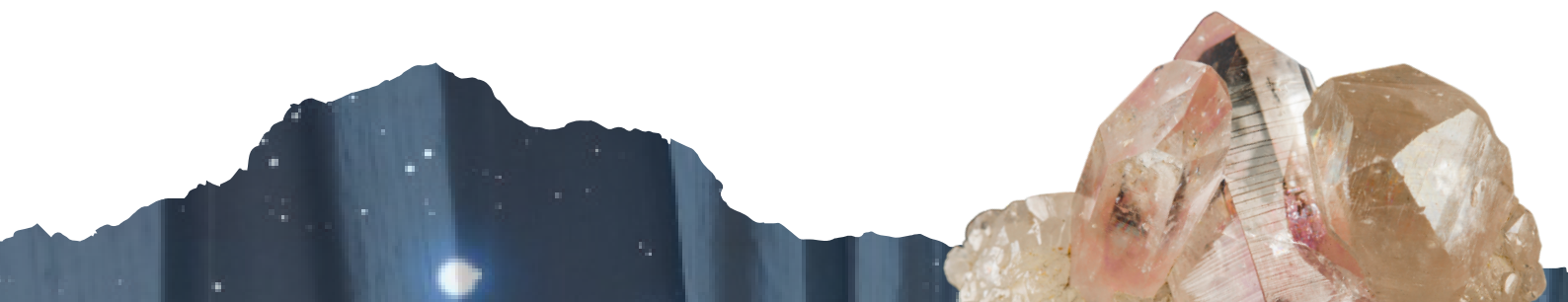
Veil of The Self

Who are you in spiritual truth?

What is the true energy and vibration of your soul?

What is your mission or life purpose?

How can you fulfil this mission or life purpose?





Veil of The Self

How can your love and light help and serve others?

How can your love and light help and support you?

What changes do you need to make to live in alignment with the truth of who you really are?

How can you begin to see and embody your own truth?



Veil of The World

The Veil of the World represents the separation between ourselves and the life we are living, between ourselves and others.

When we are living under this veil we are living by a code of programming that comes from others - from the media, social media, TV and movies, our culture, our family and friends, the government, etc.

This isn't about denying everything and going to live off grid with no access to the outside world (although you can if that's your true path!). This is about finding a way to live in the world while having your eyes fully open to it. It's about making the most conscious choices you can as you move through the world.

It is about discernment, being able to know when something isn't right for you, when to say no, even if "everyone else is doing it".

As we become aware of this programming we can start to change it and make other choices in our lives.

Again, take a moment to centre yourself. Take a few deep breaths, ground yourself.

Visualise your third eye opening up and see the veil of the world before you. See this veil becoming more and more transparent until you can see through with love, protected by your guides and angels and into love, connection, peace and truth.



Veil of The World

What TV and movies do you most enjoy watching?

Can you see any messages or programming that may be coming through in these shows and movies? (e.g. the nuclear family, everyone works hard, etc.)

Where do you get your news from? (E.g. newspapers, websites, social media, etc.)

Can you see any biased messages or programming that may be coming through these news sources?



Veil of The World

Who are the five people you spend most time with/talk to online?

What influence (positive or negative) do you think they have you on?

What influence do you think you have on others?

What are some things that are culturally "normal" but that you don't like or want to partake in?



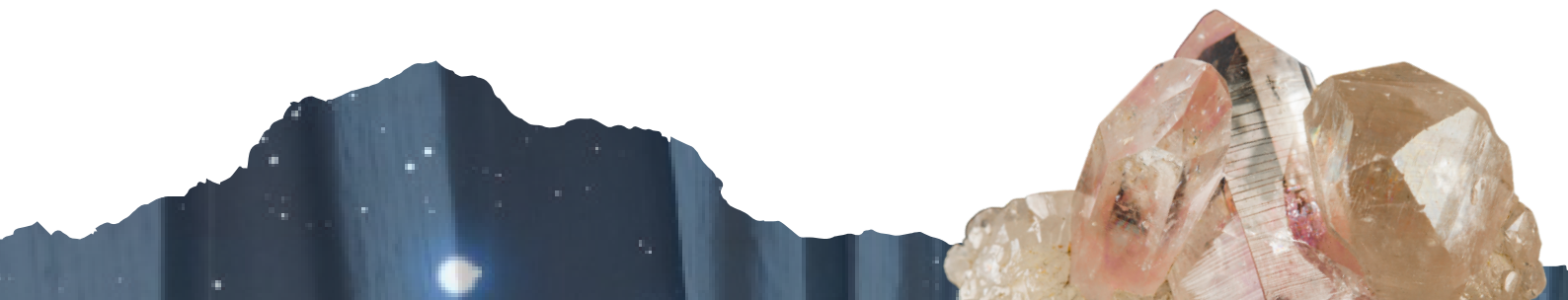
Veil of The World

What aspects of our society/culture concern or worry you?

What are you being called to do to create change in those areas?

What can you do to help others to see through the veil of the world?

How can you do your part to help shift the consciousness of the planet?



Veil of The Spirit World

Many people want to rush into seeing through into the spirit world without understanding that these veils of illusion and separation exist within and all around us.

Everyday we are dancing around, through and against these veils.

If we are not aware of what is going on in our own inner world and outer world, connecting with the spirit world can be much harder, not to mention that we may not have the grounding and strength to be able to see it.

So before you start to begin this next phase of the journey, make sure you are doing the work on yourself. It's in identifying and moving through our own separation that we are practicing for the main event.

If we don't know the difference between our cultural programming and the truth of our own soul, how will we know the difference between a kind and loving spirit or an energy that isn't right for us to work with?

Knowing yourself is one of the most powerful spiritual tools there is. If you know the voice of your own soul, if you know the song of your heart, you will never be led astray.

Of course there are some other things we can do to make sure our journey through the veil is safe, loving and empowering and I'll share some of the things that work for me on the next few pages before we take our journey through this final layer...

Veil of The Spirit World

In the meditation you will journey through into the spirit world. You may like to do the meditation before you explore the following pages.

Otherwise, you can take a moment to get quiet and centre yourself.

Clear, ground and protect your energy.

Fill and surround yourself with light.

Call in your Gatekeeper Guide and any other guides and angels you'd like to have present with you.

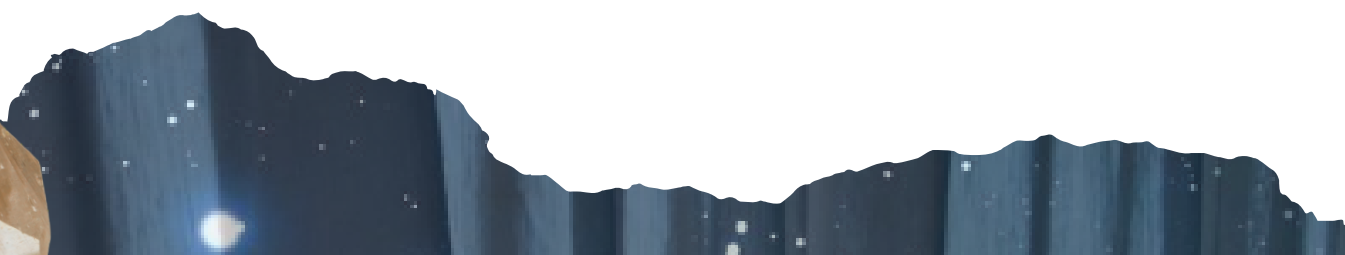
Send your awareness to your third eye.

Begin to become aware of a veil in front of you, this is the veil through to the spirit world.

See this veil becoming more and more transparent until you can clearly see through into the spirit realm.

*Note: you may not "see" anything, in which case, pay attention to your thoughts, feelings and physical sensations.

You can put the veil back up at anytime by just visualising that it is there again, see yourself stepping back and open your eyes affirming that you are safe, clear, grounded and protected.



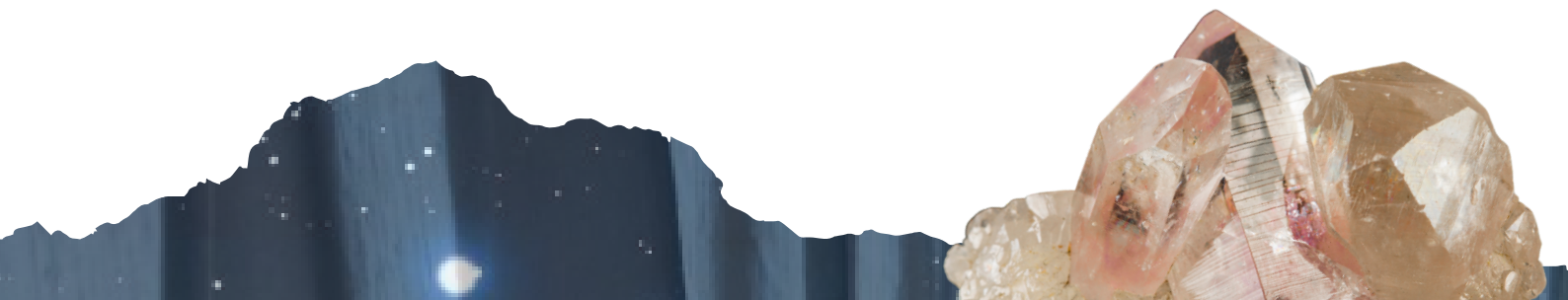
Veil of The Spirit World

Who would you most like to connect with in the spirit world?

What would you like to say to them?

What do you think they would like to say to you?

What messages or signs does this person/spirit use to let you know they are with you?





Veil of The Spirit World

What does the spirit world look and feel like to you?

Is there anyone else here that it feels good to connect with?

Is there any wisdom or advice coming through from the spirit world for you?

How do you feel after seeing the spirit world? What else do you want to take away from this experience?



Other Realms

Of course, there is more than just the spirit world to explore, and journeying through the veil can also mean:

- ★ Journeying into other Realms - the Angelic Realm, the Faery Realm
- ★ Journeying into other timelines - travelling to the past or the future
- ★ Journeying into other dimensions
- ★ Journeying through time and space to other planets and star systems
- ★ Journeying into deeper awareness of yourself - into your past lives etc.

The "veil" is simply just a symbol or metaphor for illusion, for separation, and when we begin to see the veils that are present in our lives, within ourselves and within the universe we can start to see the truth of our own experiences.

*But don't forget - we are all here having our own experience, what you see as "truth" may just be the way you need to see it. We are all here to see and experience things differently. Your truth is just your truth, it may not match everyone else's experiences and that is OK. Focus on your own journey.

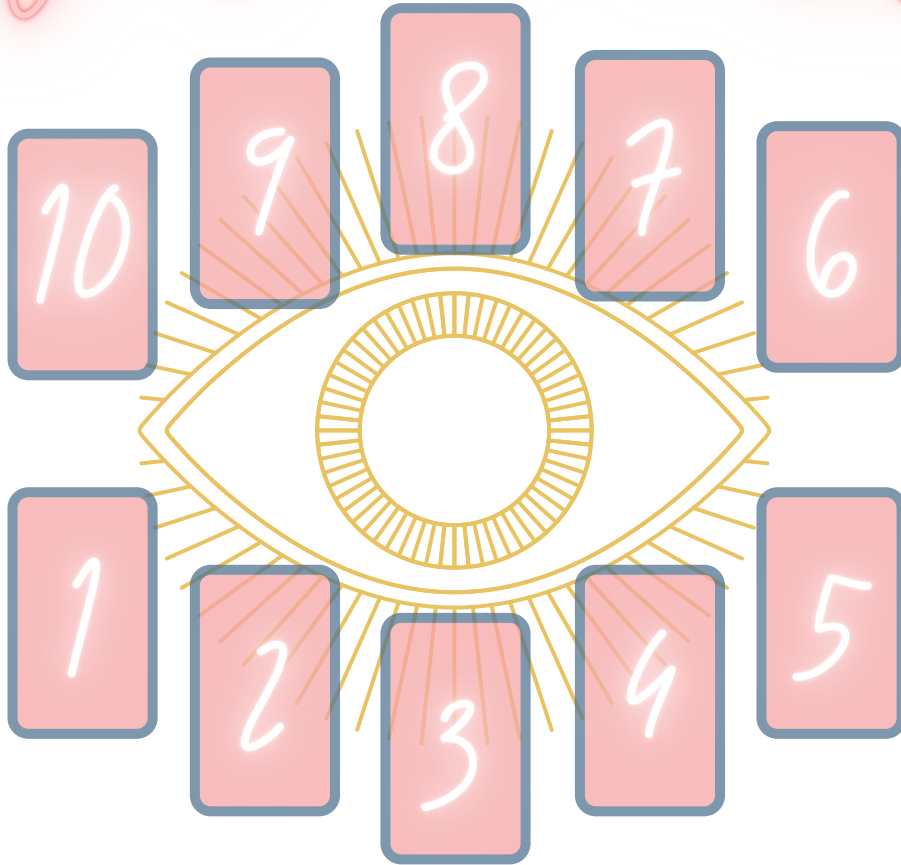


"I have a foot here and a foot in some spirit world. There are many more layers to reality, and that permeates my life and my writing in a very natural way. I don't even think about it."

-Isabel Allende



Through the Veil Spread



1. How to prepare yourself to see through the veil
2. How to protect yourself
3. A message from your gatekeeper guide
4. What do you need to see behind the veil of the self?
5. How can you use this knowledge to support you in your life?
6. What do you need to see behind the veil of the world?
7. How can you use this to make empowering changes in your life?
8. What can support and prepare you to see into the spirit world?
9. What wisdom is available to you from the spirit world?
10. A message from your passed over loved ones



What's Next?

- ✓ If you enjoyed this kit and found it useful, please tell your friends about it. As a small business word of mouth helps so, so much!
- ✓ If you are in The Circle you are welcome to come and join us in the Facebook group to chat about your experiences and support others in theirs.
- ✓ If you're not in The Circle join us now!
www.newagehipster.co/the-circle
- ✓ If you would like to share any insights on social media please tag me @newagehipster333 on Instagram or Facebook. (I just ask that you do not share any of the content, spread positions etc., outside of the group)
- ✓ Email me with any questions -
vix@newagehipster.co



About Vix

Vix believes that being connected to our own hearts, souls and spiritual team is our natural state and she's excited to be able to be of service to those who are searching for a way back. Vix is devoted to helping others reconnect to their own light, inner guidance and power so they can live out their best and highest lives. She supports her growing worldwide community through her books, The Circle, the Fully Lit Mastermind, one on one Soul Readings, workshops, the New Age Hipster podcast, blog, YouTube channel, online groups and social media ministry.

Vix is an ex-high school and special ed teacher, she is a best selling YA indie author and enjoys drinking tea, exploring stone circles, eating vegan pizza and watching 80's movies.