

# A Morning Devotional

## Things needed:

### The Three Gates:

**One Candle:** to represent the Sacred Flames of The Sky.

**One Bowl:** to represent the Well, the Waters of the Deep, and the Underworlds.

**One Tree:** to represent the World Tree, the Earth, and the Axis that connects the Underworlds to the Heavens and everything in between the two.

### The Offerings:

**3 Sticks of Incense** (or whatever form you most commonly use and whatever scent is the most pleasing to you; although, I find sticks of Sandalwood or Frankincense have always worked well for me)

### Other Items:

**Matches to light the candle**

**Some sort of vessel to hold water to pour into the bowl**

**An Incense Holder**

**An Altar or hard flat surface to set the items on**

**Runes (or another divination tool)**

**A bowl or small basket to put the Runes in**

# The Ritual:

To start take a few deep breaths. Close your eyes lightly and breathe in through your nose to fill your lungs. Hold that breath for a moment, then breathe out through your mouth. Repeat this a few time until you feel that your mind is clear and you are relaxed.

Once you feel relaxed, pick up the matches and light the candle on the Altar/Table top. Slightly close your eyes, take a deep breath, and imagine the flames within you and around you as you say:

**“Sacred Flames of the Sky,  
Burn strong within me,  
Provide my body, mind and spirit with your strength.  
So be it!”**

After you feel the flame burning within you; fill the bowl/well at least half full with water. Close your eyes lightly and breathe in through your nose to fill your lungs. Then imagine the waters flowing into you from below, as though you were a plant. Close your eye slightly, take a deep breath, and say:

**“Sacred Waters of the Deep,  
Flow into and through me,  
Provide my body, mind and spirit with your nourishment.  
So be it!”**

After you feel the Sacred Waters flowing through your body; focus on the Tree. Close your eyes lightly and breathe in through your nose to fill your lungs. Then imagine within yourself the Sacred Tree growing deep into the ground and sprouting high above after you say:

**“Sacred Tree of all the Worlds,  
Grow within me as I learn.  
Plunge my roots deep Below as I ascend high Above.  
So be it!”**

Breath in and out deeply a few times. Clear your mind again and say:

**May the Three Kindreds hear me as I call at this Rite!**

Pick up one of the three incense sticks; light the incense in the flame of the candle. Allow the incense to burn for a moment and blow the flame out on the incense stick. Before placing it in the holder take a deep breath and say:

**May the Gods from Below and Above hear me!**

**Mighty Gods of ancient times; KNOW that I honor and respect you. Please, Accept my Offering and Bless me in my daily life!**

**So be it!**

Pick up the second incense stick; light the incense in the flame of the candle. Allow the incense to burn for a moment and blow the flame out on the incense stick. Before placing it in the holder take a deep breath and say:

**May the Ancestors hear me!**

**Mighty Dead, Noble Ancestors; KNOW that I honor and respect you. Please, Accept my Offering and Bless me in my daily life!**

**So be it!**

Pick up the third incense stick; light the incense in the flame of the candle. Allow the incense to burn for a moment and blow the flame out on the incense stick. Before placing it in the holder take a deep breath and say:

**May the Earthly Spirits of this World and Realm hear me!**

**Noble Spirits of the Land; KNOW that I honor and respect you. Please, Accept my Offering and Bless me in my daily life!**

**So be it!**

Sit and breath deeply as you meditate for a moment. If you wish to receive an Omen from the Kindred you may do so at this point. I have chosen to use the FURTHARK Runes in conjunction with *A Practical Guide to The Runes; Their use in Divination and Magick*” by Lisa Penschel. However, whatever form of divination that feels comfortable to you will work. To receive the Omen I do this:

Pour the Runes into a bowl or small basket. Swish them around a bit and say:

**Mighty and Noble Kindred;  
Gods, Ancestors, and Earthen Spirits;  
As I have Honored you here today,  
Please, Bless me with an Omen for this day!**

Reach into the bowl or basket and draw one rune. Do not rotate the rune for that will change the meaning of your Omen. Flip it over by turning it from left to right as it sits the long way in front of you. Once you understand what the rune means thank the Kindred for the Omen by saying:

**Sacred Kindred thank you for this Omen,  
May I always be in your hearts as you are in mine!  
So be it!**

Once you are done blow out the candle, pour the water from the well into the potted tree and let your offerings burn out. (Provided you have the time to be within close proximity of them. If you must leave right away please put them out and finish burning them later. I am sure that the Kindred would rather have you do that then accidentally burn down the shrine to them and your home.)