



How to Create a Devotional Practice in 3 Steps

Devotion doesn't have to be complicated—whether you're honoring a deity, spirit, or the universe itself, creating a practice that feels authentic, sustainable, and powerful is within your reach.

In this course, you'll learn how to craft a deeply personal devotional practice in just three simple steps. Through guided reflection, ritual work, and practical exercises, you'll discover how to:

🧘 Clarify Your Devotional Focus — Who or what are you dedicating yourself to? Learn how to connect with divine energies in a way that resonates with you.

🔥 Establish Rituals & Offerings — Build a practice that fits your lifestyle, from daily devotions to full moon rituals.

🌿 Maintain & Deepen Your Practice — Keep your devotion alive with consistency, intention, and spiritual alignment.

This course is perfect for beginners and seasoned practitioners alike, offering a flexible, judgment-free approach to devotion. Whether you're drawn to gods, ancestors, spirits, or a more abstract sense of the divine, you'll walk away with a clear, structured practice that feels sacred, personal, and deeply fulfilling.



Lesson 1: The Who and the Why

The first step to creating a meaningful and fulfilling devotional practice is to determine who you are dedicating this practice to and why you feel called to do so. Before you begin incorporating rituals, offerings, or daily observances, take time to reflect on these foundational questions.

Who Are You Devoting Yourself To?

Devotion is a deeply personal commitment, and it's important to have clarity about who you are building this relationship with. This may be:

- A Deity you feel drawn to worship, honor, or work with.
- Spirit Guides who assist and support you on your path.
- Ancestors—your bloodline, spiritual lineage, or chosen family from beyond the veil.
- Land Spirits or nature entities who reside in the spaces around you and with whom you wish to foster a respectful relationship.

Consider:

- Who has been calling to you? Have you felt signs, nudges, dreams, or synchronicities that point to a specific being?
- Who do you feel a natural connection with? Some spirits and deities resonate deeply with us on a soul level.
- Who are you choosing to honor? Are you pursuing this relationship of your own free will, or has this entity made their presence known and requested or required your attention?

Why Are You Doing This?

Understanding why you want to develop a devotional practice is just as important as knowing who you are dedicating it to. Your reasons will shape the structure of your practice, your level of commitment, and how you maintain this connection over time.

Ask yourself:

- What draws you to this being? Do they represent values, lessons, or energies you wish to embody in your life?
- What role do they play in your journey? Are they a mentor, protector, guide, or force of transformation?
- Is this a choice or a calling? Some practitioners feel a strong spiritual pull toward a being, while others experience direct contact or requests for devotion. If you feel obligated, is this a path you truly want to take?
- How important is it for you to follow through? If the being has made a request, what are the consequences—spiritual, emotional, or ethical—of not answering?

Your who and why create the foundation of your devotional practice. The deeper your understanding of these elements, the more meaningful and sustainable your devotion will be. Take your time to explore these questions, journal your thoughts, and meditate on your answers. This is the beginning of a relationship, and like any relationship, it should be built with intention, respect, and clarity.

Reflection Exercises & Journal Prompts

Set aside some quiet time to explore the following prompts. You can meditate on them, write in your journal, or even create a voice recording of your thoughts. Let your intuition guide your answers.

1. Who Are You Feeling Called To?

- Have you felt drawn to a specific deity, ancestor, guide, or spirit? If so, when did you first notice this pull?
- Have you received any signs, dreams, or synchronicities that point to a specific being? What were they?
- If you are unsure who to devote yourself to, what qualities or energies are you seeking in a spiritual connection?
- What do you already know about this being? If they are a deity, what mythology or stories resonate with you?

2. Why Do You Want to Build This Devotional Practice?

- What is your personal reason for wanting to dedicate time and energy to this being?
- Do you feel called to this practice by choice, or does it feel like a request or demand? How does that make you feel?
- What do you hope to gain or learn from this relationship?
- How do you see this devotion fitting into your daily life? Do you envision it as structured rituals, spontaneous offerings, or a quiet, ongoing presence?

3. Understanding the Depth of Your Commitment

- What level of commitment feels right for you? (Daily, weekly, only on specific holy days, or as-needed?)
- What does devotion mean to you? Does it involve prayer, offerings, acts of service, or something else?
- Are there any fears or hesitations you have about stepping into this relationship?
- What boundaries, if any, do you feel you need to set?

Next Steps

After reflecting on these questions, sit with your answers. Notice if any emotions or thoughts come up that surprise you. If you feel uncertain, give yourself time—spiritual relationships, like all relationships, grow with patience and experience.

Optional Practice:

If you feel ready, take a simple step toward devotion today. This could be lighting a candle, saying a prayer, or making a small offering of gratitude.



Lesson 2: The When

It might seem counterintuitive to figure out when you'll be performing your devotional actions before you decide what those actions are—but hear me out.

We all know how difficult it can be to create new habits (New Year's Resolutions, anyone?). One of the easiest ways to ensure a devotional practice sticks is by integrating it into your existing routine. Instead of treating devotion as an entirely separate part of your day that requires extra time and effort, why not weave it into the flow of what you already do?

Building Devotion into Your Daily Life

The key here is habit stacking—pairing devotional actions with things you're already doing. This makes it easier to stay consistent because you're not adding something completely new; you're enhancing what's already there.

Take some time to write out a typical day for yourself, as detailed as you can. List everything, from waking up to going to bed. For example:

- Wake up
- Use the toilet
- Shower
- Get dressed
- Brush teeth
- Make coffee or tea
- Have breakfast
- Check phone/emails
- Drive to work / start work-from-home routine
- Have lunch
- Unwind in the evening
- Go to bed

Once you have your list, look at each moment and consider how you can layer devotion into these everyday actions.

Examples of Habit Stacking for Devotion

- Morning Wake-Up → Gratitude & Intentions
Before getting out of bed, take a deep breath and say a simple prayer or affirmation to your chosen deity or guide. Something like, "Thank you for this new day. May I walk in alignment with my

highest good.”

- Toilet Time → Energetic Cleansing
Yes, I’m serious! As your body releases waste, visualize any negative or stagnant energy flushing away. Imagine yourself becoming lighter and more balanced.
- Shower/Bath → Ritual Cleansing
Let your bath or shower be an intentional act of purification. Imagine the water washing away stress and negativity. If honoring a water-aligned being, dedicate this moment to them with a simple thought or prayer.
- Getting Dressed → Embodying Energy
As you put on your clothes, set an intention: “I dress myself in confidence, power, and the blessings of [deity/guide].” If your practice includes color magic, choose your outfit based on the energy you want to channel.
- Brushing Teeth → Speaking Devotion
As you brush, hum a devotional chant or affirmation in your mind. Picture your words being purified so that when you speak throughout the day, they carry intention and clarity.
- Meal Times → Offering & Recharging
Bless your food before eating, either silently or aloud. You can set aside a small portion as an offering or simply dedicate the nourishment to your “Who” by thinking, “May this meal strengthen my connection to [name].”
- Commuting → Mindful Connection
If you drive or take public transportation, use that time to mentally check in with your spiritual allies. Listen to music or a podcast related to your path, or simply hold space for quiet reflection.
- Nighttime Wind-Down → Closing Devotion
Before bed, take a few moments to express gratitude. Light a candle, meditate, or just whisper a simple “Thank you” to your guides. If journaling helps you process your day, write a few sentences about any signs, feelings, or insights you received.

Making It Work for You

Your devotional practice should feel natural and sustainable. If a structured daily routine feels restrictive, consider a weekly rhythm instead. Maybe Mondays are for offerings, Wednesdays for learning, and Sundays for reflection.

The goal is consistency over complexity. You don’t need elaborate rituals every day—sometimes, the simplest moments are the most powerful.

Reflection Exercise

- Write out your daily routine.
- Highlight moments where you can add devotion. Start small—pick one or two places to begin.
- Test it out for a few days. Notice if certain times feel more natural or if you need adjustments.

By aligning devotion with your existing habits, you create a practice that is effortless, sustainable, and deeply integrated into your life.

Journaling Prompts

Use these prompts to deepen your understanding of when and how to integrate devotion into your daily life.

1. Mapping Your Day

- Write out your typical daily routine, including even the smallest habits.
- Which parts of your day feel the most peaceful or reflective?
- Which moments of your day feel repetitive or automatic? Could you use these moments for devotion?
- Are there any times when you naturally think about spirituality or feel more connected to the unseen?

2. Understanding Your Energy Flow

- Do you feel more spiritually aligned in the morning, afternoon, or evening?
- What times of the day do you feel the most drained? Could you incorporate a small devotional act to replenish yourself?
- What habits or routines do you struggle with? Could adding a spiritual focus make them more enjoyable?

3. Setting Your Devotional Foundation

- If you had just five minutes a day for devotion, when would you dedicate it?
- If you had one hour per week for a deeper practice, when would it fit best?
- Would you prefer a daily, weekly, or seasonal rhythm for your practice?
- What is one small thing you can try today to start incorporating devotion into your routine?

Guided Visualization: Finding Your Sacred Moments

Find a quiet space where you won't be disturbed. Close your eyes, take a few deep breaths, and allow yourself to relax.

1. Begin at Sunrise 🌅

- Picture yourself waking up in the morning.
- Feel the energy of a new day filling you.
- What is the first thing you do?
- How does this moment feel, and how could you bring devotion into it?

2. Move Through Your Day 🕒
 - Mentally walk through your typical routine, noticing each step.
 - Pause at different moments—eating, working, resting.
 - Imagine where you could add a small spiritual action (a prayer, an offering, an intention).
3. Notice Your Sacred Moments ✨
 - Is there a moment when you feel naturally peaceful, grateful, or connected?
 - Is there a time when you feel like you need extra support, grounding, or guidance?
 - What time of day feels most magical or spiritually potent to you?
4. Closing the Day 🌙
 - Picture yourself at night, getting ready for sleep.
 - Imagine a gentle, meaningful way to close your day in devotion.
 - As you breathe deeply, feel the presence of your chosen deity, guide, or spirit around you.

When you're ready, open your eyes and jot down any thoughts or insights from this experience. What moments stood out to you? What small, meaningful acts of devotion could fit naturally into your day?



Lesson 3: The How

Now that you've explored who you are dedicating your devotional practice to and when you will integrate devotion into your life, it's time to determine how you will express this devotion.

This step is deeply personal and flexible, shaped by:

- The expectations or requests of your Who
- Any agreements or contracts you may have with them
- Your financial situation and available resources
- Your energy levels and capacity
- What you feel comfortable and willing to give

There is no single “right” way to engage in devotion—only what is meaningful, sustainable, and fulfilling for both you and the being you honor.

Forms of Devotional Offerings & Practices

Here are some ways you can express devotion. Feel free to mix, match, or create your own unique methods!

1. Tangible Offerings & Altar Work

Some beings appreciate physical offerings placed on an altar, shrine, or sacred space. You may choose to offer:

- Incense — Different scents can correspond to different deities, spirits, or intentions.
- Candles — A lit candle serves as a beacon, symbolizing your devotion.
- Water — Fresh, blessed, or moon-charged water as a sign of purity and respect.
- Herbs & Plants — Fresh or dried herbs aligned with your deity's correspondences.
- Gemstones & Crystals — Stones that hold specific energies or meanings connected to your practice.
- Statuary & Symbols — Representations of your Who, such as statues, sigils, or sacred objects.
- Food Offerings — A portion of your meals, prepared intentionally and given as a gift.
- Energy While Cooking — Infusing love, gratitude, or blessings into meals as a living offering.

✨ Pro Tip: Offerings don't always have to be expensive or elaborate—sometimes, the simplest gifts, given with sincerity, are the most powerful.

2. Devotion Through Creativity

For many practitioners, devotion isn't just about objects; it's about the energy and love you pour into creative works. Consider:

- Crafts & Hobbies — Knitting, sculpting, painting, or creating art as an offering.
- Writing & Poetry — Channeling devotion through prayers, stories, or songs.
- Music & Dance — Playing instruments, singing, or moving your body in a sacred way.
- The End Product — Anything made with the intention of honoring your Who.
- The Time Spent While Crafting — Even if you don't have a finished product, the act of creating can be an offering in itself.

✨ Pro Tip: If you feel called, you can dedicate an entire hobby or skill to your Who. Every time you engage in it, you strengthen your bond.

3. Devotion Through Movement & Experience

Physical acts can be just as meaningful as tangible offerings. Movement-based devotion includes:

- Exercise — Dedicating workouts, yoga, or martial arts as a way to honor your deity.
- Sex & Pleasure — Embracing sacred sexuality as an offering, especially for deities aligned with love, fertility, or passion.
- Time in Nature — Walking in the woods, swimming, or stargazing while connecting with your Who.
- Specific Rituals — Custom devotional rituals unique to your practice.
- Specific Spellwork — Casting spells in their honor or for their guidance.
- Dedicating Tools — Using special tools only for their worship or spellwork.

✨ Pro Tip: Devotion isn't always about doing—sometimes, just being present with your Who is enough.

4. Devotion Through Stillness & Energy Work

Sometimes, the most powerful devotion comes from inner connection rather than outward action. These methods include:

- Meditation & Visualization — Spending time in communion with your deity or guide.
- Chanting & Mantras — Repeating sacred words or affirmations as a form of prayer.
- Energy Offerings — Sending them your love, gratitude, or emotional energy.
- Silent Presence — Simply sitting with their image, sigil, or altar in quiet reverence.
- Dreamwork & Astral Travel — Engaging with them in the astral or through dreams.

✨ Pro Tip: If your energy is low, devotion can be as simple as whispering their name before sleep.

Making It Personal & Sustainable

- What types of devotion feel authentic to you?
- What offerings or actions align with your Who?
- What practices are realistic for your lifestyle and energy levels?
- How can you make devotion something you enjoy rather than a chore?

Remember, devotional practice is a relationship, not an obligation. Your Who wants connection, not perfection. Start small, experiment, and let your practice evolve naturally over time.

Journaling Prompts & Reflection

- What types of devotional acts resonate with me the most?
- What am I willing and able to offer consistently?
- Does my Who have specific requests or preferences for offerings?
- What feels like the most natural way for me to show devotion?
- Are there any types of devotion I'd like to try but haven't yet?

Guided Visualization: Discovering Your Devotional Style

Close your eyes, take a deep breath, and relax. Imagine yourself in a beautiful sacred space—this could be a temple, a forest, a starlit sky, or a cozy altar room.

1. Meeting Your Who
 - Picture your Who appearing before you. How do they manifest? What energy do they bring?
 - Do they offer you any guidance or messages?
2. Finding the Right Devotional Practice
 - Ask them: “How can I best honor and connect with you?”
 - Do they guide you toward a specific action, object, or practice?
 - What emotions or sensations arise as you explore these possibilities?
3. Closing the Vision
 - As you prepare to leave, notice if they give you any parting words, gifts, or symbols.
 - When you feel ready, take a deep breath and open your eyes, journaling any insights.

This visualization can help clarify what type of devotion feels most aligned for you.



Closing Module: Embodying Devotion in Your Daily Life

You've now built the foundation of a devotional practice that is authentic, meaningful, and sustainable. By clarifying your focus, integrating devotion into your daily life, and maintaining your practice with intention, you have created a sacred space for connection—one that will continue to grow and evolve with you.

But devotion is not about perfection. It's not about doing everything right or following rigid rules. True devotion is a relationship—one that thrives on consistency, trust, and genuine engagement.

As you move forward:

- ✨ Stay Flexible — Your needs and spiritual path may shift over time. Allow your practice to evolve with you.
- ✨ Honor Your Energy — Some days will be rich with ritual, and others may only allow for a simple thought or prayer—and that's okay.
- ✨ Deepen Your Connection — Continue exploring, learning, and listening. Relationships with deities, spirits, and the divine are ever-growing.
- ✨ Celebrate Your Progress — Every act of devotion, no matter how small, strengthens your bond and enriches your spiritual journey.

Final Reflection

Take a moment to reflect on your journey through this course. Journal your thoughts or meditate on these questions:

- 🧠 What has changed in your understanding of devotion?
- 🔥 Which parts of your practice feel the most natural and fulfilling?
- 🌱 How do you want to continue deepening this relationship in the future?

A Simple Closing Ritual

To mark the completion of this course and set your intentions moving forward, try this simple ritual:

1. Create a Sacred Space — Light a candle, burn incense, or sit quietly in a space that feels peaceful.
2. Offer a Word of Thanks — Express gratitude to the deity, spirit, or energy you are devoted to. If you're not sure who to thank, simply honor the journey itself.

3. Set Your Intention — Speak or write down a commitment to your practice, whether it's a daily moment of connection or a promise to keep learning.
4. Seal It with a Gesture — Blow out the candle, ring a bell, or place a meaningful object on your altar as a symbol of your dedication.

Your devotional path is now yours to walk. May it bring you wisdom, growth, and a deep sense of connection.

Blessings on your journey. 💜 ✨



About Your Teacher

Autumn Blackwood 🌙

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Autumn Blackwood is a dedicated spiritual guide, witchfluencer, and advocate for feminine empowerment. She is a graduate of the Integrated Healing Arts Practitioner program at the Southwest Institute of Healing Arts, is a certified Life and Spirit Coach, and holds certifications in meditation and mindfulness facilitation. As an ordained Pagan priestess, Autumn blends modern witchcraft, lunar magic, and spirit work to help others connect with their inner power and spiritual path.

Through The Untamed Priestess, she shares insights into witchcraft, feminine energy, and sacred sexuality, fostering a supportive community for women on their spiritual journeys. Her expertise in spirit keeping and energy work has cultivated a thriving community of seekers looking for meaningful metaphysical relationships.

Autumn also organizes [CT Witch Crawl](#), a month-long celebration of witchcraft and pagan businesses, and curates events that bridge the realms of magic, spirituality, and community connection. She is passionate about education, empowerment, and ethical spiritual practices, offering courses, mentorship, and resources for those looking to embrace their untamed, magical selves.

Find her on [Instagram](#) and [Facebook](#), where she continues to inspire, teach, and uplift others in the world of modern witchcraft.