

# Maintaining a Connection with the Otherworld and Duties in Times of Turmoil

## Shining Hearth Presentation Outline Blythe Power [www.TheRavenAndTheLotus.com](http://www.TheRavenAndTheLotus.com)

- Intro
  - Raven and the Lotus
    - My connection to Tadhg and who I am
  - Brief rundown of the last year or so
    - Divorce, moving to Ireland, planning a wedding, remarrying, moving house, etc,
    - All within the context of 2024-2025
  - How my experiences will hopefully help people now
    - The world is on fire
    - People still have work to do, more than ever
- Tip #1
  - Grounding and shielding
    - I know it's unsexy and boring
    - I know I belabor this point
    - Do it. It's the foundation
  - Ways to ground:
    - Touch grass, butt on ground
    - Salt water and sunshine
    - 1 minute of breathing exercise
    - Coffee break
    - Physical activity (flow, effort)
    - Drink a glass of water. I'm serious.
  - Ways to shield:

- Bubble visualization
  - Saining and smudging
  - Intention oil or jewelry
  - Pure intention
- Make this such a recurring part of your day
  - Do it naturally over time
  - As many times as you need
- Tip #2:
  - Connecting
    - Used to be able to do journeys and long meditations daily
    - In times of stress, this is no longer possible
    - Do not beat yourself up, just adjust
    - Your guides are there and will help you
  - Might need smaller connections throughout the day
    - 2 minutes at an altar
    - 5 minutes before you get out of bed
      - Put a label on your alarm to remind you
    - Connect while running errands or walking from place to place
    - **You might not feel the connection every time, but it's the attempt that will get you there.**
  - Physical props
    - Divination tools
      - Tarot deck specifically for Tadhg
      - Pendulum
        - Easy to make, carry, and use in public
      - Reminders of your connection
        - Jewelry
        - Artwork
        - Tattoos

- Anything physical in your space that brings your connection into that space
- Tip #3:
  - Stack your activities
    - Make something you already do the basis for grounding, shielding, or connection.
    - Grounding stacks:
      - Getting out of bed
      - Stretching
      - Getting dressed
      - Touching something (something by the door)
    - Shielding stacks:
      - Getting dressed (imbue items)
      - Perfume oils
      - Packing your bag for the day
    - Connection stacks:
      - Any of the grounding and shielding activities
        - Incorporate your connections
      - Liminal activities
        - Moving from one place to another
          - Be safe and aware
        - Waiting in lines
        - Any change of plans
      - Mundane tasks
        - Doing laundry
        - Cooking
      - Physical exercise
        - Flow practices
        - Walking/hikes
        - Marching in a protest
        - Running from the cops
    - Examples:

- Coffee with Tadhg
  - Coffee is a non-negotiable.
  - Every day I check in
- Cooking with Radha
  - Talking with her and asking her advice
- Driving or errands
  - Running conversations with my deities
  - Saying what I'm trying to achieve/looking for
  - Being open to their requests while I'm out and about
- Conclusion
  - Your schedule may be obliterated
  - Your access to usual tools may be limited
  - Your time might be stretched
  - Your mundane duties might need to take precedence
    - Your people will understand, you are in a human body
    - You have to take care of the meat suit— you're here for a reason
  - Integrate your mundane tasks with your spiritual
    - Body double with your connections
    - Seize every opportunity to stay grounded and connect
    - Take non-negotiable time for yourself, even if it's a cup of coffee or a hot chocolate on the go.
  - Be patient with yourself.
    - The “perfect” situation for connecting is beginner level
    - Being able to do this when shit gets real IS the goal
    - You are not being lazy if you are continually trying
    - This IS the work.

