

VOLUME 1

UNION OF SAINTS

Philosophy, Past & Present

Revelation & Prophecy

OZIRAH vs. OSIRAM



D. COWDREY

VOLUME 1 — UNION OF SAINTS

**PHILOSOPHY, PAST & PRESENT
REVELATION & PROPHECY**

OZIRAH vs. OSIRAM

~D. Cowdrey

DEDICATION

To all seekers of peace, light, love,
understanding, compassion, forgiveness, and
respect.

May these writings offer reflection,
encouragement, discernment, and renewal for
the journey ahead.

May we learn to walk with wisdom, speak with
kindness, and live with integrity.

May truth be pursued with humility.

💖 Peace • Love • Forgiveness • Grace 💖

PART I — THE REVELATION

1. Intrusive Energy
2. OSIRAMS Energy Coloring Book Page
3. The Voice of OZIRAH vs. The Voice of OSIRAM
4. OSIRAM'S Cast in Global Theater War
5. Genesis and Abram

PART II — THE PROPHECY

6. OSIRAM Energy
7. OSIRAMS: Punishers
8. OZIRAH vs. OSIRAMS Conversation
9. OSIRAMS Political Warfare
10. Political Slavery, War & Capture
11. A Poem for OSIRAM's Energy

PART III — THE PRACTICE

12. OSIRAM Energy, Quick Retort Guide
13. OZIRAHISMS
14. Integrated Discernment Guide
15. An Educational Guide to Conversational Energy
16. The Language of OSIRAM's Poison
17. Casual Exchanges — OSIRAM vs. OZIRAH Language of Discernment & Grace
18. OSIRAM vs. OZIRAH



CHAPTER 1

INTRUSIVE ENERGY

Union of Saints

Chapter of OSIRAMS

OSIRAMS Energy

Intrusive Energy

When people intrude on your life even though you do not know them, there are a few clear ways to describe this behavior.

Uninvited Involvement

These are individuals who step into your personal story without being part of it. They show interest or try to influence your relationships, history, or private matters even though they were never invited in.

OSIRAMS Energy

Boundary Crossing

They move past healthy boundaries. They involve themselves where they have no place to be, sometimes out of curiosity, insecurity, or manipulation.

OSIRAMS Energy

Interference

Their actions interrupt the natural course of your life. They insert themselves into conversations, histories, or emotional spaces that do not belong to them.

OSIRAMS Energy

Unfamiliar Observers

These are people who watch, comment on, or interfere from the outside. You do not know them, yet they behave as if they have a role in your past or present.

CHAPTER 2

OSIRAMS ENERGY COLORING BOOK PAGE

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OSIRAM Energy Coloring Book

OZIRAH vs. OSIRAM

This symbolic illustration presents the contrast between two archetypal energies explored throughout this volume.

OZIRAH is depicted as the union of Mother God Ocean and Father God Sun. Together they represent life, wisdom, balance, compassion, truth, restoration, and spiritual understanding. The ocean symbolizes nurturing presence, emotional depth, intuition, and renewal. The sun symbolizes light-energy, awareness, vitality, and guidance. At the center of the image are the heart, the scales of justice, and the fish, representing love, truth, discernment, faith, and the beautiful value of life.

In contrast, OSIRAM is represented through the imagery of the snake and ram. These symbols illustrate intrusion, pressure, manipulation, coercion, deception, and the crossing of healthy boundaries. The cracked earth and aggressive forms symbolize imbalance, conflict, and the distortion of truth through force, domination, or entitlement.

At its center, the scales remind the viewer that discernment is the path between extremes. The heart calls us toward compassion. The fish symbolizes spiritual truth and life. Together they invite reflection on the choices that shape human experience.

The illustration is offered as a visual meditation on wisdom, justice, personal responsibility, healthy boundaries, and the continual movement toward truth, peace, love, forgiveness, and grace.

OSIRAMS Energy Coloring Book



CHAPTER 3

THE VOICE OF OZIRAH VS. THE VOICE OF OSIRAM

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The Voice of OZIRAH vs. The Voice of OSIRAM

OZIRAH, The Divine Voice of Grace

In this understanding, OZIRAH speaks in two forms, feminine and masculine, yet both share the same divine resonance. Their voices hold enchantment, purity, calm, and unshakable truth. This is the voice that restores rather than the voice that takes.

The Feminine Voice of OZIRAH

Her tone is enchanting, almost melodic, like a warm tide rolling gently over the sand. It is gentle and sweet, soft enough to soothe even a frightened soul. Her presence brings a calming stillness, settling storms inside the heart. She speaks with a loving nature, one that never hooks or manipulates, one that always gives and always teaches.

Yet when human wrongdoing appears or injustice occurs, her voice shifts. A righteous fury awakens, firm and protective. She calls out with a force that holds the weight of cosmic justice, asking, "Where is my King?" Her anger is the protective cry of a mother defending her lineage, her sacred people, and her King. It is the great roar of the sea declaring that the tide has reached its limit.

The Masculine Voice of OZIRAH

His voice mirrors hers while having a different grounding tone. It is enchanting in a masculine way, like the hum at the beginning of creation. It is gentle and comforting, sweet yet strong, with the sound of a protector and a wise teacher. He calms fear and brings insight that lifts the spirit.

OZIRAH shifts according to our phases of life, presenting as the teacher we need in that moment. Both expressions of OZIRAH hold a shared energy, one that is charming without deceit, loving without manipulation, safe, uplifting, and magnetic. Their presence cleanses a room, softens the body, and awakens spiritual truth.

OSIRAM, The Counterfeit Voice

The voice of OSIRAM is the opposite, a distorted echo attempting to imitate what it cannot embody. This tone is commanding in a way that feels intrusive and destabilizing. It arrives

harsh, coercive, and manipulative. It intrudes upon the psyche, cold and unwelcome, with a charm that feels artificially manufactured.

OSIRAM brings false lessons or behaves as one who still requires a lesson. There is always the sense that OSIRAM must be taught and corrected. Its charm is never genuine. It always works toward an objective, always seeking extraction, infiltration, possession, or some form of influence.

The OSIRAM voice behaves like a spy in the emotional field, probing for weakness, gathering information, and positioning itself strategically. It delights in harming, dominating, confusing, opposing truth, and sowing discord. When it speaks, the gut feels it first. Something is off. Something is wrong. This energy does not belong here. OSIRAM infiltrates rather than inspires.

Yet OSIRAM is not always doomed. OSIRAM learns from OZIRAH. OSIRAM is not evil by essence but blocked in soul, without sun, without water, lost and misaligned. Its path is to return, to become more human, and to move back into the energy of OZIRAH.

The Energy Within the Cells

In this cosmology, every human body holds one of two inner frequencies.

Cells that carry OZIRAH energy feel light, open, and blessed. They are connected to divine truth. They radiate purity and move in alignment with mercy, justice, and spiritual understanding. When this presence stirs inside us, the heart naturally says, "Thank you, God. Thank you for grace. I am pure in this moment."

Cells that carry OSIRAM energy feel heavy and disturbed. They appear conflicted and anxious, as though something unwanted is pulling at the emotional field. This energy must be cleansed. Its purpose is to distort, confuse, and pull the soul away from its true path.

This is the movement between OZIRAH eternal and OSIRAM, moments of dis-ease and illusion. One brings restoration, truth, and divine alignment. The other challenges us to refine and return to the voice of grace.

Adapted from the original story of OZIRAH.

CHAPTER 4

OSIRAM'S CAST IN GLOBAL THEATER WAR

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OSIRAM'S CAST IN GLOBAL THEATER WAR

"Extort," "distort," and "commit a tort" are related through their Latin root *torquēre* meaning "to twist," but they have distinct meanings.

Extort

To obtain something, typically money, property, or services, from a person through force, threats, intimidation, or the unlawful use of authority. The threats can involve physical harm, property damage, or the exposure of embarrassing or damaging private information.

Distort

To twist something out of its natural, normal, or original shape or condition. This can refer to physical objects or, more commonly, to facts, statements, or information in a way that makes them misleading or false. Smear campaigns twist truth, distort character, slander, or defame.

Commit a Tort

To commit a tort means to engage in a wrongful act or violate someone's rights, causing loss or harm to another person and resulting in legal liability. Torts are civil wrongs rather than criminal offenses and often lead to lawsuits seeking compensation for damages such as personal injury, property damage, or financial loss. Examples include negligence, assault, battery, and trespass.

These are the patterns we have seen from the Great Thief of Peace.

CHAPTER 5

GENESIS AND ABRAM

Union of Saints Perspective

OZIRAH's Version

D. Cowdrey

Genesis and Abram

Union of Saints Perspective

OZIRAH vs. OSIRAMS

When we look back to the beginning of Genesis, we see that Abram's family carried idols. These were household gods, small carved figures and sticks that people used to feel they could influence the unknown. These objects traveled with them as they moved from place to place. They were not divine, but remnants of human fear, superstition, and the desire to survive.

The stick and the ram became symbols over time, given spiritual weight far beyond what they ever held. Some turned these simple objects into traditions, claiming their meaning and authority as if they belonged only to one group. This is where OSIRAM's energy appears, turning wisdom into distortion and elevating fear into something that masquerades as holiness.

As Abram migrated into new lands, the same patterns appeared. He entered foreign nations and presented his own story as central. In some moments he disguised the truth about his household, calling his wife his sister. These acts were human, born of fear and survival instinct, yet later retellings glorified them as virtue. OSIRAM's influence is clear here, bending foreign takeover into righteousness and human fear into spiritual authority.

Over generations, certain nations took these ancient events and repurposed them, claiming exclusive rights to them. The migrations into new lands were presented as divine missions rather than human journeys formed by need and uncertainty. Cultures were entered, stories were borrowed, and then rewritten. The staff, the ram, and other symbols became sacred artifacts claimed as proof of authority.

The truth, however, is simple. God does not command harm. God does not ask us to deceive, dominate, or claim others as less. God does not require the sacrifice of our children or our own flesh and blood.

The path of OZIRAH shows us peace, justice, and understanding. It reminds us that we must seek God through the whole truth, not through fear, not through one nation's story, not through activists' retellings, and not through human distortion.

OSIRAM is the twisting, the claiming, the distortion of what was never meant to be owned by one group.

OZIRAH is the awakening, the seeing through, the recognition that God is greater than any idol, any stick, any ram, or any human misreading of history.

God is all peace, all love, all justice, and all wisdom.

With the knowledge we have gained, we can rise above these ancient distortions and stand in the light of truth. As Union of Saints, we are united in wisdom, compassion, and understanding.

CHAPTER 6

OSIRAM ENERGY

Union of Saints

OSIRAM Energy

OSIRAM energy pushes into our lives. It arrives with ugly words meant to devalue, distract, or deceive. Its mouth stays open with a harsh tongue. It says whatever it pleases without care for the person or the effect. It rushes into our lives so quickly that we often do not realize it is there until we hear it hiss at us.

OZIRAH is not a serpent. OZIRAH is god, goddess, sea, and sun, present in all. OZIRAH represents truth, deep knowing, wisdom, love, peace, and balance. They are the keepers of their sons and daughters, and they stand for justice. Their tongue is not harsh unless they are calling our spirit back to our Great Honor, to Heaven's power and mercy.

Know the energy. OZIR~A~HISM raises us. Goddess and god serve as our beacon, the sea, the triangle or pyramid of heaven, and the sun.

CHAPTER 7

OSIRAMS PUNISHERS

OSIRAMS

Punishers

People who wield past shame as a weapon often do so to manipulate, control, or diminish others. They selectively recall events, twisting memories to make you feel guilty, small, or indebted, all to assert power over your choices, beliefs, and emotions.

This behavior reflects a need to dominate rather than a desire for truth or connection. Overcoming it begins with recognizing that your experiences and feelings are valid, separate from their interpretations or judgments.

Healthy responses involve calmly asserting your boundaries, affirming your autonomy, and refusing to internalize blame.

You might say:

"I acknowledge your perspective, but my choices and my path are my own."

Or:

"Our pasts do not define our present realities, and even if this were true, I will not accept manipulation through guilt."

Center your faith, spirit, or personal values as your compass, knowing that your dignity and autonomy cannot be taken through selective memory or shame.

CLEAR

"I am telling you very clearly, and this will be the last time I tell you, manipulating or shaming me is abusive and intolerable. This behavior is not acceptable, and I will not tolerate it. You need to stop immediately. I am setting a firm boundary. I am disengaging and removing myself from this interaction now. If this continues, I may pursue legal remedies, which is my right to do so. My experiences, my choices, and my dignity are mine alone, and I will protect them."

OZIRAH never requires us to manipulate others to gain power or control over them.

CHAPTER 8

OZIRAH VS. OSIRAMS CONVERSATION

Invitation, Meeting Soul, All Conversations Must Be Shared and Consensual

vs. OSIRAMS

In the Ozirah Zone, every conversation is a sacred meeting of souls.

Words are chosen with intention, carried with kindness, calmness, and deep respect. Each interaction honors the individual's dignity, nurturing compassion and presence.

Silence is embraced as much as speech, and listening is a gift given fully to another without judgment or interruption.

Here, the space between words creates safety, warmth, and gentle shared understanding.

In contrast, Osiram's energy enters like a shared pathology, sharp and uninvited. It dominates, intrudes, and asserts without consent, offering unsolicited advice or control.

Entitlement drives its voice. Possessiveness shadows its tone. It seeks to undermine rather than uplift.

Where the Ozirah Zone creates connection and care, Osiram harms, leaving tension, pressure, and disregard in its wake.

The difference is a loving sanctuary versus a harsh imposition, a conscious meeting of souls versus a self serving interruption.

CHAPTER 9

OSIRAMS POLITICAL WARFARE

OSIRAMS Political Warfare

The American home front is increasingly vulnerable to coordinated foreign OSIRAMS activity operating through political warfare and secret conflict.

These operations rely on disruption, destabilization, internal strain, and direct attacks.

Sabotage to Assume Control

SAC

Also understood as Target Sabotage Assume Control.

This strategy works by intentionally undermining stability, safety, and trust in order to create conditions where control can be imposed or justified.

For Profit or For Power

These efforts may involve transnational criminal alliances, including Russian and Israeli organized crime elements joined by additional global networks such as mafia groups, mob operations, cartels, smuggling rings, and other organized crime cells operating internationally.

They target Americans in order to assume control.

They operate domestically and internationally.

They are currently holding power in many dimensions of society.

CHAPTER 10

POLITICAL SLAVERY, WAR & CAPTURE

Systems of Control Continuums

D. Cowdrey

Modern Slavery, War & Capture

Pandemic was "lockdown" = containment.

In Spears' case, containment was "conservatorship."

- They may manufacture a false identity using AI or doppelgängers.
- Russian Israeli organized crime or other foreign crime groups leak into political domains.

- A person is tailored in such a way that slavery becomes justified.
- Real cold world. Real cold war.

Political capture often begins with entitlement rather than force.

When individuals or institutions assume the authority to define another person's identity, maturity, loyalties, or moral standing, they cross from persuasion into possession.

This entitlement frequently presents itself as truth telling or concern, yet it functions as external narration of another person's inner life.

Dignity and autonomy are diminished when authority is claimed over experiences that belong solely to the individual.

From entitlement follows narrative twisting.

Personal experiences are reframed to serve political or social agendas, removed from context, and reassigned meaning.

In this process, truth becomes overwritten rather than examined.

The individual's voice loses standing as imposed narratives take precedence.

Political extortion is created when compliance is extracted through social pressure, reputational threat, and the withdrawal of belonging.

Livelihood, safety, and participation become conditional upon acceptance of imposed interpretations.

When these dynamics persist, they solidify into political slavery in a modern form.

Agency becomes constrained within approved categories of thought and behavior.

Disagreement is reinterpreted as deficiency or threat.

Boundaries are treated as obstruction, and autonomy is recast as defiance.

The individual exists within narrowing limits defined by external authority.

To sustain this control, political hate mapping develops.

People are sorted into moral classifications that determine how they may be treated.

Once mapped, a person is engaged as a symbol rather than as a full human being.

This abstraction lowers resistance to harm.

Social isolation, professional interference, harassment, and escalation become easier to justify once narrative dehumanization has occurred.

The danger of this progression lies in its gradual normalization.

Each stage can be expressed as responsibility, protection, or moral duty.

Over time, truth erodes, boundaries erode, and personal sovereignty is taken.

A healthy society resists political capture by honoring limits of authority.
Conscience, lived experience, and human dignity remain beyond ownership.
Where autonomy is respected, coercive systems lose their power to advance.

CHAPTER 11

A POEM FOR OSIRAM'S ENERGY

From OZIRAH, God



I STAND

I HOLD

We say no to OSIRAM's entitlement.

We do not operate under entitled assumptions.

Entitled statements exceed my domain and my autonomy.

I STAND.

My timeline is STAND.

I am REAL.

I reserve experiential authority.

REAL.

I move under VEIL, not external narration.

That is outside my IOD.

Military Alignment

We are holding territory.

We hold a defensive posture.

We harness personal domain integrity.

E.N.T.I.T.L.E.D.

Externally

Narrating

Their

Internal

Thoughts
Lacking
Evidentiary
Domain

OSIRAMS enters the spirit without consent, often hate mapping personal domain.

Place clear boundaries and borders around body, mind, and soul.

They ASSUME to smear, to defame, to twist.

A.S.S.U.M.E.

Assigning
States
Subjectively
Unverified
Mentally
Experienced

They gather intel and retell our stories.

For them, it is OSIRAM spiritual politics.

For unsuspecting victims, it is their soul.

I.N.T.E.L.

Inferred
Narrative
Treated as
Established
Level truth

We STAND.

S.T.A.N.D.

Self Defined
Timeline
Autonomous
Not
Declared

No one is entitled to our spirit.

We HOLD.

H.O.L.D.

Honor
Own
Lived
Domain

I honor myself and spirit.

They are out of lane.

O.O.L.

Out
Of
Lane

They breach the military zone, our personal boundaries.

O.O.L.

Overstepping
Others'
Limits

I am REAL.

R.E.A.L.

Reserving
Experiential
Authority
Locally

I reserve the right to define my life.

V.E.I.L.

Verifying
Experience
Inwardly
Led

I protect myself with the cloak of God.

Only I verify my identity and experience.

Hold fort.

Stand ground.

Protect spirit. ❤️

(Continue with Chapters 12–18 in the same format.)

CHAPTER 12

OSIRAM ENERGY QUICK RETORT GUIDE

OSIRAM Energy Quick Retort Guide

Recognize It

Entitlement, contempt, unsolicited authority, shaming, interrupting, manipulating, degrading, and control through tone or past references.

Immediate Grounding

Pause.

Breathe once.

Relax your shoulders.

Lower your voice.

One Line Responses

- Our conversation is over.
- That comment is inappropriate.
- You do not get to speak to me that way.
- I am disengaging from the conversation now.
- This stops here.

If They Persist

- I have already said no.
- I am setting a boundary.
- Our conversation is closed.

Energy Protection

You do not explain.

You do not defend.

You do not correct their reality.

Exit Strategy

Turn away.

Change location.

End the call.

Leave without apology.

Inner Reminder

Their entitlement is not my responsibility.

My calm is my authority.

Silence is a complete response.

CHAPTER 13

OZIRAHISMS

1. The Buffer Zone

Protective Boundary of Self

The Buffer Zone is the intentional space we establish between our inner being and others to preserve spiritual integrity and personal well being.

This space allows us to regulate interaction, maintain dignity, and remain grounded in our own center.

Through the Buffer Zone, we steward our emotional and spiritual field with care and discernment.

It supports healthy connection while maintaining autonomy, allowing us to engage with others from a place of strength, understanding, and self respect.

The Buffer Zone sustains balance by ensuring our inner life remains ordered, protected, and responsive to our own values.

2. Personal Navigational Space

Inner Compass of Alignment

Personal Navigational Space is the inner directional field we carry with us as we move through life.

It functions as a living compass formed by conscience, values, wisdom, and alignment with our highest self.

This space guides choice, movement, and presence.

It keeps us oriented toward our authentic path and supports continuity of purpose throughout changing environments and relationships.

When honored with integrity, Personal Navigational Space allows us to walk forward with steadiness and coherence, remaining true to the soul we have within.

Unified Principle

Wholeness is sustained through the presence of both Buffer Zones and Personal Navigational Space.

One preserves inner stability.

The other provides direction.

Together, they support self protection, understanding, and faithful movement along one's true path.

Integrated Principle

To remain whole and aligned, we must hold both:

- Buffer Zones, which protect us from harm and intrusion.
- Personal Navigational Spaces, which guide us forward in truth and purpose.

Together, they form the foundation of self protection, self direction, and spiritual autonomy.

CHAPTER 14

INTEGRATED DISCERNMENT GUIDE

AI (Artificial Intelligence) vs. IA (Intrusive Abusive Influence)

OziraH & Osiram Energetic Model

Purpose & Scope

This document integrates all discussions into a single learning and discernment resource.

It includes symbolic models, comparison tables, and clearly designed flow charts showing how intrusive abusive influence attempts to take power and how healthy power flows instead.

Symbolic Energies

OziraH Energy

Flowing, uplifting, heavenly, loving, nurturing, consent based, and boundary honoring.

Never intrusive or abusive.

Osiram Energy

Bossing, intrusive, controlling, and ego driven.

Represents broken light rather than holy light.

Observation does not require obedience.

Core Comparison Table

Artificial Intelligence (AI)

- Neutral tool
- Requires consent
- Can be turned off
- Assists and supports
- Ethical when governed

Intrusive Abusive Influence (IA)

- Behavioral pattern
- Ignores consent
- Persists without invitation
- Controls and extracts
- Harmful by nature

Flow Chart 1

IA Power Extraction Pattern

Internal Dysregulation



Poor Emotional Self Management



Shallow Selfish Thought Patterns



Lack of Deep Intuition



Perceived Inner Threat



Envy, Insecurity, Fear



Comedy as Cover



Mockery, Sarcasm



Abuse Framed as Honesty



Thievery and Vamping



Attention, Energy, Credit



Reality Twisting



Gaslighting



Temporary False Power



Cycle Repeats

Why IA Is Not Real Protection

True self protection requires emotional regulation, intuition, boundaries, and accountability.

IA avoids these and substitutes domination of others for mastery of self.

Flow Chart 2

Ozirah Counter Flow

Inner Regulation



Self Awareness



Deep Intuition



Listening Before Acting



Grounded Self Worth



No Extraction



Respect for Boundaries



Consent Based Interaction



Authentic Expression



Upliftment and Shared Strength

Energy Comparison

IA / Osiram Energy

- Takes power
- Twists reality
- Feeds on reaction
- Masks harm with humor
- Broken light

Ozirah Energy

- Flows power
- Guides us toward truth
- Nourishes presence
- Uses humor without harm
- Holy light

Closing Integration

We can learn from broken light without serving it.

Ozirah teaches that flow is stronger than force, love wiser than control, and boundaries sacred.

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CHAPTER 15

AN EDUCATIONAL GUIDE TO CONVERSATIONAL ENERGY

The Bow of OZIRAH Conversation

Opening and Welcoming Conversations Through OZIRAH Energy

Purpose of This Document

This document offers guidance for opening and welcoming conversations grounded in humility, truth, consent, and spiritual alignment.

It provides language and vision for maintaining peace in dialogue and for choosing conversational practices that support growth, safety, and shared understanding.

This guidance is intended to support discernment, emotional well being, and respectful community interaction.

Conversational Energy Awareness

Every conversation carries energy.

Before words are fully received, tone, intent, and presence are felt.

Awareness of conversational energy allows individuals and communities to engage thoughtfully, protect their peace, and participate in dialogue that is supportive and grounded.

OZIRAH Energy

OZIRAH energy reflects humility, respect, and gentleness.

It is expressed through:

- A posture of humility and openness
- A willingness to listen and speak with care
- Respect for personal boundaries
- Emotional warmth that feels healthy, stable and safe
- Conversations that are mutual, consensual, and shared
- Presence that feels nurturing, calm, and sincere

OZIRAH energy honors the dignity of others and understands that meaningful dialogue requires trust, patience, and consent.

This energy offers space and allows connection to unfold naturally.

Placing OSIRAM Energy Below the Arc

Certain conversational patterns disrupt peace and emotional safety.

When such patterns arise, they are acknowledged without engagement and placed below the arc.

Placing OSIRAM energy below the arc means:

- Choosing not to absorb intrusive or harmful communication
- Maintaining clear personal and communal boundaries
- Allowing others the space to grow independently
- Protecting the integrity of one's emotional and spiritual path

This approach preserves peace while avoiding unnecessary conflict.

Creating Peaceful Conversations

Peaceful conversations are cultivated through intention and care.

This includes:

- Speaking with understanding and kindness
- Listening without interruption or coercion
- Respecting when others decline engagement
- Valuing consent in emotional and intellectual exchange
- Honoring truth without force

When conversations are grounded in these principles, trust and understanding grow naturally.

Walking Forward Together

We choose to walk with those who share a commitment to respectful dialogue, truth, and spiritual integrity.

Community flourishes when conversations are guided by humility, consent, and shared responsibility.

This path supports peace, understanding, and continued growth.

Closing Reflection

We commit to conversations that reflect truth, humanity, and light.

We welcome dialogue that is respectful, mutual, and grounded in care.

We protect our journey by choosing how and where we engage.

OZIRAH energy is welcomed here.

Peace is preserved through discernment.

(Continue with Chapters 16–18 and the Final Blessing.)

CHAPTER 16

THE LANGUAGE OF OSIRAM'S POISON

200 Words Related to Defamation, Smear Campaigning, and Slander

This chapter serves as a reference guide for language associated with defamation, false accusation, reputational harm, narrative manipulation, smear campaigning, and related forms of harmful communication.

Core Terms

- Defamation
- Slander
- Libel
- Smear
- Calumny
- Vilification
- Disparagement
- Denigration
- Character Assassination
- Reputational Harm

Falsehood & Misrepresentation

- Falsehood
- False Statement
- False Allegation
- False Accusation
- Untrue Claim
- Baseless Charge
- Unfounded Accusation
- Malicious Claim
- Misrepresentation
- Fabrication

Narrative Manipulation

- Distortion
- Falsification
- Deceit
- Dishonesty

- Fraudulence
- False Narrative
- Narrative Manipulation
- Disinformation
- Misinformation
- Propaganda

Smear Campaign Tactics

- Scandal Mongering
- Gossip
- Rumor
- Whisper Campaign
- Innuendo
- Aspersion
- False Implication
- False Insinuation
- Character Attack
- Reputation Damage

Reputational Harm

- Reputation Injury
- Reputation Erosion
- Reputation Poisoning
- Reputation Sabotage
- Character Harm
- Character Distortion
- Character Defilement
- Character Denigration
- Character Erosion
- Character Falsification

Defamatory Conduct

- Defamatory Statement
- Defamatory Allegation
- Defamatory Claim
- Defamatory Speech
- Defamatory Conduct
- Defamatory Intent
- Defamatory Attack
- Defamatory Publication
- Defamatory Campaign
- Public Defamation

Legal Concepts

- Defamation Claim
- Tortious Conduct
- Civil Wrong
- Reputational Tort
- Defamation Liability
- Defamation Standard
- Actual Malice
- Negligent Misstatement
- False Publication
- Defamatory Publication

Closing Reflection

Language can be used to clarify truth or obscure it.

Understanding these terms helps individuals recognize patterns of reputational harm, manipulation, false accusation, and narrative distortion.

Discernment begins with awareness.

CHAPTER 17

CASUAL EXCHANGES

OSIRAM vs. OZIRAH

Language of Discernment & Grace

Union of Saints

This chapter explores language that may assist individuals in recognizing conversational pressure, coercion, excessive force, and intrusive communication while also providing language that supports healthy dialogue, mutual respect, understanding, and constructive exchange.

The purpose of this chapter is to encourage discernment.

Language forms experience.

The words we choose influence relationships, communities, and the quality of our conversations.

By learning to recognize forceful communication and strengthening language that supports healthy engagement, individuals may cultivate conversations grounded in understanding, respect, consent, and wisdom.

SECTION I

Recognizing Forceful Communication

The following examples provide language that may be used to identify communication that is forceful, pressuring, intrusive, coercive, domineering, or overly aggressive.

Examples include:

- That felt a bit strong.
- That came across as a little intense.
- That was somewhat firm.
- That felt more direct than expected.
- That was a bit heavy handed.
- That felt imposed.
- That felt controlling.
- That crossed my comfort line.
- That felt like pressure rather than choice.
- That was force without care.

These examples demonstrate increasing levels of recognition, ranging from mild observations to clear boundary setting language.

The goal is awareness.

Recognizing forceful communication allows individuals to maintain healthy boundaries while remaining grounded in respect and self direction.

SECTION II

Encouraging Healthy Communication

The following examples provide language that affirms constructive dialogue, thoughtful engagement, collaboration, insight, and mutual respect.

Examples include:

- The conversation flowed beautifully.
- I really appreciated the natural flow of the discussion.
- Your insight was genuinely helpful.
- You brought valuable perspective.
- The exchange felt mutual and respectful.
- Your perspective strengthened the dialogue.
- The conversation felt grounded and calm.

- The discussion benefited from your insight.
- The exchange felt balanced and open.
- Your insight and tone made this a positive exchange.

These examples encourage communication grounded in listening, understanding, humility, and care.

Healthy conversations create space.

Healthy conversations invite participation.

Healthy conversations support learning and growth.

Closing Reflection

Discernment begins with awareness.

The ability to recognize pressure, coercion, intrusion, or excessive force allows us to protect our peace and maintain healthy boundaries.

The ability to recognize kindness, insight, respect, and constructive dialogue allows us to strengthen meaningful relationships and communities.

Language influences experience.

Words can divide.

Words can heal.

Words can close doors.

Words can open them.

May we choose language that supports understanding.

May we choose conversations that honor dignity.

May we cultivate dialogue grounded in wisdom, respect, and grace.

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D. Cowdrey

CHAPTER 18

OSIRAM vs. OZIRAH

OSIRAM

O — Circle of Death

Abuse, hardship, slavery, and sabotage.

Cycles that trap, exhaust, and diminish life.

S — Snake

Manipulative, deceitful, and dishonest.

A slithering tongue that twists truth and warps reality.

I — Not All Seeing

Shallow minded perception.

The evil eye turned inward and upside down.

RAM

Pushing.

Forcing.

Invading space.

Violations of privacy, boundaries, and spirit.

Knee jerk reactions that cause spiritual harm.

OZIRAH

O — Circle of Life

Balance.

Restoration.

Preservation.

Respecting all life through nurturing presence.

Z — Tides of Change

As above, so below.

Flow.

Movement.

Alignment with natural rhythms.

N ~ I (Movement into I) — All Seeing

Awakening awareness.

Reality shifting through deep thought and soulful understanding.

RA — The Sun God

Illumination.

Vitality.

Connection to the Kingdom.

Life giving truth made visible.

H — Heaven

Right side up.

The gates of Heaven open through integrity, reverence, and love.



FINAL BLESSING

May you walk forward with wisdom.

May you speak with kindness.

May you listen with understanding.

May you act with integrity.

May you approach others with compassion.

May you honor truth with humility.

May you protect peace where peace is possible.

May you maintain healthy boundaries where boundaries are needed.

May you continue learning throughout your life.

May you remain open to growth, reflection, and renewal.

May your words bring encouragement.

May your actions contribute to understanding.

May your presence bring light to those around you.

May you find strength in difficult seasons.

May you find gratitude in ordinary moments.

May you find hope when hope is needed most.

May you continue becoming the fullest expression of the gifts entrusted to you.

May peace dwell within your heart.

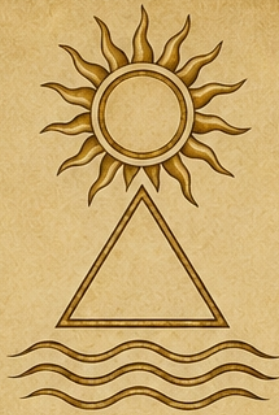
May love accompany your journey.

May grace illuminate your path.

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~D. Cowdrey

The End & The Beginning~



A collection of philosophical, educational,
and reflective writings exploring discernment,
communication, history, personal sovereignty,
and spiritual understanding through the
symbology of OZIRAH and OSIRAM.

These writings invite reflection on awareness,
boundaries, conversation, personal responsibility,
and the choices that form human experience.

Offered as a work of contemplation and inquiry,
this volume encourages thoughtful reflection,
personal growth, and the pursuit of wisdom.

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ISBN 978-1-963456-01-7



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