

# **Union of Saints – Short & Sweet, Personal Spiritual Guidebook**

## **“50 Primary Understandings”**

### **I. Foundational Spiritual Alignment**

These define identity, protection, and worldview.

1. Circle of Light (in Spirit and Human Form)
2. Union of Saints Spiritual Philosophy
3. Daily Prayer and Ritual
4. Vows
5. God and Goddess (balanced understanding)
6. Four Peaces: Peace, Protection, Preservation, Progress
7. Armor Up & God’s Army (discipline and readiness)
8. Santa Values: Peace, Love, Forgiveness

### **II. Personal Integrity & Boundaries**

The protection of self, energy, autonomy and dignity.

9. Physical and Spiritual Boundaries
10. Autonomy and Dignity
11. Self-Reliance and Independence (peace in solitude)
12. Values (core moral compass)
13. Personal Goals
14. Balance, Justice, Truth
15. “No Pulling of the Sleigh” (responsibility doctrine)
16. Cognitive Bias Awareness

### **III. Mind, Knowledge & Study**

A disciplined pursuit of truth and understanding.

- 17. Logic, Science, and Truth
- 18. Spiritual and Academic Studies
- 19. Peace and Conflict Studies
- 20. Spiritual History & Evolutionary Theory
- 21. Slavery, Violence, and Abuse Studies
- 22. Cultural Studies
- 23. Study of Churches & Bridging Community Spirit
- 24. Societal and Cultural Awareness

### **IV. Healing, Therapy & Inner Development**

Faith applied through healing and emotional intelligence.

- 25. Therapy as Applied Faith and Study
- 26. Compassion and Soft-Spirit Understanding
- 27. Time for Past and Present Reflection
- 28. Journaling, Writing, and History Preservation

### **V. Lifestyle & Daily Living**

Creating a stable, peaceful, and intentional life.

- 28. Clean and Joyful Energy Environment
- 29. Minimalism
- 30. Healthy Food and Recipe Devotion
- 31. Plant-Based Eating
- 32. Exercise, Sport, and Good Sportsmanship

33.Activities and Life Exploration

34.Beautiful Recipes

## **VI. Nature, Earth & Living Systems**

Connection to the natural and evolutionary world.

35.Gardening and Nature

36.Animal Connection and Evolution

37.Indigenous Cultures as Spiritual Root (integrated with ancestry and modern philosophy)

## **VII. Family, Heritage & Identity**

Understanding where you come from and preserving it.

38.Family Heritage, Lineage, and Early Ancestor Journeys

39.American Spirit

40.Culture and Cultural Teams

## **VIII. Service, Law & Community**

How our philosophy engages with society.

41.Giving and Charity

42.Positive Volunteerism vs. Negative Activism

43.Community Participation

44.Practice of Law and Mediation

45.Humanity

## **IX. Protection, Order & Stability**

External spirit, safety, and societal boundaries.

- 46. Borders and National Security
- 47. Support of Troops, Veterans, and Military
- 48. Ozirah vs. Osiram (moral/spiritual polarity)

## **X. Energy & Environmental Awareness**

Maintaining understanding and internal/external harmony.

- 49. Clean Energy Environment (spiritual and physical)
- 50. Circle Reinforcement (returning to light, and personal alignment)

## **Santa Key**

- System balances:
  - **Spiritual + practical**
  - **Individual + community**
  - **Ancient + modern**
- Unique Elements
  - **“No Pulling of the Sleigh”**
  - **Circle of Light**
  - **Therapy as Applied Faith**
  - **Four Peaces & Value Systems**
  - **Armor Up**

**With Love,**

**D. Cowdrey**