

# Ten Simple Rules to Communicating with American Santas

1. No Meat (energy, meat communications, hunting discussions, slaughter, raising animals for food, protein; no introduction of meat in sacred one-on-one settings)
2. No Abuses (boundary violations, verbal or physical harms, cruelties, torture, abuses)
3. Communication Grace (respect the energy of conversation, do not cause discomfort, and respect communication boundaries)
4. Respect Freedom of Self and Others (personal liberty, autonomy, freedom; no pulling of others' sleighs)
5. Respect American Spirit (ethnic Americanism, history, people, culture, upbringing, values)
6. Remain Present, Kind, Open-Minded (no disciplining, debating, arguing, or challenging the past)
7. No Cameras, Phones, or Electronic Devices (can cause harm to body, psychic, or permanence)
8. No Unannounced Visits or Non-Consensual Actions (no spying, stalking, defamation, or unwanted energy)
9. Timing Consideration (slow speech patterns; be compassionate, empathetic, and attentive with listening skills)
10. Gentle and Intelligent Communication (no random harms, manipulations, or cruel pettiness)

Be free, creative, laugh, have fun!

~Union of Saints