

Union of Saints

Boundaries, Autonomy, Consent and Freedom

A Collection of Guides, Toolkits, Letters, and Reflections

D. Cowdrey

Union of Saints, 501(c)(3)

Title List

1. Banishing Spell for Bondage and Bondage Makers
2. Example Boundary List Friends, Family, Church and Peers
3. Family Boundaries Toolkit
4. Guide to Autonomy, Consent, and Healing in Relationships
5. Health and Dental Boundaries Guide
6. Letter of Boundaries for Dentists
7. Letter of Boundaries for Doctors
8. Polite Boundaries and Gentle Redirection Toolkit
9. Possessive Entitlement and the Sacredness of Boundaries
10. Responding to Verbal Threats, Protecting Safety and Dignity
11. Retaliation Against Boundaries and the Power of Spiritual Response
12. Short Fuse Boundary Toolkit, Radical Self Determination
13. Union of Saints Quick Guide to Boundary Setting

Banishing Spell for Bondage and Bondage Makers

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● Purpose

To remove negative energy, oppressive influence, and manipulative control (bondage) from your life and the lives of the saints, while awakening accountability in those who attempt to impose it.

● Materials

- A black candle (to absorb and transform negative energy)
- A white candle (to invite protection, and divine guidance) Small
- mirror or reflective surface
- Salt or saltwater
- A piece of paper and pen
- Optional: protective crystals like obsidian, black tourmaline, or amethyst

● Spell Steps

1. Prepare the Space:
 - Cleanse the area with salt or smoke (sage, palo santo).
 - Place the black candle to your left and the white candle to your right.
 - Sit comfortably, grounding yourself with deep breaths.
2. Visualize Bondage Being Drawn Out:
 - Imagine all attempts at manipulation, control, or spiritual bondage leaving your life.
 - See it flowing toward the black candle, being absorbed and neutralized.
3. Name the Bondage Makers:
 - On the piece of paper, write the names or symbolic representations of those who attempt to bind or manipulate.
 - Focus on understanding, not anger, this is about exposing truth and awakening accountability.

4. Invoke Protection and Accountability:

- Light the white candle and say:

“By the light of the saints, by the vision of the spirit, let bondage be dissolved. Let awareness awaken in those who attempt to bind, that their ways be revealed, Their dreams unsettled, their intentions brought to light, until they seek truth and make amends. By the power of freedom, by the circle of the saints, I command release and protection.”

5. Mirror Reflection (Optional but Powerful):

- Hold the mirror toward yourself to absorb strength and reflect back the harmful energy to be transformed.
- Visualize the spirits of justice and awakening surrounding the bondage makers, stirring awareness in their life until they apologize or change.

6. Seal the Spell:

- Fold the paper and place it under the black candle.
- Allow the candles to burn completely or extinguish safely, imagining the energy continuing to work.
- Keep protective crystals nearby or carry them as amulets.

Small Symbolic Curse for Slavery Artists

This is intended metaphorically and spiritually, not as a tool for physical harm:

“Whenever a slavery artist attempts to weave bondage into the lives of the saints, let their body react to the falsity of their deeds hair standing, goosebumps rising, and spirits awakened in their life, troubling illusions and false comforts until truth and accountability guide their hand. May their dreams stir with awareness, and their intentions be corrected, until they approach the saints with sincerity and respect.”

● Key Notes

- This is a protective and awakening spell, focused on liberation for you and accountability for the offender.
- Visualization and intention are the most important elements, the metaphysical “effects” work through spiritual focus, boundaries, and alignment with your personal power.
- The repetition of the ritual strengthens your authority and the protection circle around your life.

With loving regards.

Example Boundary List Friends, Family, Church and Peers

● Making Personal Boundary Journal Lists Can Be Helpful

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● Boundary List for Friends and Family

1. No bringing up past relationships.
2. No bringing up old mistakes or embarrassing stories to shame me.
3. No using my personal struggles as gossip.
4. No nit picking or criticizing my choices constantly.
5. No controlling my time or demanding I “drop everything.”
6. No financial manipulation (borrowing without returning, guilt giving).
7. No comparing me to siblings, cousins, or others.
8. No ignoring when I ask for space.
9. No dismissing or mocking my beliefs, lifestyle, or diet.
10. No guilt tripping me for saying “no.”
11. No calling or texting at all hours with urgent expectations.

12. No dragging me into family drama or taking sides.
13. No passive aggressive remarks.
14. No disrespecting my boundaries in my own home.
15. No shaming me for choosing different traditions or holidays.
16. No using health issues against me.
17. No mocking hobbies or passions.
18. No treating me differently in front of others.
19. No forcing discussions I'm not ready for.
20. No holding grudges after apologies have been made.

Boundary List for Church Members (Peers)

21. No spreading rumors or private confessions.
22. No gossip disguised as “prayer requests.”
23. No judging spirituality or faith practice.
24. No pressuring attendance beyond my capacity.
25. No controlling how I dress, speak, or worship.
26. No competing spiritually (“I pray more” / “I serve more”).
27. No dismissing personal struggles as “lack of faith.”
28. No pressuring donations or financial giving.
29. No excluding people from events or circles unfairly.
30. No misusing scripture to control or belittle.

Boundary List for Pastors and Spiritual Leaders

31. No breaching confidentiality of counseling or confession.
32. No spiritual manipulation (using God's name to enforce personal opinion).
33. No favoritism among members.
34. No controlling personal life decisions (career, marriage, friendships).
35. No shaming people publicly from the pulpit.

- 36. No discouraging medical, therapeutic, or mental health support.
- 37. No questioning salvation or faith because of disagreement.
- 38. No financial coercion or pressure beyond what is voluntary.
- 39. No overstepping into private family matters without invitation.
- 40. No dismissing valid criticism or concerns about leadership.

Family Boundaries Toolkit

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1. Short Letter (Boundary Setting)

[Your Name / Family Name]

[Date] Dear [Name],

We appreciate your care and concern for our family. However, we need to be clear: we are making our own choices for our home and family life. We kindly ask that you do not offer advice or impose expectations unless we specifically request it.

We are asking for respect of our privacy and our boundaries. This means: No unsolicited advice or monitoring of our choices. No attempts to impose rules or obligations that we have not agreed to. Respecting our family's decisions, even if they are different from your own.

If these boundaries are not honored, we will need to limit communication for the health and unity of our family.

Thank you for understanding. We hope to continue our relationship in a way that is respectful and supportive.

Sincerely,

[Your Name / Family Name]

2. Family Boundary Agreement

This agreement affirms our family's right to set and maintain boundaries with those outside our household.

• Our Family Values

- We decide together what is best for our home.
- We welcome love, support, and respect.
- We will protect our privacy and unity.

• Our Boundaries

- We do not accept unsolicited advice about personal, financial, parenting, or household decisions.
- Our family matters are private unless we choose to share them.
- Visits and communication must be respectful, timely, and invited.
- Any attempt to monitor, control, or impose outside rules on our family will not be tolerated.
- If a boundary is crossed, we will respond consistently, first with a reminder, and if necessary, by limiting contact.

• Our Commitment

We commit to protecting each other, supporting each other's voice, and honoring the sacred space of our home.

Signed,

_____ [Family Member]

_____ [Family Member] Date: _____

3. ● Example Language for Different Situations

• For Relatives

"We know you love us, but we need to make our own decisions as a family. Please respect our space, and if we need advice, we'll reach out directly."

- **For Neighbors/Community Members**

“Thank you for your concern. We’re handling this within our family. Please respect our privacy.”

- **For Organizations/Institutions (schools, churches, agencies)**

“We value your role, but decisions about our household belong to us. Please keep communication within the agreed boundaries and avoid imposing additional rules.”

Guide to Autonomy, Consent, and Healing in Relationships

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1. ● Understanding Personal Autonomy

- Definition: Autonomy is the sacred right to choose your own path, your own body, and your own relationships without pressure.
- Key Principle: No one owns another person’s time, body, or choices, even within committed relationships.

- **Signs Your Autonomy Is Being Honored**

- You feel free to say yes or no without fear.
- Your boundaries are acknowledged and respected.
- You are supported in pursuing your goals, even if they differ from your partner’s.

2. ● Consent in Relationships

- Consent is active, not assumed. It requires clear, mutual agreement.
- Consent is ongoing. You can change your mind at any time.

- Consent is specific. Agreeing to one thing does not mean agreeing to all things.

• What Consent Looks Like

Enthusiastic participation

Ongoing verbal and nonverbal agreement

Respect when you change your mind

• What Is Not Consent (Examples of Coercion)

Repeated pressure or guilt tripping (“If you loved me, you would...”)

Using substances or manipulation to lower resistance

Threats, intimidation, or withdrawal of affection as punishment

“Wearing someone down” until they give in

Force ← Contact Authorities Immediately

3. ● Why Goals May Differ in Relationships

- One partner may prioritize family, while another prioritizes career or spiritual growth.
- Differences don’t mean failure, they invite dialogue and respect.
- A healthy relationship finds balance without forcing one person to abandon their sacred path.

4. ● The Sacredness of Choice

- Choice is an expression of the soul’s freedom.
- When choice is respected, love flourishes.
- When choice is violated, the spirit may feel fractured, and soul recovery becomes necessary.

5. **Soul Recovery After Boundary Violation**

When someone crosses your boundaries

- Acknowledge what happened. Write it down to affirm your truth.
- Release guilt. Responsibility lies with the person who disrespected your boundaries.
- Reconnect with your essence. Practices like journaling, meditation, prayer, therapy, and supportive community help rebuild inner strength.
- Affirm your sacred autonomy. Reclaim your right to choice and peace.

6. **Next Steps: Protecting Yourself**

a.

• **Immediate Care**

- Ensure physical safety first.
- Reach out to a trusted friend, family member, counselor, or crisis hotline.

b.

• **Police Statement Guide (Compassionate Version)**

When ready, you may choose to involve law enforcement. To prepare

1. **Ground Yourself:** Take a few deep breaths, write affirmations like “My truth matters.” ← Do not let anyone gaslight your experiencing, including the police.
2. **State the Facts Clearly:**
 - Who was involved
 - What happened (without minimizing or over explaining)
 - When and where it occurred
 - How it impacted you
3. **Use Clear Language:**
 - Instead of “It was confusing,” say: “I said no, and they continued.”
 - Instead of “Maybe I overreacted,” say: “They ignored my refusal.”

4. Include Evidence (if available): texts, photos, or witnesses.
5. Affirm Your Dignity: Close with a simple truth, e.g., “I did not give consent. My boundaries were violated.”

C.

• Personal Victim Guide

A compassionate self reference for recovery

- Emotional Safety: Grounding practices (breathing, journaling, prayer).
- Practical Safety: Change locks, adjust routines, inform trusted people if needed.
- Professional Support: Therapy, survivor advocacy organizations, hotlines.
- Community: Safe groups, supportive friends, faith based or secular healing circles.
- Legal and Practical: Restraining orders, victim advocacy programs, legal aid.
- Rebuilding Soul Power: Affirmations such as:
 - “My boundaries are holy.”
 - “I am worthy of respect and care.”
 - “My voice is strong, and my healing is real.”

This guide honors both the practical and spiritual sides of autonomy, consent, and healing, balancing safety planning with soul recovery.

Health and Dental Boundaries Guide

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Maintaining your health, including dental care, is a partnership. You are an active participant in decisions about your body, and it's important to set boundaries that protect your well being.

1. **Question Necessity, Crowns and extractions:** Not every procedure is essential. Ask, "Does this tooth really need a crown or extraction?" What other options may I explore? Bonding? Filling? Seek alternative remedies when appropriate: Garlic for mild antibacterial support, Clove for tooth pain relief, Saltwater rinses or oil pulling for sensitivity, Remember: teeth are sensitive, and your comfort matters.
2. **Communicate Your Needs,** Your dentist should listen to your concerns and explain procedures clearly. If recommendations feel unnecessary or aggressive, speak up. Say: "I'm not comfortable with this procedure at this time." Ask for clear reasons why a procedure is necessary.
3. **Practice Boundary Setting,** You are in control of your body and treatment decisions. Do not feel pressured to accept extras, tests, or procedures you don't need. If a dentist is dismissive or pushes procedures against your wishes: Consider filling out patient surveys to provide feedback. It's okay to find a new doctor who respects your boundaries.
4. **Mutual Respect,** A healthy doctor patient relationship is mutual: The physician or dentist is not superior simply because they are the provider. Your input, comfort, and consent are equally important.
5. **Safety First,** Always prioritize your safety and comfort over perceived obligation. Document your decisions and conversations if necessary. Trust your instincts: if something feels wrong, pause and reassess.

Key takeaway: Setting boundaries in dental and health care is your right, not a privilege.

Letter of Boundaries for Dentists

[Your Name]

[Address]

[City, State, ZIP]

[Date]

To [Dentist's Name],

I am writing to clarify my personal boundaries regarding my dental care. My goal is to maintain a professional, respectful, and safe relationship in which my autonomy and comfort are prioritized.

My boundaries are as follows

1. Procedures: I reserve the right to decline any procedure I do not feel is necessary, including crowns, extractions, or any additional treatments.
2. Financial Considerations: I will not consent to procedures outside my insurance coverage or any extra procedures that may result in unexpected costs.
3. Consent and Communication: I expect all procedures to be fully explained, including risks, benefits, and alternatives, without pressure or coercion.
4. Anesthesia and Exams: I do not consent to any examinations or procedures while under anesthesia or sedation unless previously agreed upon.
5. Privacy: No photographs or recordings of me or my teeth, mouth, or procedure may be taken without my explicit consent.
6. Mutual Respect: I expect my comfort, concerns, and questions to be acknowledged and respected.

My intent is to have a safe, transparent, and collaborative dental experience. I appreciate your understanding and respect for these boundaries.

Sincerely,
[Your Name]

Letter of Boundaries for Doctors

[Your Name]
[Address]
[City, State, ZIP]
[Date]

To [Doctor's Name],

I am writing to outline my personal boundaries regarding my medical care to ensure that all interactions are respectful, safe, and collaborative.

My boundaries are as follows

1. Procedures and Tests: I reserve the right to decline any procedure, test, or examination that I do not feel is necessary, including exams or others.
2. Financial Considerations: I will not consent to any procedure or test that may result in unexpected costs outside my insurance coverage.
3. Consent and Communication: All procedures and treatments should be explained clearly, including alternatives, risks, and benefits. I expect no coercion or pressure in making decisions.
4. Anesthesia and Exams: I do not consent to examinations, procedures, or tests while under anesthesia or sedation unless previously agreed upon.
5. Privacy: No photographs, recordings, or sharing of personal medical information without my explicit consent.
6. Mutual Respect: I expect my concerns, comfort, and preferences to be acknowledged and respected throughout my care.

My goal is to maintain a professional relationship where my autonomy, health, and safety are prioritized. I appreciate your understanding and cooperation.

Sincerely,

[Your Name]

Polite Boundaries and Gentle Redirection Toolkit

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1. "I'm not really comfortable talking about that, because I care about the other person's feelings, but I do care about your feelings as well."
2. "That's a personal topic. Do you think we can keep that private please?"
3. "Can we focus on something more positive instead? What movie do you want to see tonight?"
4. "I don't have all the details on that, maybe we can talk about something else."
5. "I prefer not to get into other people's personal matters."
6. "I'm more focused on solutions than gossip, can we do that?"

7. "I like to respect everyone's privacy, myself included."
8. "I'm not the best person to comment on that."
9. "That's not really my business, but I'm here to listen if you want to talk about your own experience."
10. "I try not to dwell on other people's private lives."
11. "I'd rather talk about things that help us grow or stay inspired."
12. "I want to keep our conversation positive and productive."
13. "That seems like a tricky situation I'm going to step back from that topic."
14. "I'm focusing on things I can control in my own life right now."
15. "I don't usually share opinions on that, but I'd love to hear about your experiences."
16. "I try to stay out of drama, it keeps life simpler."
17. "I like to be mindful of privacy, including my own."
18. "I'd rather not comment on that, but how are you doing?"
19. "That's sensitive, so I'll leave it alone."
20. "I respect everyone's journey, so I avoid speculating about it."
21. "I'm not sure about that, but I'd love to hear how you've been feeling lately."
22. "I don't want to talk about them, but tell me what's been going on with you."
23. "That's not really my place to comment on, but I care about how you're doing."
24. "I'd rather focus on something positive, what's been good for you this week?"
25. "I try not to get into personal details about others, but I'm happy to listen to you."
26. "I can't speak to that, but how has that situation made you feel?"
27. "I respect everyone's privacy, including mine, but I want to hear your perspective."
28. "I'm not comfortable discussing that, but I'm curious about what's happening in your life."
29. "That seems complicated, tell me what you think or how you feel about it."
30. "I like to stay out of gossip, but I do want to check in with you, how are you?"
31. "I'm not the best person to comment on that, but I'm interested in your experience."

32. "I try to keep conversations kind, what's something meaningful for you right now?"
33. "I don't know the details, but I want to understand how you're feeling about it."
34. "I avoid talking about others' business, but I'd love to hear what's happening with you."
35. "I'd rather focus on feelings than facts, how are you processing things?"
36. "I can't speak to that, but I care about your side of the story."
37. "I like to keep conversations respectful, would you like to tell me how that's affecting you?"
38. "I try not to get involved in rumors, but I'm here to listen to your thoughts."
39. "I'm not sure about them, but I want to know how you're doing personally."
40. "I don't want to speculate about anyone, but what's something going on in your life right now?"
41. "What's been the highlight of your week?"
42. "How are you feeling about that personally?"
43. "What's been challenging or exciting for you lately?"
44. "I'd love to hear more about what you're working on."
45. "How are you coping with everything going on?"
46. "Is there anything you've been reflecting on recently?"
47. "What's been meaningful for you these days?"
48. "How can I support you right now?"
49. "What's something you've learned recently that stuck with you?"
50. "Tell me about something that's bringing you joy right now."

For more concerning issues related to safety, consult with a friend, that is what friends are for. It is a great thing to have a good friend we can trust and confide in, but certainly we want to remain respectful of people, their privacy and personal boundaries.

Possessive Entitlement and the Sacredness of Boundaries

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● Introduction

Possessive entitlement is the belief or behavior that assumes ownership over another person's time, energy, privacy, or choices without consent. It is a form of intrusion that disregards autonomy and dignity. Just as chains can bind the body, possessive entitlement binds the spirit, imposing unwanted expectations or control. For individuals and for communities such as the Union of Saints, setting strong boundaries is essential to protect freedom, honor, and purpose.

● Understanding Possessive Entitlement

At its core, possessive entitlement thrives on the idea: "I am owed access to you, your resources, or your business simply because I desire it." This mentality disregards the sacred principle of consent. It can take many forms

- Demanding personal information without permission.
- Expecting constant availability.
- Pressuring someone into conversations or relationships they do not want.
- Crossing physical, emotional, or spiritual boundaries.

Such behavior undermines the right of every person to determine the conditions of their own life.

● Non Consensual Conversation

A subtle but common form of possessive entitlement is non consensual conversation, when outsiders push their way into dialogue, probing for information or imposing their opinions without regard for comfort or readiness. Every individual has the right to:

- Decline a conversation.
- End an interaction that feels invasive.

- Choose what topics are welcome and what topics are not.

The truth is this, we all have the right to set the tone of our lives, what we allow and what we do not allow.

Drawing the Circle of Protection

For D. Cowdrey as an individual, and for the Union of Saints as a body, boundaries are circles of strength. They are the divine and spiritual lines drawn in love, saying: Here we stand, whole and sovereign, guided by God and the law, not by the demands of outsiders.

This circle ensures that our energy, vision, and resources remain protected from intrusion. It guards the sanctity of our mission, our personal dignity, and our collective unity.

Boundaries for Church, Law, Business, and Personal Life

1. Respect of Privacy

- No one has the right to demand access to personal or organizational matters without invitation.
- Confidential conversations and records are to remain protected.

2. Protection of Personal Information

- Personal addresses, phone numbers, financial details, and sacred documents are not to be shared or demanded.
- Only trusted and authorized individuals may hold sensitive information.

3. Respect for Property

- Physical spaces, whether homes, churches, or offices, are to be treated with reverence.
- Trespassing, unauthorized use, or damage are violations of both law and spiritual principle.

4. Boundaries in Communication

- Conversations must be entered into with consent.
- Gossip, prying, and interrogation are forms of verbal trespassing.

- The right to silence is a holy right.

5. Boundaries of Energy and Labor

- No one is entitled to another's unpaid labor, emotional energy, or time.
- Service is sacred when freely given, never when demanded.

● Conclusion

Possessive entitlement is a shadow that seeks to cross holy lines. By recognizing it, naming it, and responding with firm boundaries, we reclaim freedom and dignity. The circle we draw around ourselves, around D. Cowdrey, and around the Union of Saints may seem exclusionary but it is protective. It ensures that our privacy, information, property, and mission remain sovereign. In this way, we affirm that true community is built not on intrusion or entitlement, but on respect, consent, and love.

Responding to Verbal Threats, Protecting Safety and Dignity

US

● Introduction

Verbal threats, especially those involving violence or assault, can be terrifying. Even when no physical harm has yet occurred, the threat itself is a form of psychological harm and control. Responding wisely requires calmness, vision, and awareness of available resources. This essay explores how to recognize, respond, and report verbal threats to ensure safety and empowerment.

● What Is a Verbal Threat?

A verbal threat is a statement of intent to cause harm, whether physical, emotional, or reputational. While some threats may be empty, others can escalate into dangerous situations. Recognizing the seriousness of all threats is essential.

● Examples of verbal threats

- "If you leave, I'll hurt you."

- “You better watch your back.”
- “I’ll make sure you regret
- this.”



How to Respond to Verbal Threats

1.

Stay Calm and Avoid Escalation

- Do not respond with equal aggression.
- Keep your voice calm, and avoid giving the aggressor more control by showing excessive fear or anger.

2. Set Verbal Boundaries

- Use clear statements:
 - “Do not speak to me like that.”
 - “That’s a threat, and I will report it.”
 - “I am ending this conversation now.”

3. Assess Immediate Danger

- If you believe the threat will be acted upon immediately, prioritize getting to safety over engaging further.
- Leave the area if possible.

4. Document the Threat

- Write down what was said, when, and where.
- Save text messages, voicemails, or online communications as evidence.

5. Report to Authorities

- Verbal threats, especially threats of assault, may be considered criminal behavior depending on your location.
- Contact local law enforcement if you feel unsafe.

6. Reach Out for Support

- Inform trusted friends, family, or supervisors if the threat occurs in

a workplace, school, or community setting.

- Do not carry the burden alone, support networks help ensure accountability and protection.

● **Emergency Numbers and Resources (United States)**

- Police / Emergency Services: Dial 911 if you feel your life or safety is in immediate danger.
- Non Emergency Police Line: Contact your local police department's non emergency number for reporting ongoing but non immediate threats.
- National Domestic Violence Hotline: 1 800 799 SAFE (7233), for confidential support, safety planning, and resources.
- Suicide and Crisis Lifeline: Dial 988, if threats of harm are tied to self harm or suicidal ideation.

● **Conclusion**

Verbal threats of assault are not to be taken lightly. They are a form of coercion, control, and psychological bondage. By staying calm, setting firm boundaries, documenting what happened, and reaching out to authorities and support systems, individuals can respond in ways that protect their dignity and ensure safety. Freedom begins with recognizing that no one has the right to control others through intimidation.

Retaliation Against Boundaries and the Power of Spiritual Response

US

● **Introduction**

Setting boundaries is an act of freedom. Yet, when boundaries are spoken or enforced, some people respond with ridicule, sarcasm, or quick witted attacks. They disguise their abuse as humor, pretending that their cruelty is just “fun and games.” This tactic is harmful, it is a way to retaliate against autonomy and keep others in bondage. Recognizing these patterns, and responding with firmness and spirit, allows us to break cycles of abuse and stand in dignity.

● Retaliatory Humor as Abuse

Retaliatory “jokes” often aim to

- Undermine Confidence: “Oh, don’t be so sensitive.”
- Dismiss Boundaries: “Can’t you take a joke?”
- Re establish Control: Using mockery to shift power back to the abuser.
- Normalize Bondage: Making the victim doubt whether their boundary was valid.

Though disguised as wit, these words are weapons. They are calculated to weaken resistance and keep people in unhealthy patterns of compliance.

● The Deeper Harm

- Psychological: Constant ridicule leads to self doubt, anxiety, and internalized shame.
- Social: Abusers often use an audience, laughing to make the victim seem isolated or foolish.
- Spiritual: Such attacks dishonor the divine dignity within each person, treating freedom as a flaw.

● Responding Firmly

When confronted with retaliatory abuse, responses must be both clear and uncompromising. Some examples include

- “That was not a joke that was disrespectful.”
- “I asked you to respect my boundary, mocking it proves why it is needed.”
- “If you continue, this conversation is over.”

Firm responses reclaim the space of dignity and remind the abuser that boundaries are not negotiable.

● The Staff of Spirit

Beyond verbal replies, there is the inner authority, what we might call the staff of spirit. This is the presence of truth, conviction, and divine strength carried in the heart. When we stand grounded in that spirit, our very words send shock waves through harmful patterns:

- They shatter the illusion that abuse is humorous.
- They expose criminal behavior for what it is.
- They disrupt cycles of manipulation and demand accountability.

The staff of spirit is spiritual vision, words infused with truth, silence charged with authority, and presence anchored in freedom.

● Breaking Patterns of Lowly Abuses

Abusive humor thrives when unchallenged. Each time it is met with firm boundaries and spiritual authority, its power diminishes. Over time, patterns of lowly abuses, mockery, sarcasm, manipulation, are broken, leaving room for communities of respect, dignity, and authentic joy.

● Conclusion

Retaliation through mockery is not wit, it is bondage in disguise. By responding firmly and wielding the staff of spirit, we defend our boundaries, disrupt abusive patterns, and affirm the sacred dignity within ourselves and others. Freedom requires both grounded use of words and strength of spirit, together, they create a force that shatters the shadows of abuse and builds a future of respect and light.

Short Fuse Boundary Toolkit, Radical Self Determination

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This toolkit is designed to help individuals reclaim personal power and autonomy by establishing immediate, non negotiable boundaries across relationships, societal pressures, and any form of modern slavery. The 'short fuse' is a tool for radical self determination.

1. ● Core Philosophy

- Boundaries = self respect, not aggression.
- Short fuse = immediate enforcement of non negotiables.
- Action is decisive, values aligned, and protective, not reactive anger.

2. ● Identify Your Non Negotiables

Examples: No verbal abuse, manipulation, or guilt tripping, No coercion or control over your choices, No invasion of personal or financial boundaries, No conditional love, loyalty, or support

Tip: Write down your top 5 non negotiables these are triggers for your 'short fuse.'

3. ● Immediate Response Steps

1. Verbal Assertion (Short and Clear)

- “I will not accept that.”
- “Stop. This ends now.”
- “I choose differently, and my choice is final.”

2. Physical/Practical Detachment

Leave the room, walk away, mute or block online contacts. Remove yourself from situations where control is attempted.

3. Consistency

Apply boundaries every time without compromise. Predictable response: violation → immediate boundary enforcement.

4. Emotional Alignment

Ground yourself: breathe, center, and affirm “I act from power, not rage.”
Channel anger or frustration as energy for liberation, not aggression.
Reframe discomfort as signal that autonomy needs protection.

5. Radical Self Prioritization

Your dignity, time, and energy are non negotiable. Walking away is self preservation, not betrayal. Prioritize safety and freedom over approval or acceptance.

6. Communication Philosophy

Optional explanation: “I value connection, but I do not tolerate manipulation or control. Boundaries will be immediate.” Frame actions as self respect, not punishment of others.

7. Daily Short Fuse Practices

Morning affirmation: “Today, I honor my limits and my freedom.” Evening reflection: “Where did I enforce my boundaries today? Where do I need more clarity?” Journaling or quick notes on triggers, responses, and outcomes.

8. Examples Across Different Slaveries

CONTEXT	SHORT FUSE STATEMENT	EXAMPLE ACTION
FAMILY/PARENTAL	I respect your view, but I decide my path.	Leave the conversation or space calmly.
FRIENDSHIP	I will not engage with manipulation.	Block or mute toxic friend temporarily.
ROMANTIC/PARTNER-SHIP	I will not tolerate coercion.	Refuse demands and assert personal choice.
WORKPLACE	I need respectful communication.	Escalate professionally or remove yourself from situation.
SOCIETAL/COMMUNITY	I choose autonomy over imposed expectation.	Step away from rituals, gossip, or pressures.

CONTEXT	SHORT FUSE STATEMENT	EXAMPLE ACTION
LANDLORD/HOUSING	I expect my rights to be honored.	Document interactions, assert legal boundaries.

Union of Saints Quick Guide to Boundary Setting

1. Direct but Gentle Statement

- Example: "I'm not comfortable talking about this right now."
- Purpose: Clearly communicates your boundary without being confrontational.

2. Optional Explanation

- Example: "Would you like me to explain why?"
- Purpose: Gives them a choice, some people may need context to respect boundaries.
- Follow up if yes: You can provide XYZ reasons, e.g., emotional safety, past experiences, or simply that the topic is sensitive.

3. Removing Yourself

- Example: "I'm going to step away from this conversation."
- Purpose: Protects your emotional energy if the boundary isn't respected.

Key Points

- Boundaries don't require justification, but offering a brief explanation can sometimes help others understand.
- Always keep the option to disengage, it's fully within your right to protect yourself.
- You are modeling assertiveness: you acknowledge your feelings and communicate them calmly.

With Loving
Regards Peace.
Love.

Forgiveness.

Grace.

D. Cowdrey

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