

Union of Saints

“Spirits”

I. Detailed Definitions – First 25 Harmful Spirits

Spirits of Speech & Narrative

1. Spirit of Slander – The energy that seeks to wound another’s reputation through unkind or false statements.
2. Spirit of Gossip – The urge to trade personal or private information for influence, entertainment, or status.
3. Spirit of False Witness – Creating stories that misrepresent the truth to harm or manipulate others.
4. Spirit of Accusation – Labeling someone with blame or stigma they did not earn, intending to diminish them.
5. Spirit of Whispering – Speaking secretly to seed suspicion or fear, often between people who trust each other.
6. Spirit of Exaggeration – Twisting events to appear worse than they are, amplifying harm and fear.
7. Spirit of Diminishment – Minimizing someone’s accomplishments or worth to make oneself appear greater.
8. Spirit of Mislabeling – Assigning false motives, identities, or reputations to another person.
9. Spirit of Story-Twisting – Altering facts in a narrative to serve one’s own agenda at the expense of truth.
10. Spirit of Secrets Used as Weapons – Using someone’s private information to control, shame, or manipulate them.
11. Spirit of Character Assassination – Long-term campaigns to ruin someone’s credibility or moral standing.
12. Spirit of Unfounded Suspicion – Constantly assuming the worst of others without evidence.
13. Spirit of Public Shaming – Using exposure and ridicule to control, humiliate, or dominate others.
14. Spirit of Discrediting – Strategically undermining credibility or expertise in subtle or overt ways.
15. Spirit of Disinformation – Intentionally spreading misleading or false information to confuse or harm.

Spirits of Social Harm & Relational Destruction

- 16.Spirit of Division – A subtle force that fractures unity, causing individuals or groups to fight or distrust one another.
- 17.Spirit of Betrayal – Violating trust for personal gain or security, leaving wounds in its wake.
- 18.Spirit of Triangulation – Creating tension or alliances between others to manipulate outcomes.
- 19.Spirit of Envy – Resentment toward another’s blessings, abilities, or relationships.
- 20.Spirit of Jealousy – Fear of losing attention, influence, or favor to someone else, driving harmful behavior.
- 21.Spirit of Sabotage – Quietly undermining someone’s work, relationships, or progress.
- 22.Spirit of Contempt – Internal disdain that expresses itself through subtle or overt acts of degradation.
- 23.Spirit of Social Exclusion – Intentionally or unconsciously pushing someone out of groups or networks.
- 24.Spirit of Isolation – Causing or fostering loneliness to weaken or control a person.
- 25.Spirit of Rivalry – Competitive energy that seeks to diminish others rather than grow collectively.

II. Detailed Definitions – Spirits 26–50 (Manipulation, Control & Internal Weakening)

Spirits of Manipulation & Control

- 26.Spirit of Coercion – Pressuring others to act against their will through subtle or overt threats.
- 27.Spirit of Compliance – Yielding to demands even when it violates personal integrity or comfort.
- 28.Spirit of Manipulation – Using charm, deceit, or influence to bend others toward one’s own agenda.
- 29.Spirit of Domination – Asserting authority to control people, resources, or decisions unethically.
- 30.Spirit of Intimidation – Instilling fear to silence, control, or force obedience.

- 31.Spirit of Emotional Blackmail – Leveraging guilt, fear, or obligation to get others to act against their judgment.
- 32.Spirit of Fear-Mongering – Spreading anxiety or dread to influence behavior or opinion.
- 33.Spirit of Silence Enforcement – Pressuring others to remain quiet or avoid speaking truth.
- 34.Spirit of Power Hoarding – Accumulating influence, resources, or recognition while denying others their due.
- 35.Spirit of Gaslighting – Distorting reality or truth to make someone doubt their own perception.
- 36.Spirit of Disorientation – Creating confusion to destabilize others' sense of reality or direction.
- 37.Spirit of Social Surveillance – Watching, monitoring, or scrutinizing others to control their behavior.
- 38.Spirit of Overreach – Crossing boundaries to assert control where it is not rightfully theirs.
- 39.Spirit of Boundary Erosion – Gradually undermining another person's limits or protective space.
- 40.Spirit of Unwanted Influence – Pressuring someone to adopt beliefs or behaviors against their own discernment.

Spirits of Internal Weakening (Self-Damaging Patterns)

- 41.Spirit of Self-Silencing – Suppressing one's own voice out of fear, doubt, or avoidance.
- 42.Spirit of Resignation – Accepting circumstances passively, surrendering personal agency.
- 43.Spirit of People-Pleasing – Overextending or sacrificing self to gain approval or avoid conflict.
- 44.Spirit of Avoidance – Evading responsibility or difficult truths, leaving problems unresolved.
- 45.Spirit of Self-Betrayal – Acting against one's own values or integrity to appease others.
- 46.Spirit of Shrinking – Minimizing presence, voice, or talents out of fear or insecurity.
- 47.Spirit of Imposter Syndrome – Believing success or ability is unearned, fostering chronic self-doubt.
- 48.Spirit of Wounded Identity – Carrying past trauma or rejection in ways that distort self-perception.
- 49.Spirit of Inner Critic – Harsh internal judgment that erodes confidence and clarity.

50.Spirit of Helplessness – Feeling powerless, trapped, or unable to affect one’s circumstances.



III. Detailed Definitions – Spirits 51–70 (Disorder, Chaos & Distortion)

Spirits of Internal Weakening & Disorder

51.Spirit of Emotional Numbing – Shutting down feelings to avoid pain, which blocks connection and discernment.

52.Spirit of False Guilt – Taking on responsibility for what is not yours, leading to unnecessary shame.

53.Spirit of Perfectionistic Fear – Avoiding action or expression due to fear of failure or judgment.

54.Spirit of Invisibility – Feeling unseen or unrecognized, diminishing one’s sense of purpose.

55.Spirit of Confusion – Inner or communal disorientation that prevents clarity and action.

56.Spirit of Conflict-Seeking – Creating or escalating disagreements unnecessarily.

57.Spirit of Instability – Inconsistency in thoughts, actions, or commitments that fosters insecurity.

58.Spirit of Chaos – Generating disorder that prevents cohesion and clarity in community or self.

59.Spirit of Misalignment – Acting contrary to values, calling, or purpose, causing internal tension.

60.Spirit of Disorder – General disruption that breaks natural or spiritual flow.

Spirits of External Distortion

61.Spirit of Hidden Agendas – Secret motives that influence actions, eroding trust.

62.Spirit of Directionless Wandering – Lack of focus or purpose, creating uncertainty for self and others.

63.Spirit of Disconnection – Separating from community, self, or spiritual source.

64.Spirit of Soul Fatigue – Exhaustion of emotional, mental, and spiritual energy, leaving one vulnerable.

- 65.Spirit of Overwhelm – Allowing circumstances or information to dominate, causing paralysis.
- 66.Spirit of Distrust – Chronic suspicion that prevents collaboration or intimacy.
- 67.Spirit of Resentment – Lingering bitterness that distorts perspective and relationships.
- 68.Spirit of Pessimism – Expecting negative outcomes, which undermines hope and initiative.
- 69.Spirit of Suppression – Forcing feelings, thoughts, or truth underground, creating internal tension.
- 70.Spirit of Exhaustion – Total depletion that weakens discernment, boundaries, and clarity.



IV. Detailed Definitions – Spirits 71–100 (Healing & Restorative)

Spirits of Truth & Integrity (71–80)

- 71.Spirit of Truth – Upholding reality and honesty, even when inconvenient, to foster trust.
- 72.Spirit of Discernment – Recognizing patterns, motives, and energies accurately.
- 73.Spirit of Clarity – Maintaining mental, emotional, and spiritual transparency.
- 74.Spirit of Right Standing – Acting in alignment with integrity, fairness, and moral accountability.
- 75.Spirit of Integrity – Consistently living in alignment with values and principles.
- 76.Spirit of Righteous Speech – Speaking with honesty, kindness, and constructive purpose.
- 77.Spirit of Transparency – Operating openly, without hidden motives or deception.
- 78.Spirit of Upright Judgment – Making decisions guided by fairness, wisdom, and insight.
- 79.Spirit of Honesty with Compassion – Sharing truth in ways that heal rather than harm.
- 80.Spirit of Moral Courage – Acting rightly despite fear, pressure, or potential loss.

Spirits of Boundaries & Strength (81–90)

- 81.Spirit of Sacred Boundaries – Protecting self and others from harmful intrusion or energy.

- 82.Spirit of Self-Respect – Upholding personal dignity and refusing to accept degradation.
 - 83.Spirit of Inner Authority – Trusting one’s own judgment and standing firm in personal convictions.
 - 84.Spirit of Steadfastness – Remaining unwavering in purpose, even amidst pressure.
 - 85.Spirit of Assertive Peace – Maintaining calm strength while defending truth and boundaries.
 - 86.Spirit of Protective Wisdom – Anticipating harm and acting to prevent it without overreacting.
 - 87.Spirit of Accountability – Taking responsibility for actions while encouraging the same in others.
 - 88.Spirit of Firm Gentleness – Holding boundaries with strength yet kindness.
 - 89.Spirit of Resilience – Recovering quickly from emotional, relational, or spiritual harm.
 - 90.Spirit of Courageous Noncompliance – Saying no or resisting pressure in alignment with truth.
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Spirits of Healing & Community Restoration (91–100)

- 91.Spirit of Restoration – Repairing damage in self, others, and community.
- 92.Spirit of Reconciliation – Healing relationships safely and wisely when possible.
- 93.Spirit of Repair – Correcting what has been broken without judgment or blame.
- 94.Spirit of Mutual Honor – Valuing others’ dignity and contributions alongside one’s own.
- 95.Spirit of Community Stewardship – Acting to protect and strengthen shared spaces and relationships.
- 96.Spirit of Compassionate Witnessing – Observing others’ struggles without judgment, offering support.
- 97.Spirit of Healing Presence – Being a stabilizing, comforting, and restorative influence.
- 98.Spirit of Fellowship – Building genuine, supportive, and cooperative bonds.
- 99.Spirit of Spiritual Cleanliness – Maintaining inner and outer purity of thought, speech, and action.
- 100.Spirit of Graceful Order – Promoting harmony, structure, and balance without coercion or force.