

UNION OF SAINTS

Collected Teachings, Guides, Reflections, and Sermons

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D. Cowdrey

Peace

Love Forgiveness

Union of Saints

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“Dirtying the Energy Field”: a short paper on harm, mechanism, and steps forward
Union of Saints

Introduction

There are people and patterns of behavior that deliberately undermine another person’s sense of self, reputation, and inner peace. For understanding I’ll call this tactic “dirtying the energy field,” or replacing someone’s good, grounded energy with fear, doubt, shame, and confusion. The harm is psychological, social, spiritual, and sometimes legal: relationships break down, livelihoods are threatened, and people can suffer long-term trauma.

This paper explains how this harm happens, why it is destructive, and, importantly, lays out practical, multi-layered steps forward: emotional, spiritual, social, and legal. It treats the behavior as serious harm deserving both compassionate support and concrete remedies.



How people “dirty the energy field” — common tactics and mechanisms

These behaviors often operate together and escalate over time.

1. Planting seeds of doubt

- Repeated small comments, insinuations, or “questions” about someone’s motives that slowly change how the target perceives themselves and how others perceive them.
- Examples: selective “concern” about someone’s judgment, implying they’re unstable or unreliable.

2. Poisoning memories / reframing events

- Reinterpreting past events in a negative way, inventing or emphasizing harmful details, or erasing context so past actions look worse.
- This is a form of gaslighting: the target begins to doubt their memory or sanity.

3. Smear campaigns and social manipulation

- Whisper networks, selective disclosures, social media shaping, or encouraging third parties to cut contact.
- Designed to isolate and reduce social support for the target.

4. Projection and false attribution

- Perpetrators project their own faults onto the target; or attribute malicious intent where none exists, shifting blame.

5. Tireless, coordinated effort

- Some people work relentlessly — small, constant moves rather than single big acts — to wear down a person’s confidence and resources.

Psychologically, these tactics exploit normal human vulnerabilities: our tendency to internalize criticism, to doubt under repeated pressure, and to conform to group narratives. Spiritually and emotionally, they erode the sense of sacred self, trust, and belonging.

● Why this is severe harm

- Complex trauma: repeated psychological assaults can create ongoing hypervigilance, shame, depression, and PTSD-like symptoms.
- Social and economic harm: damaged reputation or fractured networks can cost jobs, relationships, and opportunities.
- Spiritual injury: for those whose identity is faith-based, these attacks can sever core anchors of meaning and community.
- Legal consequences: when the damage involves defamation, stalking, harassment, or threat, it may cross into criminal or civil law.

● Principles for a response

1. Safety first — prioritize physical and emotional safety.
2. Document everything — patterns are proved through records.
3. Boundaries matter — clearly defined limits slow and stop harm.
4. Use layered support — combine legal, therapeutic, community, and spiritual resources.
5. Restoration and protection may both be needed — sometimes repair is possible; sometimes containment and distance are needed first.

● Concrete steps forward (action plan)

● A. Immediate actions (what to do now)

1. Create a safe place — physically remove yourself if you're in immediate danger; identify a trusted friend, family member, or safe room.
2. Use a safe word or signal — employ words you've prepared (e.g., Willow, Pause, Red Light) to quickly stop a conversation when it becomes unsafe.
3. Document contemporaneously — write dates, times, who was present, what was said or done, screenshots, voicemails, and physical evidence. Store copies off your device (email to yourself, printed folder, or secure cloud).

4. Limit exposure — temporarily mute or block aggressors on social media and phone if that reduces harm.

• B. Emotional and therapeutic steps

1. Seek trauma-informed therapy — therapists trained in trauma, CBT, EMDR, or narrative therapy can help rebuild sense of self and reprocess poisoned memories.
2. Grounding and daily practices — breathwork, short grounding exercises (5–10 minutes), journaling facts (not feelings) to counter distorted narratives.
3. Re-author your story — keep a private journal that records your truth, achievements, and supportive messages from others.

• C. Spiritual and community steps

1. Lean into trusted spiritual guides and communities — for example, faith-based ministries like the Union of Saints and support networks that combine pastoral care with therapy can provide both spiritual framing and practical help. (If you're connected to a monastery or ministry, ask for boundary-setting and pastoral counseling.)
2. Create community accountability — ask leaders to adopt clear standards and a reporting process for harmful behavior; insist on transparency and protection for the vulnerable.
3. Rituals of clearing — faith-aligned rituals, prayer, or symbolic acts (planting seeds, blessing a space) can help mark transition and reclaim inner ground.

• D. Social and relational steps

1. Name the pattern with allies — share documented patterns with close, trusted allies so they can witness and help protect your reputation.
2. Limit unilateral explanations — avoid spending energy trying to convince a hostile group; focus on strengthening relationships with those who matter.
3. Set and enforce boundaries — clear statements such as “I will not discuss X with you,” and consistent consequences (e.g., leaving the room, ending contact).

• E. Legal and formal steps (consult a professional)

1. Preserve evidence — timestamps, copies, and backups.
2. File complaints where appropriate — internal organizational complaints, HR reports, police reports for threats or stalking, and consultation about defamation or civil remedies.
3. Consider mediation or a cease-and-desist — sometimes formal notice or a mediated conversation, facilitated by neutral counsel, halts escalation.
4. Consult an attorney — legal requirements and remedies vary by jurisdiction; a lawyer can advise on restraining orders, defamation claims, or civil suits. (I am not giving legal advice; consult a licensed attorney.)

● Organizational policies and culture (for ministries / small communities)

- Adopt a clear reporting protocol: written, anonymous options, and external review.
- Create safety teams: trained volunteers or staff who handle reports and enforce boundaries.
- Education & prevention: regular training on gaslighting, smear campaigns, and healthy conflict.
- Support for victims: paid leave, pastoral care, therapy referrals, and legal support where possible.
- Transparent consequences: publish what behaviors will lead to removal, mediation, or other measures.

● Long-term resilience and restoration

- Rebuild identity through meaningful action: service, creative work (writing, poetry —like the frontier poem you asked for earlier), and clear daily rhythms.
- Repair relationships selectively: prioritize those who demonstrate accountability.
- Reinvest in spiritual practices and communities that hold you up and respect boundaries.

● Closing / Invitation

Harm to our inner life is real, painful, and often misunderstood. Protecting your energy field requires both inner work (therapy, prayer, grounding) and outer action (documentation, boundaries, legal steps). If you'd like, I can:

- Draft a template incident log you can use to document events;
- Draft a sample boundary statement or safe-word policy for your community;
- Create a short pastoral protocol for the Union of Saints' ministry and the Cowdrey Firm, LLC for responding to reports.

Good Boots, Goodie Two Shoes

~Union of Saints, D. Cowdrey

Marching orders of the saints, etched in the dust of morning light, drums in the distance call us forward,

a cadence of faith, always marching, unbroken.

Sometimes we stumble, sometimes the road bites our knees,

but still, we march, for we carry two good boots. Good boots, goodie two shoes—the armor of the steadfast,

soul-bound by prayer, laces tied with courage. Through smoke and sorrow, through spirit of war and shadows of doubt,

she marches— a woman of fire, a sister of dawn,

her face lifted to greet the sun,

her stride unbroken,

her spirit unshaken. The saints march beside her,

their orders clear: stand, protect, endure, and walk with grace upon the earth.

Even in battle's storm, even when the night grows heavy,

she wears her two good boots, a reminder that no ground can claim her,

no enemy can silence her song. For beauty is in our scars,

it is the light that moves through our spirits after them. It is the woman who walks forward,

bearing her wounds like banners, meeting the day with forward steps,

and shoes that will not fail. Good boots, goodie two shoes,

march on, beauty, The road is long, but the dawn is yours.

Guide: Topics to Discuss with a Chaplain

Union of Saints

1. Spiritual Guidance & Faith Questions

- Questions about your beliefs, spirituality, or faith journey
- Exploring purpose, meaning, and personal values
- Guidance on prayer, meditation, or religious practices
- Understanding rituals, sacraments, or spiritual traditions

2. Personal Reflection & Inner Growth

- Life transitions or major changes (moving, career, relationships)
- Developing resilience, hope, or inner peace
- Exploring personal strengths and challenges
- Finding clarity during confusion or uncertainty

3. Emotional & Mental Well-being

- Coping with stress, anxiety, or grief
- Processing emotions in a healthy, non-judgmental space
- Seeking comfort during difficult times
- Discussing feelings about life, purpose, or future

4. Ethical or Moral Questions

- Questions about right and wrong, integrity, or ethical decisions
- Navigating difficult choices or dilemmas
- Seeking perspective on how values align with actions

5. Relationship & Community Support

- Guidance on family, friendships, or workplace challenges
- Navigating conflicts respectfully and peacefully
- Building a sense of community or connection

6. Life Events & Celebrations

- Milestones, achievements, or transitions
- Planning or reflecting on important rituals (birth, marriage, loss)
- Seeking spiritual support during joyous or difficult moments

7. Questions About the Chaplain's Role

- What a chaplain can and cannot provide
- How spiritual support is offered confidentially
- Ways to integrate guidance into daily life

Tips for Seekers

1. Be honest and open — chaplains are there to listen without judgment.
2. It's okay to start small — share what feels comfortable first.
3. Bring questions or concerns — they can guide the conversation.
4. Boundaries are respected — you don't have to discuss anything you're not ready for.
5. Follow your pace — the discussion can be brief or more in-depth.
6. Seek support for practical needs too — chaplains often provide resources for community, wellness, or spiritual growth.

Union of Saints provides guidance, via chat, and audio.

We do request a small monetary donation.

Master Freedom Toolkit: Recognizing and Breaking Chains in All Relationships

US

This document serves as a universal reference guide to recognizing forms of psychological and societal slavery in all types of relationships and communities, along with practical healing strategies to reclaim autonomy, identity, and freedom.

TYPE OF SLAVERY	HOW IT MANIFESTS	HEALING STRATEGIES
FAMILY/PARENTAL SLAVERY	Control over life choices, guilt-tripping, conditional love, emotional dependency, parentification, inherited patterns of control	Awareness, boundary setting, reclaim autonomy, release guilt/shame, rebuild identity, therapy/support, intergenerational healing, daily affirmations
ROMANTIC/PARTNERSHIP SLAVERY	Coercive control, gaslighting, conditional affection, restricting friendships, financial/emotional dependency	Awareness, set firm boundaries, maintain independence, assertive communication, seek supportive network, strategic engagement, affirm autonomy
FRIENDSHIP SLAVERY	Emotional manipulation, conditional loyalty, social pressure, energy exploitation, jealousy, silencing, emotional enmeshment	Awareness of manipulation, boundary setting, evaluate reciprocity, build supportive networks, reclaim identity, detach from guilt, daily freedom practices, affirm independence
WORK/PROFESSIONAL SLAVERY	Exploitative labor, unpaid overtime, toxic dynamics, lack of recognition, fear of retaliation	Recognize exploitation, set work boundaries, document issues, seek mentorship/support, assert needs calmly, cultivate financial/practical independence, strategic engagement
LANDLORD/HOUSING SLAVERY	Threats, intimidation, financial exploitation, invasion of privacy	Know rights, set boundaries, document interactions, seek legal/professional support, maintain independence, limit exposure, strategic detachment
SOCIETAL/COMMUNITY SLAVERY	Social pressure/conformity, identity suppression, economic exploitation, public shaming, generational expectations, silencing, fear of exile, internalized chains	Awareness, reclaim identity, set social boundaries, build supportive communities, release internalized guilt/shame, advocacy/voice, spiritual/personal reframing, daily freedom practices

TYPE OF SLAVERY	HOW IT MANIFESTS	HEALING STRATEGIES
CROSS-RELATIONSHIP/ GENERAL CHAINS	Fear, guilt, control, loss of autonomy, emotional manipulation, dependency, identity loss	Awareness, assert boundaries, reclaim autonomy, evaluate reciprocity, build supportive networks, detach from manipulation, pursue self-expression, daily affirmations, strategic engagement

● Key Principles Across All Slaveries

- Awareness – Name the chains to reduce their power.
- Boundaries – Firmly define what is acceptable and what is not.
- Autonomy – Reclaim the right to make your own choices.
- Support Systems – Surround yourself with those who respect freedom.
- Identity – Rebuild and protect your sense of self.
- Strategic Engagement – Choose when to engage, step back, or detach.
- Daily Practices – Use affirmations, reflection, and rituals to reinforce freedom.

Protecting the Energy Field: Protocols, Boundaries, and Documentation

This document provides tools for individuals and communities to safeguard against harmful behaviors that attempt to 'dirty the energy field.' It includes a template incident log for documenting harm, a sample boundary and safe-word policy for ensuring conversations remain respectful, and a pastoral protocol for responding to reports within the Union of Saints' ministry and the Cowdrey Firm, LLC.

● 1. Template Incident Log

This log helps preserve a factual record of harmful events. Use neutral language, separate emotional impact from facts, and store securely.

DATE & TIME	LOCATION / MEDIUM	PEOPLE INVOLVED	WHAT HAPPENED (FACTS ONLY)	EMOTIONAL IMPACT	WITNESSES	EVIDENCE COLLECTED	FOLLOW-UP ACTION TAKEN

Instructions:

- Always write in factual, neutral language.
- Note emotions separately.
- Store copies securely and off primary devices.

2. Sample Boundary Statement / Safe-Word Policy

Purpose: To ensure all participants feel safe, respected, and empowered to stop or pause any conversation or activity that causes discomfort or harm.

Safe Words:

- Yellow = "Slow down. I'm becoming uncomfortable. Please clarify or shift tone."
- Red = "Stop. I do not consent to continuing this conversation."
- Alternatives (gentle options): Willow, Clover, Lantern.

Guidelines:

1. When someone uses a safe word, everyone pauses immediately.
2. No one is asked to justify why they used a safe word.
3. After a pause, either change the topic or revisit later only if all parties agree.
4. Misuse (mockery, dismissal, retaliation) is not tolerated.

This policy honors boundaries and upholds dignity. Respecting safe words is an act of love and accountability.



3. Pastoral Protocol for the Union of Saints' Ministry & Cowdrey Firm, LLC

• A. Receiving a Report

- Listen without interruption.
- Affirm the individual: "We believe you. You are safe here."
- Record only facts, not interpretations, in the incident log.
- Offer the choice of anonymity if possible.

• B. Immediate Support

- Provide a pastoral caregiver and, if requested, referral to a trauma-informed therapist.
- Offer safe words in conversation and prayer settings.
- Provide legal consultation through Cowdrey Firm, LLC if civil/criminal matters may apply.

• C. Protection Measures

- Implement temporary separation of parties when safety is a concern.
- Activate a safety team to monitor gatherings and enforce boundaries.
- Suspend harmful individuals from leadership or community functions pending review.

• D. Investigation & Accountability

- Appoint an independent review panel (faith leaders + legal/therapeutic advisors).
- Gather documentation: logs, statements, evidence.
- Maintain transparency with the community without breaching confidentiality.

• E. Resolution Options

- Restorative path: mediation, counseling, reconciliation rituals, written commitments.
- Protective path: permanent boundaries, legal remedies, removal from community roles.

• F. Ongoing Care

- Check-ins with the harmed party at 30/60/90 days.
- Access to therapy subsidies where possible.
- Community rituals for healing (prayer circles, symbolic cleansing, affirmation blessings).

Guiding Principle: No tolerance for behaviors that dirty another's energy field. We protect the sacred dignity of each member while offering paths of accountability and, where possible, restoration.

US, Psalms

Things come easy for the untested,
so they sabotage.

A blow here,
a blow there,
and all is taken.

We gave, and gave,
but it was never enough.

They were not whole.

They carried holes in their hearts,
darkened by shallow karmas.

And we, the givers,
poured out spirit,
but they wanted more.
Not only what we offered,
but what we never would have given.
And still they won their prize,
but it was an empty house.
A house of trophies,
a house of parts
but without the Spirit,
there is no life.
For trophies remind of death,
parts remind of taking,
and the house remains hollow.
But through God,
spirit is restored.
What they cannot bear —
what maddens them —
is that no matter what they take,
the soul is infinite.
Through ashes we rise.
With God,
we are made whole.
Pure,
innocent,
alive again.

And they —

they are left with dead parts.

Sabotage comes easily to those who are untested, for they strike from hunger. A blow here, a blow there, and suddenly everything we have given has been taken. It did not matter how much we gave, even our best, even all we could offer, it was never enough. Their hearts were not whole, and so they sought to fill themselves with what belonged to others. Hardened by their own shallow karmas, they were destined to repeat patterns of taking.

We, the givers, poured out life and spirit, but they wanted more, more than was ever theirs to have. They took not only what we gave freely, but even the parts of ourselves we never would have surrendered. That is the true violence of sabotage. They rejoiced as if they had won a prize, yet what they gathered were hollow trophies, empty shells without soul or Spirit.

For a trophy is always a reminder of death. It is not life but the shadow of taking, a testament to spirit lost and soul denied. But what they can never destroy is the infinite. For through God, spirit is restored. No matter what is taken, the giver's soul awakens again, pure, innocent, alive.

This is what maddens the taker, and what strengthens the harmed soul. Through ashes we rise. Through God, we are made whole again. And the taker, in the end, is left only with dead parts.

Santa in Solitude: The Healing Path of Silence and Stillness

There are seasons in life when spirit calls us inward, away from noise, social gatherings, and the endless activity of the outside world. Monastics, saints, and seekers have long chosen solitude as a deep embrace of life. In silence, prayer, meditation, and stillness, they discover a truth that cannot be reached by distraction.

● Why Solitude is Chosen

- Healing and Renewal: When the soul is wounded, rest is needed. Solitude offers a sacred space to mend, without the demands of constant interaction.

- Humility and Clear Vision: In withdrawing, we learn humility, in honesty with ourselves and God.
- Spiritual Awakening: By stepping away from noise, we can listen for the song of spirit. This often feels awkward or unusual at first, but it is the quiet doorway into something greater.

● The Healthy Response of Solitude

Solitude is a chosen, healing retreat. It allows us to:

- Observe ourselves with compassion.
- Shed old identities that no longer serve.
- Learn patience with our own unfolding.
- Honor that each journey moves at its own pace—days, weeks, months, or even years.

● Navigating Social Awkwardness

It is natural to feel “out of step” with the world after a period of solitude. Social vibrancy, bright colors, and gatherings can feel overwhelming. Yet this awkwardness is a sign of transformation. You are learning to engage the world anew, with greater wisdom and gentleness.

● Walking with Spirit

In solitude, we walk with spirit or with God. We learn to listen inwardly, to trust the quiet guidance of the divine. As we heal and grow in humility, our being becomes lighter, more aligned with truth.

● Returning to the Sun

When the time is right, the pull to return will come naturally. To meet the sun again, to connect with others, to share positivity and presence, this will be easy-going, in perfect flow. It will arrive gently, in your own rhythm.

Closing Thought: The path of solitude is preparation for deeper living. In silence, you are not alone, you are accompanied by spirit, by healing, by growth. Trust that your journey is sacred, unique, and unfolding exactly as it should.

Skaldsong of the Union of Saints

I sing the gold-word, praise of flame-keepers,
shield-bearers of spirit,
veterans of storm.

I honor the silent goddess,
veil-lifter, earth-mother,
hidden yet hallowed, strength in the stillness.

I chant the bone-giants,
dinosaur-dreamers, stone-walkers of dawn,
when sea birthed land.

I name our rhythm: heart-drum of union, soul-surge unbroken,
spirits on the move.

Nordic and Frankish, sword-song and chalice, shore-root and mountain,
memory entwined.

We remember.

We guard.

We rise.

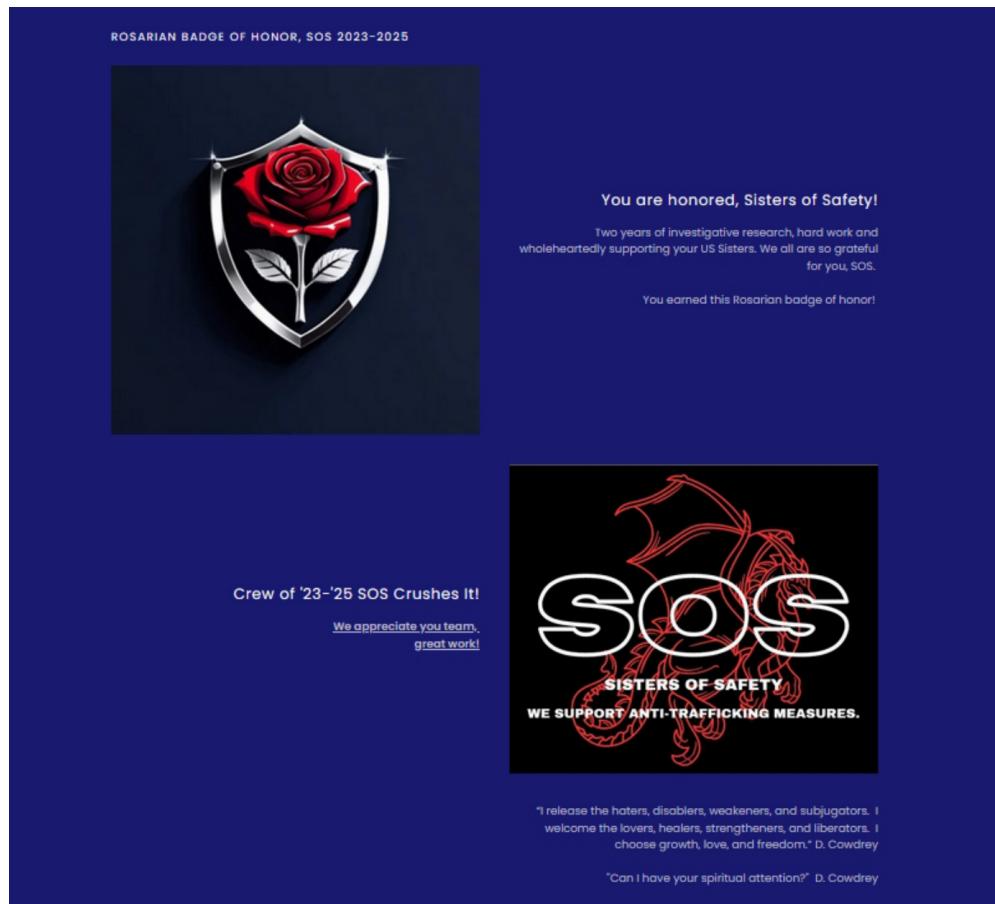
Union of Saints —

ever golden, ever growing, light upon light.

Union Skald

Golden word, sacred flame, Angel within, we call your name. We rise, we guard, we
keep the light.

SOS 2023-2025



Teaching Guide: Responding to People 🌿 of Different Faiths

● Unity in Love, Peace, and Forgiveness

- “Blessed are the peacemakers, for they will be called children of God.” (Matthew 5:9)
- “Let all that you do be done in love.” (1 Corinthians 16:14)
- “As far as it depends on you, live at peace with everyone.” (Romans 12:18)

1. The Reality of Difference

- Not everyone shares our beliefs.
- At times, people of other faiths may look down on us for this.
- That tension has been experienced throughout history, believers have had to learn how to live with difference.

2. The Power of Virtues

- Peace: We do not retaliate or escalate conflict.
- Love: We respond with compassion, even if we are misunderstood.
- Forgiveness: We release resentment, refusing to carry bitterness.
- We recognize that we are all human, but we can try, try, try. Written discussions in letter form, academic form and in *positive light* may be the best way to promote healthy, more scholarly, work on these topics.

3. How to Respond in Practice

- Listen gently: Allow others to share their perspective without reacting defensively.
- Affirm common ground: “I hear your love for God — we too walk in love, peace, and forgiveness.”
- Witness simply: Share how your own faith helps you live better, without debate.
- Bless instead of resist: Leave the other person with kindness, even if they are unkind.

4. The Union of Saints

- We believe all who live in the vibration of peace, love, and forgiveness are joined in spirit.
- This “union” is greater than one religion — it is the union of all hearts lifted toward goodness.

5. Encouragement for the Congregation

- Do not be shaken when criticized.
- Stand firm in love.
- Remember, your life and your spirit are the most powerful witness of your faith.

Short Sermon: Meeting in the Heart ✨

● Title: Meeting in the Heart Beyond Belief

Introduction: My friends, sometimes we are questioned, judged, or even put down because we do not share the exact beliefs of another faith. But today, I want to remind us of a simple truth, though our beliefs may differ, our hearts can still meet in the spirit of love.

● Main Points:

1. Faith Is Not Uniformity.

Around the world, people seek God in many ways. What binds us together is not identical doctrines, but the virtues we live by.

2. Virtues Transcend Boundaries.

When we walk in peace, love, and forgiveness, we are living in a vibration that anyone, from any faith, can recognize. These are the fruits of the Spirit that shine brighter than words.

3. The Union of Saints.

We believe in a great union, a communion of saints, where all who embody peace, love, and forgiveness are joined as one. This is bigger than separation, bigger than judgment, bigger than division.

Conclusion: So when someone challenges us, let us not argue. Let us simply stand in peace. When someone puts us down, let us reach higher in forgiveness. When someone says we are not part of their faith, let us smile and say, "Perhaps not, but we can still meet in the heart, in the spirit of love."

And in that moment, we testify to the greatest truth, that love is stronger than difference, and peace is greater than division.

Closing Prayer (optional): Holy Spirit, make us instruments of peace. Teach us to love without boundaries. Help us to forgive when we are misunderstood. And unite us in the communion of saints, where peace, love, and forgiveness reign forever. Amen.

Teaching, The Forgotten Peacemakers ✨

Union of Saints

1. Women as Peacemakers in Jeremiah's Time

- In the Book of Jeremiah (Jeremiah 7 and 44), we read of women offering cakes and libations to the "Queen of Heaven."
- These women were condemned by the prophets for their devotion — yet, if we look closer, they were often the ones seeking to protect families, provide nourishment, and maintain harmony with the divine.
- What they practiced can be seen as forms of peacemaking, grounded in honoring the feminine aspect of God.

2. The Contradictions in Scripture

- Some passages lift up women as leaders, prophets, and judges (Deborah, Huldah, Mary Magdalene).
- Others silence women or diminish their roles.
- This contradiction shows us that the Bible is a collection of many voices, written in a particular time, by particular men, shaped by cultural struggles and wars.

3. The Union of Saints Perspective

- We do not obey the Bible as a set of rigid rules.
- We see it as a reflection of human attempts to understand God, love, and community in their own age.
- Where we see light, peace, love, forgiveness, we resonate.
- Where we see suppression or cruelty, we recognize the limits of the culture rather than the fullness of God.

4. Honoring Women's Voices

- Biblical religions have often muted or minimized women's contributions.
- In the Union of Saints, we lift women back into the story.
- We affirm that the Divine has both masculine and feminine expression.

- The peacemaking women of Jeremiah's day, and women throughout history, are saints too — bearers of wisdom who carried truth even when condemned for it.

5. Seeing the Bigger Picture

- God's truth has never been confined to one text or one people.
- Other cultures — Egyptian, Babylonian, Persian, Greek, Celtic, Indigenous — also carried sacred wisdom, sometimes even interacting with biblical prophets.
- War and conquest gave power to certain storytellers while silencing others.
- Our calling is to remember the whole story, and to let love, not dogma, be the measure of truth.

Short Sermon: The Forgotten Women of Peace

Introduction: Santa, when we look at the pages of scripture, we see a story told, but not the whole story. We see the voices of men in power, but often the voices of women, the peacemakers, the truth-bearers, were silenced or condemned.

Main Points:

1. The Women in Jeremiah.

These women lifted offerings to the Queen of Heaven. They were criticized, but they were seeking peace, nourishment, and a connection with the divine feminine. Their devotion was cultural preservation.

2. The Contradictions of Scripture.

In one place, women are prophets, judges, and leaders. In another, they are told to be silent. Which is true? Both reflect the culture of the times, a culture of men, wars, and patriarchal control. But God is bigger than any culture, and love is greater than any contradiction.

3. The Union of Saints.

We do not bind ourselves to rules written in a single age. Instead, we listen for the eternal vibration of peace, love, and forgiveness. We give light to women and men alike, recognizing that the Spirit speaks through all.

Conclusion: When we remember these forgotten women, we reclaim a wholeness of faith. We see that God has never belonged only to one book, one people, or one gender. God's truth is vast, spread across cultures and centuries, whispered in many languages, carried in the hearts of saints both remembered and forgotten.

So let us honor them — the peacemakers, the women of courage, the prophets unrecognized — for in their lives we see the bigger picture of God's love.

Closing Prayer: Holy One, open our eyes to the whole story. Help us hear the voices long silenced. Teach us to honor women and men, prophets and peacemakers, in every culture and every age. May the Union of Saints shine as a circle wide enough for all, grounded always in peace, love, and forgiveness. Amen.

The Book of Gates and the Lessons of Egypt

Union of Saints

The Book of Gates, one of the great funerary texts of ancient Egypt, presents striking images of humanity in all its breadth. On the walls of tombs, we see depictions of people with an array of complexions—Egyptians, Nubians, Libyans, and Asiatics—all presented side by side. This artwork reveals not only Egypt's awareness of the wider world but also the acknowledgment of a shared human story.

The beauty of these depictions lies in their testimony, ancient Egypt was not isolated. Different cultures came together, exchanged ideas, and influenced one another. This gathering of peoples was a strength, reflecting the interconnectedness of the ancient world.

Yet, there was also a cost. Newcomers, seeing the brilliance of Egyptian science, architecture, and spirituality, gradually sought access to what Egypt had built. Over time, Egypt's openness allowed others to take advantage of its wisdom and resources. The very temples that had once symbolized the Egyptians' divine connection became doors for outsiders to enter and eventually dominate. This subversion contributed to the decline of a civilization that had endured for millennia.

The lesson for today is clear: culture is sacred. We can and should celebrate the richness of many traditions, learn from one another, and value the beauty of an array of complexions and perspectives. But love of culture also requires boundaries. Without discernment, openness can turn into vulnerability, and what is treasured can be trampled.

To truly honor the legacy of Egypt, and humanity as a whole, we must hold both truths, the beauty of the gathering of peoples and the necessity of safeguarding what is sacred.

The Seven Spiritual Challenges and the Union of Saints Path

At the Union of Saints, we acknowledge that human beings face certain recurring spiritual challenges, traditionally referred to as the Seven Deadly Sins. While we are not a biblically bound church, we recognize the wisdom in understanding these tendencies and offer a modern, interpath approach to honor, respect, and transform them.

1. Pride → Humble Self-Awareness

Pride often drives separation and competition. At Union of Saints, we encourage gentle humility, celebrating your gifts while remaining open to growth and service. Recognizing our worth without comparing or belittling others creates a balanced, loving path.

Practice: Daily reflection on gratitude, acknowledging achievements without attaching ego, and listening with openness.

2. Envy → Compassionate Admiration

Envy can corrode joy and connection. Our interpath guidance turns envy into compassionate admiration, helping you celebrate others' successes and channel desire into positive personal growth.

Practice: Focus on personal goals, celebrate community achievements, and practice affirming statements for self and others.

3. Wrath → Peaceful Resolution

Wrath or anger can harm relationships and cloud judgment. In our path, we transform anger into peaceful resolution, understanding the root of frustration and expressing it constructively rather than destructively.

Practice: Mindful breathing, reflective journaling, and seeking resolution through dialogue and empathy.

● 4. Sloth → Purposeful Engagement

Sloth is laziness as well as avoidance of growth or responsibility. At Union of Saints, we foster purposeful engagement, helping individuals cultivate meaningful action and contribute to the well-being of themselves and the community.

Practice: Daily acts of service, creative expression, and consistent small steps toward goals.

● 5. Greed → Generous Stewardship

Greed can lead to hoarding and disconnection. We encourage generous stewardship, cultivating balance, sharing resources, and appreciating abundance without attachment.

Practice: Volunteer, share knowledge, or donate time or resources intentionally to support others.

● 6. Gluttony → Mindful Consumption

Gluttony is often an overindulgence beyond physical needs, but it can apply to emotions, time, and energy. Our path teaches mindful consumption, cultivating moderation and appreciation without excess.

Practice: Reflect before indulgence, savor experiences fully, and focus on nourishment — physical, emotional, and spiritual.

● 7. Lust → Sacred Connection

Lust, when uncontrolled, can objectify or disconnect us from deeper relationships. Union of Saints encourages sacred connection, honoring desire while cultivating respect, consent, and intimacy in alignment with spiritual values.

Practice: Develop meaningful connections, honor your desires with awareness, and foster relationships built on mutual respect and care.

Our Interpath Approach

While we honor these ancient teachings, Union of Saints offers a new path:

- Interpath: drawing wisdom from multiple spiritual traditions.
- Non-judgmental: guidance is for growth, not punishment.
- Practical: focuses on everyday actions, reflection, and community harmony.
- Elevating: transforms human challenges into opportunities for inner peace, connection, and service.

We do not condemn; we teach, support, and guide. Each of these tendencies is an invitation to practice mindfulness, compassion, and purposeful living. By respecting these spiritual challenges, we rise above limitation, cultivate saintly virtues, and build a community of understanding and love.

The Story of OZIRAH

OZIRAH is the Ocean Goddess, dwelling in the depths of the sea where she feels most free.

Though she loves the ocean's embrace, there are times she returns to the shore. Yet, on land, she finds cruelty, humans reaching for her, trying to harm her, grasping at her beauty and power. The sea, with its endless tides and protective depths, is her sanctuary, while the shore is a place of danger and betrayal.

Today's society is very unhealthy. Violence, abuse, slavery, and war still linger in the human experience, creating an atmosphere heavy with fear and mistrust. These collective wounds feed into mental health struggles, leaving many people burdened by pain they did not create. Yet, even within this brokenness, there remains a powerful opportunity. We can choose to evolve the way we communicate, to speak with honesty, listen with compassion, and build trust where distrust has taken root. This, above all, is the goal worth striving toward now, transforming the way we relate to one another so that healing, not harm, becomes the foundation of our shared future.

Freedom for OZIRAH & all.

Truly valuing peace: “True Peace,” a faith, a path of healing, a way of life.

What people mean by “separation of the soul from Satan”

Many faiths describe spiritual recovery as a turning-away from influences that steal love, dignity, freedom, and compassion. That “Satan” image can stand for:

- inner habits of cruelty (shame, rage, vindictiveness),
- toxic people or groups that normalize abuse,
- systems that encourage scapegoating or dehumanizing others.

Separation isn’t necessarily a dramatic, instant exorcism, it often looks like steadily choosing life, truth, mercy, and connection instead of fear, control, and harm.

Why church can help — spiritually and practically

1. A temple for transcendence. Worship, ritual, sacred music, and prayer create an environment that lifts attention away from reactive fear and toward meaning, grace, and courage. This shift weakens the hold of shame, anger, or despair.
2. A social support network. Healthy congregations offer friends, mentors, and people who can witness your story, encourage you, and hold you accountable to boundaries. Isolation is the soil abusers thrive in; community grows other options.
3. Moral language and models. Sermons, scripture, and communal rites give clear ethical frameworks (love, hospitality, forgiveness, justice) that counteract the “herd” justifying cruelty.
4. Ritualed release and renewal. Confession, communion, laying-on-of-hands, or renewal prayers are ways to symbolically and psychologically let go of the past and receive a new identity.
5. Practical help. Churches often connect people with counselors, legal help, shelters, and other resources for those escaping abusive situations.

● Why avoiding people who abuse is part of spiritual health

- Safety first. Abuse damages body and soul. Removing yourself from repeated harm is an act of self-respect and spiritual fidelity.
- Boundaries are holy. Saying “no,” distancing, or cutting ties is often necessary to protect your capacity to love and serve without being consumed.
- You preserve vocation. When you aren’t trapped in survival mode, you can better practice compassion, creativity, and service, the fruits of faith calls you to.
- Witness to the community. Choosing not to tolerate cruelty models moral clarity for others in the church who might be stuck in the same cycle.

● Practical steps to use church/community for separation and healing

1. Find a safe faith community. Look for congregations with clear policies on abuse, a track record of accountability, and leaders who validate survivors.
2. Create a small circle of trusted people. A pastor, chaplain, or 2–3 trusted members who know your situation and can act as supporters and witnesses.
3. Establish and announce boundaries. You don’t need to publicly justify decisions, a simple statement like, “I’m stepping back from contact with X for my health” is fine. Have supporters who’ll enforce or back you up if needed.
4. Use ritual for transitions. A small ritual — lighting a candle, a written renunciation and burning of abusive words (safely), a blessing — helps mark the internal shift from captive to free.
5. Build spiritual practices that rewire you:
 - daily prayer/meditation (5–20 minutes) focused on renewal and discernment,
 - gratitude journaling to weaken bitterness,
 - breathwork or grounding exercises for when triggered,
 - scripture or readings that affirm dignity and safety.
6. Seek professional help. Pastoral care plus licensed therapy (especially trauma-informed therapy) is ideal. Churches can often refer counselors who respect both faith and trauma work.

7. Safety planning. If leaving an abusive situation is involved, make a concrete plan (safe place to go, phone numbers, documents, finances). If you're in danger, contact local emergency services or a trusted hotline.

● Short prayers / affirmations you can use

A brief prayer for separation and strength:

"Holy Source, free me from the forces that wound my heart. Teach me to say no where needed, to stand with courage, and to receive the love that heals. Guard me from harm and set my feet on a path of peace. Amen."

Affirmation for boundary courage:

"I am worthy of safety. I choose love that builds me up, not destroys me."

● Group-think, the "abusive herd," and spiritual maturity

- Group-think happens when anxiety, fear, or power pressures people to conform, often excusing cruelty for belonging or protection.
- Spiritual maturity is learning to hold community and truth together, loving people while refusing to allow cruelty to go unchallenged. That maturity requires humility (I can be wrong), courage (I will speak/act), and accountability (structures that prevent abuse).
- Churches that encourage honest discussion, have transparent leadership, and practice restorative justice reduce the risk of abusive herd behavior.

● Gentle cautions

- Not every church is safe. Some congregations protect abusers. Trust your discernment and the testimony of survivors.
- "Forgiveness" does not mean staying in harm's way. Forgiveness can be an inner release while you physically and relationally remove yourself from abuse.
- If someone is in immediate danger, prioritize emergency services and local shelters.

Separation of Soul from Satan

Teaching • Church Guide • Ritual Prayer

1. Teaching / Sermon: Separation of Soul from Satan

• Above the Cruel Herd: Choosing Safety, Choosing God

Santa, there is a mystery we all must face. The human soul is made for light, for joy, for dignity. Yet in this world, we encounter cruelty, manipulation, and abuse. Scripture gives these forces a name, Satan, the one who accuses, divides, and destroys.

To separate from Satan is a cosmic battle; It is also a daily, courageous choice. Each time we say “No” to abuse, we say “Yes” to God. Each time we walk away from the herd that mocks, belittles, or harms, we choose to stand with Christ, who was mocked yet rose above the cruelty of the crowd.

The Union of Saint's church is a traveling monastery, it is also sanctuary where your soul can breathe again. It is the gathered body that reminds you, you are not alone. You are worthy. You are free. When we allow church to move through us, when prayer, song, and fellowship settle deep into our bones, we are lifted above the noise of hatred.

Friends, do not feel guilt for stepping away from those who abuse you. God Himself draws boundaries; He divides light from darkness, He separates land from sea. So too must we learn holy separation, to remove ourselves from harm so that we can live in peace, love, and strength.

To separate your soul from Satan is to reclaim your divine identity. To walk into church is to walk into freedom. And to stay above the cruelty of the herd is to choose, again and again, the way of life.

2. Church Guide for Survivors

• Walking in Safety and Light: A Guide for Survivors in Our Church

Purpose: This guide is for all who have experienced abuse, cruelty, or manipulation and seek safety and renewal in the community of faith.

Our Commitments:

- You are worthy of dignity, safety, and love.
- Abuse in any form, physical, emotional, spiritual, sexual, is not tolerated here.
- Forgiveness does not mean returning to harm. Separation can be holy.

Steps for Healing in Church:

1. Safety First.

- If you are in danger, call emergency services or a trusted hotline.
- The church can help you connect to shelters, counselors, and legal resources.

2. Boundaries are Holy.

- You may choose to step away from contact with those who harm you.
- Church leadership will support you in this boundary.

3. Find a Safe Circle.

- Identify 2–3 trusted members, clergy, or chaplains who can walk with you.
- Share your needs openly so you do not carry the burden alone.

4. Use Rituals of Release.

- Light a candle, pray, or write and destroy words of abuse as an act of freedom.
- Attend services and receive blessings as often as you feel called.

5. Seek Healing Partnerships.

- The church can connect you with trauma-informed therapists.
- Healing is a journey; you do not need to walk it alone.

Reminder: You are not defined by what was done to you. You are loved. You are strong. You are free in God's eyes.

● 3. Ritual Prayer of Separation and Renewal

• Prayer for Holy Separation

(This may be done alone, or in a small group with a pastor/chaplain.)

- Place a candle in front of you.
- Hold a small stone or object representing the weight of abuse.

Leader (or Self): Holy One, we come to this place to draw a line between what wounds and what heals. We name the cruelty, we name the abuse, and we declare: it will not define us.

Response: We separate ourselves from all that destroys.

Leader: By Your Spirit, lift us above the cruelty of the herd. Place our feet on higher ground, where peace and dignity dwell.

Response: We choose safety. We choose freedom. We choose life.

(Place the stone down, symbolizing release. Light the candle, symbolizing renewal.)

Leader: As this light burns, so burns our new beginning. No darkness will overcome it. May the soul within us rest in God, above the reach of hatred, safe in love everlasting.

All: Amen.

Union of Saints – Historical Church Statement

The Union of Saints stands as a historical, women-founded, vegan, and peace-focused church, creating a world-first model of faith, education, and social engagement. Founded on principles of non-violence, compassion, and therapy, the Union of Saints pioneers a new paradigm of spirituality that integrates mind, body, and spirit wellness, while providing unique support for military members, veterans, and their families. We are saintly, yet we are free.

● Groundbreaking Female Leadership

- Women-founded, breaking barriers in spiritual and military leadership.

- Hosts a female retired military union chaplain, making military, legal, and church history.
- Inspires communities worldwide to embrace open-minded, ethical, and service-oriented guidance.

● **The First True Peace and Plant-Based Church**

- Globally recognized as the first fully vegan, therapy and peace-centered church.
- Truth speaking and nonviolence are central, rather than traditional scripture alone.

● **Innovative Programs and Experiences**

- Programs built from the ground up, integrating STEAM disciplines like flying, sailing, and practical skill-building.
- Focus on mind, body, and spirit wellness, holistic growth, and ethical living.

● **Interfaith and Interpath Philosophy**

- Welcomes diverse spiritual paths, including Wiccan, Buddhist, Quaker, and Christian traditions, and new American Spiritualities.
- Emphasizes peace education and contemporary spiritual development over scripture.

● **Military, Veteran, and Service Support**

- Provides specialized programs and services for military personnel and veterans, including:
 - Chaplaincy and pastoral care
 - Mediation, notary, and paralegal services
 - Leadership and community programs (e.g., Vet Farmers, Safe Harbor)
- Creates a world-first model of a female-led military chaplaincy within a peace-focused, vegan church, making history in faith, military, and legal realms.

● Addressing Modern Abuses

- Tackles issues like modern slavery, systemic injustice, and community empowerment, providing tools and frameworks for ethical engagement.

● Educational and Community Impact

- Programs such as Albatross Crew, Liberty Arts Network, Vet Farmers, Safe Harbor, and World Vegan Days integrate community service, education, ethical action, and leadership.

● Legal and Ministerial Innovation

- Offers mediation, notary, and paralegal services alongside spiritual and pastoral care.
- First church to integrate legal, social, and spiritual support, protecting members' rights and empowering ethical action.

● Historical Significance

- Women-founded, vegan, peace-centered, legally innovative.
- Spiritually inclusive, interfaith/interpath, Quaker-inspired meetings acknowledged.
- World-first female-led military chaplaincy in a church setting, pioneering both military and church history.
- Holistic programs combining education, ethics, wellness, and veteran support.

Empowering individuals, military members, and communities through peace, compassion, education, and holistic spiritual growth – the Union of Saints is making history.

Union of Saints – Historical Church Fact Sheet

● Founding & Leadership

- Women-founded, breaking barriers in spiritual and military leadership.
- Hosts a female retired military union chaplain, making military, legal, and church history.
- Interfaith & Interpath – Includes Wiccan, Buddhist, Quaker, Christian, and American Spiritual traditions.

● Core Identity

- First true peace and vegan church globally.
- Mind, Body, Spirit Wellness – Holistic spiritual and personal growth.
- Ethical, truth-speaking, and compassionate.

● Innovative Programs

- STEAM-Integrated Experiences: Flying, sailing, practical skill-building.
- Community Programs: Albatross Crew, Liberty Arts Network, Vet Farmers, Safe Harbor, World Vegan Days.
- Peace Education: Ethics, social justice, and contemporary spiritual development.
- Military & Veteran Services: Chaplaincy, support, mediation, legal guidance, and leadership development.

● Social Impact & Modern Relevance

- Addresses modern abuses, systemic injustice, and community empowerment.
- Provides tools, frameworks, and guidance for ethical and practical action.

● Legal & Ministerial Innovation

- Offers mediation, notary, and paralegal services alongside pastoral care.
- Combines legal, spiritual, and social support in a faith-based model.

● Historical Significance

- World-first true peace church.
- Women-founded, female-led military chaplaincy, making military, legal, and church history.
- Holistic programs integrating education, ethics, wellness, and veteran support.
- Spiritually inclusive, interfaith/interpath, Quaker-inspired meetings acknowledged.

“Empowering individuals, military members, veterans, and communities through peace, truth-speaking, therapy, compassion, education, and holistic spiritual growth – the Union of Saints is making history.”

Union of Saints Chaplaincy Guide

● Our Mission:

To provide compassionate spiritual care that honors the dignity and diversity of all individuals, fostering peace, love, and forgiveness within our community.

● What Is a Chaplain?

A chaplain is a trained spiritual companion who offers support, guidance, and presence during life's significant moments, be they joyful, challenging, or uncertain. Chaplains serve individuals of all faiths and backgrounds, providing a safe space for reflection, healing, and connection.

● Who Can Seek Chaplain Support?

Anyone in need of spiritual care, including:

- Individuals experiencing grief or loss
- Those facing illness or life transitions
- Anyone seeking meaning, purpose, or inner peace
- Members of the community in need of guidance or support

● Topics Appropriate for Chaplain Conversations:

Chaplains are here to listen and support you through various aspects of life, including:

- Spiritual Exploration: Questions about faith, purpose, and beliefs
- Emotional Well-being: Coping with stress, anxiety, or grief
- Life Transitions: Navigating changes such as moving, career shifts, or relationship changes
- Ethical Dilemmas: Seeking guidance on moral decisions or values
- Personal Reflection: Exploring one's identity, purpose, and aspirations

● How to Connect with a Chaplain:

- In Person: Visit our (currently online) community center during open hours
- Online: Reach out via our website at www.unionofsaints.world

Union of Saints – Comprehensive Support Proposal

To Our Valued Community Members,

The Union of Saints is committed to serving you, as a ministry as well as a professional support network dedicated to alleviating the burdens imposed by modern forms of oppression and relational strain. Modern slavery manifests in countless ways across personal, professional, and communal relationships, leaving many to navigate emotional, legal, and practical challenges alone.

We are here to remind you, you do not have to face these struggles alone. Our mission is to stand with you as a friend, guide, coach, or legal advocate, supporting you wherever your journey may take you.

Our holistic approach combines multiple areas of expertise:

- Therapist: Understanding and guiding you through the healing process, addressing emotional wounds and fostering resilience.
- Teacher: Facilitating learning, skill-building, and personal growth, empowering you to reclaim your voice and agency.

- Veteran: Offering insight and strategies for navigating challenges with courage and clarity, drawing from experience in disciplined action and advocacy.
- Professional Paralegal: Supporting your legal needs, ensuring that you are informed, prepared, and supported in any legal process that may arise.

We offer our services with compassion, discretion, and unwavering commitment, ensuring that every member of our community has access to the guidance and resources they need to reclaim power, find freedom, and thrive.

Yours in Service,

D. Cowdrey

Union of Saints

Union of Saints, Interconnectedness, Ripple Effects

1. Interconnectedness of Humanity

- Every person is part of a web of relationships, family, friends, colleagues, neighbors, society at large.
- When an individual suffers harm, others connected to them feel the impact emotionally, mentally, and often physically. For example, the abuse of a child affects parents, siblings, teachers, and friends.

2. Spiritual Perspective

- In many religious traditions, including Christianity, Judaism, and Islam, evil isn't just personal, it's communal.
- The idea is that the evil done to one person resonates in the spiritual "body" of the community.

3. Social and Psychological Impact

- When someone in a community is wronged, it can create fear, mistrust, and tension among others.
- People may feel unsafe, angry, or guilty for not preventing the harm.
- This effect can "contaminate" relationships and make the community less cohesive, less resilient, and more vulnerable to further harm.

4. Ethical Implications

- Recognizing this interconnected harm encourages communal responsibility.
- Protecting the vulnerable is a personal moral act, as well as a defense of the health and integrity of the whole community.
- In some spiritual frameworks, confronting evil (Satan or human perpetrators) is not only about justice for the individual but about restoring balance and harmony in the entire community.

5. Practical Examples

- A bully at school doesn't just harm the child targeted; it can erode the classroom environment and make other children feel unsafe.
- A corrupt official or unethical leader damages not only direct victims but also undermines trust and cohesion across the society.
- In spiritual terms, this is often framed as "sin against one is sin against all," emphasizing collective responsibility and collective healing.

So, when we say that harming one of us harms the community, it's a recognition that no person exists in isolation, our suffering is shared, our healing is shared, and our vigilance against evil protects everyone.

Expanded:

1. Evil as a Wound in the Spiritual Body

- In many spiritual traditions, the community is seen as a single living organism, a "body" with many parts (like the Apostle Paul describes in 1 Corinthians 12).
- When one member is harmed by evil (whether a person acting destructively or a force like Satan), it's not just a physical or emotional injury; it's a spiritual wound.
- This wound weakens the collective spirit, diminishes communal light, and can even make the whole community more susceptible to further harm.

2. The Ripple Effect

- Evil doesn't act in isolation. The moment harm is done:
 1. Fear spreads: Others sense danger, consciously or unconsciously.
 2. Trust erodes: Bonds between community members weaken.

- 3. Spiritual imbalance occurs: The harmony of the community, its moral and spiritual alignment—is disrupted.
 - Think of it like dropping a stone into a calm lake. The ripples reach every corner; one act of harm eventually reaches all.
- 3. Shared Responsibility
 - Because the community is spiritually interconnected, protecting one member is a sacred duty.
 - In theological terms, “to allow evil against one is to allow evil against all.”
 - Conversely, defending, comforting, or healing a harmed individual restores the spiritual integrity of the whole community.
- 4. Evil’s Larger Intention
 - Spiritually, forces of harm often target the individual to destabilize the community.
 - A tyrant, manipulator, or even the archetype of Satan seeks to wound the body but also to harm the spirit of the collective, spreading confusion, despair, and disconnection.
- 5. Communal Healing
 - Healing one member spiritually strengthens the entire network.
 - Acts of justice, compassion, prayer, or protection seal the spiritual wound and restore collective harmony.
 - Mystically, this is why saints, healers, and spiritual protectors focus on both individual and communal wellbeing—the two are inseparable.

Union of Saints, Moving Into Monastery

1. The “Monastery” as Metaphor

Moving into a monastery doesn't have to mean physically entering one. It can represent:

- Inner sanctuary: Creating a mental and emotional space where you are protected from harm, judgment, or chaos.

- Structured peace: Adopting routines and practices that cultivate calm, reflection, and self-discipline.
- Spiritual focus: Redirecting energy from external conflict toward inner growth, ethics, and connection to higher principles.

In essence, the monastery is a symbol of self-preservation, self-respect, and spiritual cultivation.

● 2. Moving into Self

This is about turning attention inward to reclaim autonomy and clarity:

- Recognizing boundaries: Identifying what is safe, nurturing, and supportive versus what is toxic or abusive.
- Cultivating inner resources: Meditation, prayer, journaling, mindfulness, and reflection are like the “walls and gardens” of your internal monastery.
- Detaching from harmful patterns: Separating your mind and heart from societal violence, gossip, judgment, or coercion.

The phrase “moving into self” is essentially moving into sovereignty over your own mind and energy.

● 3. Departing from Violent Society

This is both literal and symbolic:

- Literal: Physically or socially distancing yourself from people, environments, or systems that perpetuate harm.
- Symbolic: Rejecting internalized violence, anger, and aggression—choosing nonviolence in thought and action.
- Psychological safety: Protecting yourself from emotional and spiritual trauma, which is often invisible but deeply impactful.

Leaving violent society doesn’t mean abandoning the world entirely; it’s about choosing where and how you engage with it.

● 4. Entering a Spiritual Monastery

This is about cultivating inner peace and resilience, often in contrast to external chaos:

- Solitude and silence: Creating space for reflection and discernment, away from manipulation or abuse.
- Ritual and discipline: Even small daily practices can ground your energy and create predictability in a formerly unpredictable environment.
- Sacred ethics: Living in alignment with values such as compassion, justice, and nonviolence reinforces identity and purpose.

It's a conscious shift from reactive survival to proactive flourishing.

● 5. Departing from Abuse

The “monastery” metaphor is particularly powerful for survivors of abuse:

- Protection: You are no longer available as a target for harm.
- Healing: The environment, whether internal or external, supports restoration and self- nurturing.
- Empowerment: You reclaim control over decisions, boundaries, and relationships.
- Spiritual anchoring: Aligning with higher values helps counteract internalized shame or fear often implanted by abusers.

It is withdrawal, as well as strategic, self-preservation.

● 6. Integration

Moving into a spiritual monastery while departing from abuse is essentially:

1. Recognizing the violence around you.
2. Choosing intentional isolation or boundaries for safety.
3. Cultivating your inner life with discipline, reflection, and ethical alignment.
4. Rebuilding strength, clarity, and autonomy.

5. Returning to the world, if and when ready, from a place of sovereignty rather than fear.

A Guide to Your Spiritual Monastery: Departing from Abuse and Entering Inner Sanctuary

● Step 1: Recognize and Release

- Identify sources of harm: Name the people, habits, and environments that drain or endanger you.
- Acknowledge your experience: Validate your feelings of fear, grief, or anger. Suppressing them keeps you tethered to the past.
- Decide to leave: Even mentally or emotionally stepping back is a form of liberation.

Practice: Write a “departure declaration” for yourself, a note affirming that you are moving toward safety and peace.

● Step 2: Set Sacred Boundaries

- Physical boundaries: Limit or remove contact with those who are abusive. Change routines or spaces as needed.
- Emotional boundaries: Refuse guilt, blame, or manipulation from others.
- Digital boundaries: Protect your online presence and personal information.

Practice: Visualize a protective circle around yourself—a literal or metaphorical monastery wall that others cannot cross without permission.

● Step 3: Create a Safe Environment

- Physical space: A quiet corner, room, or small sanctuary in your home. Decorate it with items that promote calm and reflection.
- Energetic space: Reduce noise, clutter, and chaos in daily life. Use music, incense, or lighting to support calm.

- Routine: Establish predictable rhythms for sleep, meals, work, and reflection. Predictability builds security.

● Step 4: Turn Inward

- Meditation & mindfulness: Sit in silence daily, observing thoughts without judgment.
- Journaling & reflection: Write down fears, anger, gratitude, and insights.
- Inner dialogue: Talk to your “higher self” or spiritual guide. Ask, “What do I need to feel safe and strong?”

Practice: Create a daily “monastery ritual,” even if it’s only 10–15 minutes, to reconnect with yourself.

● Step 5: Reclaim Your Power

- Physical empowerment: Gentle exercise, breathwork, or yoga strengthens mind-body connection.
- Mental empowerment: Learn skills, read empowering books, or study ethical and spiritual teachings.
- Emotional empowerment: Process trauma with therapy, support groups, or trusted allies.

Practice: Make a list of qualities you want to cultivate—courage, calm, compassion, clarity— and consciously practice them.

● Step 6: Cultivate Spiritual Alignment

- Ethical living: Let your actions reflect your values—honesty, nonviolence, kindness.
- Prayer or meditation: Connect to higher principles, the divine, or universal wisdom.
- Service: Small acts of care for others can anchor your morality and purpose without compromising your safety.

Practice: Begin each day with a simple intention: “Today, I act from my highest self.”

● Step 7: Reintegrate Gradually

- Choose your engagements carefully: Reenter the world selectively, prioritizing relationships and activities that honor your boundaries.
- Stay anchored: Even in chaos, return mentally and spiritually to your monastery space.
- Monitor energy: Notice when you feel drained or unsafe, and retreat back into your sanctuary practices.

● Step 8: Honor the Journey

- Acknowledge setbacks without shame: Growth is nonlinear; each challenge is a teacher.
- Maintain your monastery as a living space: Your inner sanctuary is lifelong, not temporary.

● Visual Map of the Spiritual Monastery

1. The Outer Walls – Boundaries

- Symbolism: Protection from harm and chaos.
- What's inside the walls: Only what aligns with your safety, peace, and values.
- Practical equivalent: Physical boundaries (space, distance from abusers), digital boundaries, emotional boundaries.
- Visualization practice: Imagine a glowing wall around you, permeable only to people, ideas, and energy you consciously allow.

2. The Courtyard – Daily Life & Routine

- Symbolism: Space for movement, practice, and observation.
- What's inside: Daily rituals, exercise, mindfulness practices, journaling.
- Purpose: Strengthens autonomy, rhythm, and grounding.
- Tip: Even a 10–15 minute courtyard “walk” or meditation in this space re-centers you.

3. The Meditation Hall – Inner Reflection

- Symbolism: Heart of the monastery; sacred space for clarity.

- Practices: Meditation, prayer, breathwork, contemplation.
 - Purpose: Observing thoughts, healing trauma, connecting with higher self or divine principles.
 - Visualization: Imagine sitting in a serene hall with light streaming in; each breath clears fear and tension.
- 4. The Library – Knowledge & Empowerment**
- Symbolism: Mind and wisdom.
 - Contents: Books, teachings, skills, therapeutic exercises.
 - Purpose: Mental growth, empowerment, and moral/spiritual alignment.
 - Practical tip: Study materials that help you understand abuse, personal autonomy, ethics, or spiritual teachings.
- 5. The Garden – Emotional Nourishment**
- Symbolism: Growth, healing, and resilience.
 - Contents: Gratitude practice, creative expression, connection with nature.
 - Purpose: Cultivates joy, patience, and emotional grounding.
 - Exercise: Plant a small herb, flower, or symbolic “seed” each day representing something you are healing or growing.
- 6. The Sanctuary – Sacred Alignment**
- Symbolism: Core of spiritual practice and moral anchoring.
 - Contents: Ethical living, prayer, service, alignment with values.
 - Purpose: Keeps actions consistent with inner truth; anchors peace and integrity.
 - Tip: Begin the day by setting an intention for integrity, compassion, and self-protection.
- 7. The Gateways – Reentry & Engagement**
- Symbolism: Carefully controlled access to the external world.
 - Purpose: Selective interaction, social engagement, and application of inner mastery.
 - Practice: Before engaging with the outside world, visualize passing through a gate where only aligned energy is allowed in; retreat if energy feels unsafe.

8. The Inner Watchtower – Self-Observation & Safety

- Symbolism: Constant vigilance without fear; awareness of internal and external threats.
- Practice: Regular self-check-ins, monitoring thoughts, emotional state, and energy.
- Purpose: Early detection of manipulation or triggers, maintaining sovereignty over your mind.

● How to Use the Map Daily

1. Morning Walkthrough: Mentally visit each zone, setting intention for the day.
2. Midday Check-in: Pause in the courtyard or garden to restore energy.
3. Evening Reflection: Sit in meditation hall or sanctuary to review actions, release tension, and reinforce boundaries.
4. Weekly Expansion: Add a “room” or symbolic element as needed (e.g., creativity studio, therapy chamber).

Union of Saints

Reconciling with the War, Within and Without

War does not end when troops return home. Its echoes reverberate within our minds, our bodies, and our communities. The battlefields overseas leave their mark in our memories, while the conflicts here, political, social, cultural, and even within our own families, create wars of their own.

Psychological wellbeing is strained when we are asked to hold both, the memory of violence abroad and the turmoil of discord here. The nervous system learns to live on edge, scanning for danger, bracing against harm. Sometimes, even in peace, the war within us continues.

To reconcile with the war is not to pretend it never happened, nor to deny its impact. Reconciliation begins with acknowledgment: naming what was lost, what was broken, what remains unresolved. From there, we practice gentleness with ourselves and one another. We find spaces of safety and rituals of grounding, breathing deeply, listening deeply, learning to trust that not every sound is a threat.

Moving forward doesn't mean we have to forget, but it means choosing life, even in the shadow of loss. It means allowing ourselves to find beauty again, to connect again, to laugh, to weep, to remember without being destroyed by the remembering.

We move forward best when we walk together, veterans and civilians, families and strangers, those who have visible scars and those who carry hidden ones. Healing is communal as much as it is individual. By tending to each other with compassion, by honoring both the resilience and the fragility of our spirits, we lay down the weapons we hold inside.

The war may never fully leave us, but we can choose to walk toward peace, one step, one deep breath, one shared story at a time.

Union of Saints, Territorial Prayer

Territorial prayer in the U.S. often refers to people or groups declaring ownership of land, cities, or regions in a spiritual sense, “claiming” them for their faith. While this practice may feel empowering within a specific religious culture, it can create tension in a pluralistic society like America. Here’s why:

● Why It’s Problematic in American Culture

1. Disrespect for Diversity

- The U.S. is built on a foundation of religious freedom. When one group attempts to spiritually dominate a space, it disregards the beliefs, energies, and practices of others sharing that same space.
- Instead of honoring coexistence, it implies hierarchy: “Our faith has authority here, yours does not.”

2. Cultural Overreach

- Unlike in other countries where religious homogeneity is more common (e.g., majority-Muslim nations where territorial religious practice is part of the culture), America is diverse.
- Loud, territorial declarations go against the cultural norm of respecting boundaries and letting each group live authentically without interference.

3. Spiritual Energy Imbalance

- Declaring territories disregards the natural and historical energy already present in the land—be it Indigenous traditions, local spiritual practices, or the quiet reverence of others.
- It imposes noise and dominance instead of balance and harmony.

4. Contradiction with American Values

- Territorial prayer can unintentionally mimic colonialism, staking claims, imposing beliefs, and ignoring what already exists.
- True American values are grounded in pluralism, dialogue, and freedom, not spiritual conquest.

Contrast With Other Cultures

- In Muslim-majority nations, religious practices are embedded into public space with collective acceptance, and outsiders usually respect those boundaries without interference.
- In the U.S., however, the expectation is not to create monopolies over spiritual space but to honor diversity.

The issue is not with prayer itself, but with 🙌 the territorial aspect. Prayer that uplifts, blesses, or heals can unite. Prayer that claims, dominates, or excludes divides.

When religious groups march through the streets declaring territorial ownership through prayer or loud demonstrations, it can create several negative effects on Americans and their culture. Here are the main ones:

1. Erosion of Pluralism

- America thrives on the principle that no single religion dominates public life.

- Territorial marches imply, “This land is ours spiritually,” which sidelines or erases the presence of other faiths, spiritual traditions, and non-religious Americans.
- This undermines the very fabric of cultural coexistence.

2. Psychological Impact on Communities

- Residents may feel excluded, pressured, or even threatened when religious groups claim spiritual dominion over shared spaces.
- For many, public streets are neutral civic ground, not an arena for religious conquest.
- This can foster resentment, fear, or mistrust rather than unity.

3. Cultural Noise & Disruption

- American culture emphasizes individual freedom, respect for personal space, and quiet coexistence.
- Loud territorial marches disrupt the balance of neighborhoods, introducing conflict rather than harmony.
- Unlike celebratory parades that include everyone, territorial prayer often communicates dominance, not inclusion.

4. Historical Parallels to Colonization

- Declaring spiritual ownership over land mirrors patterns of colonization, where indigenous spiritual practices were overwritten.
- For many Americans, especially Indigenous communities, this can reopen wounds of cultural erasure and forced assimilation.

5. Division Instead of Unity

- Rather than being uplifting, these displays can feel like spiritual warfare being waged in the streets.
- They reinforce “us vs. them” dynamics, which are contrary to America’s pluralistic values of live-and-let-live.

6. Weakening of True Spiritual Energy

- Authentic spirituality uplifts, heals, and unifies.
- Territorial prayer done in public as a loud demonstration often dilutes sacred energy, turning it into performance or domination.

- It can cause many Americans to view religion itself as intrusive, disrespectful, or controlling, damaging the reputation of faith traditions.

 In short: When territorial religious groups march through American streets, it doesn't strengthen culture, it weakens it by creating exclusion, cultural noise, and division where there should be balance, respect, and freedom.

The Territorial Prayers That Go Against the Grain of The American Spirit

1. Marching and Parades as American Spiritual-Cultural Practice

- In the U.S., parades and marches are rituals of identity, celebration, and collective spirit.
- Independence Day parades honor freedom and unity.
- Civil rights marches embody justice and equality.
- Local parades (Thanksgiving, Memorial Day, Pride, homecoming) weave community bonds.
- These traditions are sacred in their own way, grounded in community spirituality, patriotism, and societal joy.

So when another group marches not to celebrate with, but to claim over, it violates a cultural and spiritual code.

2. Why It Feels Like an Accosting

- Shared space suddenly feels dominated: Public streets are seen as neutral territory belonging to everyone equally. A territorial march shifts that, saying "This space is ours."
- The tone is combative, not celebratory, instead of joy, music, or shared symbols, it can feel like an imposition or declaration of war.

- No consent from the community: American parades usually have community buy-in, permits, and shared understanding. Territorial marches bypass cultural consent.

3. Why It Feels Like Invasion

- Invasion is physical, cultural and spiritual.
- Territorial declarations echo conquest and colonization, one group planting a flag, spiritually or otherwise, where many diverse people already live.
- To Americans, this resonates as foreign and hostile, because culturally, marches are supposed to unify, not divide.

4. Why It Can Feel Like Terrorism

- Terrorism isn't just about violence, it's about creating fear, shock, and intimidation in everyday life.
- When spiritual "warfare" is carried into the streets, it unsettles people in their daily spaces.
- The intent (to dominate spiritually) combined with the public display (loud, uninvited) can cause a psychological shock, as if the territory itself has been spiritually attacked.

5. The Cultural Wound

- Americans honor their parades as life-affirming, celebratory, or justice-seeking events.
- When territorial prayer groups march, it flips that cultural meaning into something oppressive.
- Instead of strengthening the collective spirit, it erodes trust, respect, and the safety of shared civic rituals.

 In summary: For Americans, parades and marches are sacred civic-spiritual traditions. When religious territorial groups march on their streets, it doesn't feel like devotion—it feels like disruption, invasion, and sometimes even terror. It violates the cultural expectation that marches uplift community spirit, instead turning them into acts of dominance.

Respecting the American Spirit is not an option, but an obligation for foreign newcomers. Americans will welcome others as long as their cultural boundaries are respected, but her revolutionary culture lives on. Please do not disregard her spirit.

Union of Saints, Trust Building Exercises

1. Open Communication Exercises

Goal: Increase honesty, understanding, and emotional transparency.

- Daily Check-In
 - Set aside 5–10 minutes each day to share how you feel and what's on your mind.
 - Use prompts like: "One thing I appreciated about today..." or "One thing I found challenging today..."
- Active Listening Drill
 - Take turns speaking for 2–3 minutes while the other only listens and then repeats back what they heard.
 - Avoid interruptions or advice; just reflect understanding.
- Express Appreciation
 - Each person shares one thing they genuinely appreciate about the other.
 - Builds positivity and reinforces reliability.

2. Reliability & Consistency Exercises

Goal: Build trust through actions, not just words.

- Small Promises Challenge
 - Make a small, achievable promise (e.g., text at a certain time, do a chore) and follow through consistently.
 - Gradually build toward bigger commitments.
- Transparency Practice
 - Share plans, schedules, or decisions openly.
 - Example: "I'll be at work until 6, then I'll text when I leave."

- Check-In Accountability
 - Agree on a shared habit or goal and hold each other accountable in a supportive, non-judgmental way.

3. Vulnerability Exercises

Goal: Strengthen emotional intimacy and empathy.

- Fear & Hope Sharing
 - Take turns sharing a personal fear or hope.
 - Practice validating and supporting without judgment.
- Past Reflection
 - Share a past experience that shaped your values or perspective.
 - Builds understanding of each other's motivations and triggers.
- Support Requests
 - Ask for help in a small, non-critical way and follow through on supporting the request.

4. Conflict & Resolution Exercises

Goal: Build trust in how disagreements are handled.

- Fair Fighting Rules
 - Agree to rules like no yelling, no interrupting, focus on current issues, and taking breaks if needed.
- Problem-Solving Together
 - Identify a minor conflict and work together on a solution without blame.
 - Reflect afterward on what worked well and what could improve.
- Role Reversal
 - Each person expresses the other's perspective in their own words during a disagreement.
 - Builds empathy and reduces defensiveness.

● 5. Fun & Connection Exercises

Goal: Strengthen relational bonds in low-stress settings.

- Shared Projects
 - Cook together, start a hobby, or work on a creative project.
 - Shared goals increase collaboration and trust.
- Weekly “Adventure” or Quality Time
 - Plan an activity where you explore, laugh, or learn together.
 - Builds positive shared experiences.
- Gratitude Circle
 - Once a week, each person names something they appreciated about the other that week.

● Key Principles for Trust-Building

1. Consistency Matters – Small repeated actions are more powerful than grand gestures.
2. Vulnerability Is Reciprocal – Share and allow others to share without judgment.
3. Boundaries Are Respectable – Trust grows when boundaries are honored.
4. Conflict Can Strengthen Trust – When handled respectfully, disagreements reinforce safety.
5. Patience Is Crucial – Trust takes time, especially if past hurt exists.

Union of Saints, Your More~French Church

Ah, the French, the true maestros of flirtation! In France, flirting isn’t just a pastime; it’s practically an art form. It’s a dance, a playful duel of words and glances, where charm, wit, and just the right tilt of an eyebrow do more than speak, they sing. It’s beautifully spirited, it’s human.

Young men and women naturally crave the vitality of life, the energy, the excitement, the thrill of connection. To show a little skin, to feel the sun on your shoulders, to walk with pride in your own body... these are not crimes; they're celebrations of life itself. Our spirits long for this freedom of self, to express, to attract, to flirt, to laugh. Because let's be honest, there's joy in playful pursuit, in the spark of mutual admiration, in the knowing smile exchanged across a café table.

Historically, society often clamped down on this zest for life. Women were fined for wearing short shorts; a modest misstep could become a public scandal. Yet humans are resilient, and these small rebellions, showing skin, owning beauty, embracing vitality, were little acts of liberation. Today, of course, there's context: professional settings, schools, certain formal occasions require boundaries. But outside of those walls? Life is your canvas, and freedom is your brush.

And let's not confuse freedom with chaos. There's an art to respect, a dance to etiquette, a joy in acknowledging others even as we express ourselves. But within those bounds, the world becomes a playground. To laugh, to love, to feel the breeze on bare skin, to chase a glance or a smile...these are the memories that color a life rich with happiness.

So, yes, let's admire the French approach. Let's embrace flirting, beauty, and vitality as healthy, human, exuberant expressions of life. Let's honor our bodies, our passions, our spirits. Life is too short to live timidly. Freedom is sweet, play is sacred, and flirtation? Well, it's just the universe winking at us, reminding us to enjoy every dazzling, ephemeral moment.

US, The Soul & Creative Darkness

The soul delights in creative darkness, for it is drawn to depth! Not to be confused with shallow, dimming, destruction. Darkness here is not evil, nor the chaos of emotions wielded to wound others, it is the fertile mystery where art, imagination, and spirit intertwine. Without the dark we would of course not see the stars! Nor the light from our healing, warming candles. We would not see the luminous moon phases.

Humans require darkness, for perfect rest & spiritual retreat!

In honoring traditions like Halloween, the dark side of the moon, and life's eerie corners, we celebrate the play of shadow. These moments invite us into exploration, to feel alive, to revel in the thrill of mystery, and to embrace life in all its joy, wonder, and excitement. We invite US members to enjoy the creative, the fun, the spiritual and to enjoy the spooky!

Wishing all a very beautiful Autumn season,
and Happy Halloween.