

UNION OF SAINTS

Racism, Culture and Human Relations

Healing

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Union of Saints, Castle of Defamation vs. Castle of Normalcy

● The Castle of Defamation

- Walls: Built of rumors, lies, and distorted narratives. They shut out truth and transparency.
- Towers: Gossip, exaggeration, and public shaming—used to surveil and attack.
- Moat: Fear and isolation, keeping the “accused” trapped inside with no easy way to cross back to dignity.
- Guards: Opportunists and bystanders who reinforce the harmful story, whether knowingly or not.
- Atmosphere: Toxic, heavy, suspicious—thrives on spectacle and destruction of reputation.
- Impact: Erases humanity, locks people in an identity not of their own making, and destabilizes community trust.

● The Castle of Normalcy

- Walls: Built of consistency, truth, and everyday dignity—strong, but not suffocating.
- Towers: Trust, accountability, and open dialogue—watching for threats without weaponizing perception.
- Moat: Healthy boundaries that keep harm out, but still allow bridges for reconciliation and repair.
- Guards: Compassion, fairness, and due process—ensuring everyone is treated with care.
- Atmosphere: Safe, breathable, grounded—life can go on, with space for mistakes and growth.
- Impact: Protects humanity, preserves reputations unless real harm is proven, and fosters community stability.

“Exposing People,” Cancel Culture

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When people talk about “exposing” someone or “cancel culture” in a legal sense, what they’re usually describing overlaps with several areas of law:

1. Defamation (Libel & Slander)

- Definition: Making false statements of fact about a person that harm their reputation.
- Libel = written defamation (online posts, articles, etc.).
- Slander = spoken defamation (videos, speeches, conversations).
- Why it matters legally: If what is being “exposed” is untrue, the person being targeted may sue for damages.

2. Invasion of Privacy

- Definition: Publicizing private facts about someone that are not of public concern and would be offensive to a reasonable person.
- Example: Posting someone’s medical records, private DMs, or intimate photos.
- Why it matters legally: Even if the information is true, sharing it without consent may violate privacy laws.

3. Harassment / Cyberbullying / Stalking

- Definition: Repeated, targeted conduct intended to intimidate, threaten, or emotionally harm someone.
- Why it matters legally: Many states have laws against cyberharassment and stalking. If “cancel campaigns” cross into targeted threats, doxxing, or relentless attacks, it may be criminal.

4. Tortious Interference

- Definition: Intentionally damaging someone’s professional or business relationships.
- Example: Organizing a boycott with false claims that someone is abusive when there’s no evidence.
- Why it matters legally: If false accusations cost someone their job, income, or contracts, they may have grounds to sue.

 So why is “exposing” people or cancel campaigns potentially against the law? Because the First Amendment protects opinions and truthful statements, but:

- If it’s false → defamation.
- If it’s private → invasion of privacy.
- If it’s targeted harassment → harassment/stalking.
- If it’s economic sabotage with lies → tortious interference.

In short: Truthful opinion ≠ illegal. Falsehoods, private info leaks, and harassment ≠ protected speech.

Illegal Cancel Culture Behaviors

1. Defamation (False Claims)

- What it is: Publishing false statements of fact that harm someone’s reputation.
- Example: Saying someone is a child predator, racist, or abuser without evidence.
- Why it’s illegal: Defamation is a civil wrong (tort). Victims can sue for damages like lost job opportunities, emotional distress, etc.

2. Invasion of Privacy

- What it is: Publicizing someone’s private life when it’s not of public concern.
- Example: Posting leaked medical info, home address, intimate images, or private DMs.
- Why it’s illegal: Even if true, private facts are legally protected. Doxxing and revenge porn laws often fall here.

3. Harassment / Cyberstalking

- What it is: Coordinated or repeated behavior intended to threaten, intimidate, or cause distress.
- Example: Mass-targeting someone with hateful messages, threats, or encouraging mobs to attack them.
- Why it’s illegal: Harassment and cyberstalking are criminal offenses in many states.

4. Tortious Interference (Economic Harm)

- What it is: Deliberately damaging someone's business or professional relationships through lies.
- Example: Contacting someone's employer with false allegations to get them fired.
- Why it's illegal: The law protects people from intentional sabotage of their livelihood.

5. Extortion / Blackmail

- What it is: Threatening to release damaging information unless the target complies with demands.
- Example: "Apologize publicly or I'll post your private photos."
- Why it's illegal: Extortion and blackmail are crimes under state and federal law.

Key Distinction

- Protected Speech: Sharing truthful information, or expressing opinions ("I don't like their views").
- Unprotected / Illegal Speech: False statements, harassment, privacy violations, blackmail, or inciting a mob to attack.

Hate Culture: What It Is

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Hate culture begins with individual prejudice that forms a collective dynamic where anger, cruelty, or exclusion becomes normalized, rewarded, or even celebrated. It thrives on:

- Us vs. Them thinking → reducing people to labels and enemies.
- Scapegoating → blaming individuals or groups for problems.
- Dehumanization → mocking, dismissing, or denying others' dignity.
- Group reinforcement → hate spreads because belonging in the group feels safer than being excluded.
- Cycles of retaliation → hurt creates more hate, feeding the spiral.

When hate becomes culture, people stop questioning it. It can show up in families, workplaces, religious spaces, politics, and online communities.

● Why Hate Culture Is So Dangerous

- It shrinks the soul: we become smaller, more fearful, more reactive.
- It poisons communities: trust erodes, cooperation collapses.
- It feeds manipulation: leaders or abusers can control groups by stoking hate.
- It numbs compassion: once we normalize cruelty, kindness looks “weak.”
- It multiplies suffering: those who spread hate carry bitterness, while those targeted carry trauma.

● The Higher Road: Spirit Over Hate

Moving away from hate culture isn't just “being nice.” It's choosing a spiritual path of expansion:

1. Transcendence

- Refusing to stay in the mud of conflict.
- Not denying reality, but lifting it to a higher perspective.
- Example: Instead of joining gossip, you step back and refuse to participate.

2. Alignment with Spirit

- Spirit = love, truth, clarity, freedom.
- Spirit grows where hate shrinks.
- Choosing spirit means choosing not to let external cruelty dictate your internal state.

3. Detachment from cycles

- Refusing retaliation or revenge.
- Understanding that feeding the cycle only deepens the wound.

4. Witnessing & compassion

- Seeing hate for what it is: woundedness expressing itself destructively.
- Offering compassion doesn't mean excusing harm, but recognizing that hate reflects fear and lack of love.

5. Creating new culture

- Replacing hate with practices of generosity, respect, and service.
- Modeling what community looks like when built on love.

● Why This Is the Best Practice

- Spirit heals — hate corrodes: every choice for peace builds resilience in your heart.
- You break the cycle: stepping out of hate means you no longer fuel it.
- You protect your dignity: refusing to sink means your soul stays intact.
- You inspire others: one person choosing spirit can shift entire groups.
- You stay free: hate binds you; spirit liberates you.

● Practical Ways to Step Away from Hate Culture

- Recognize the bait: notice when conversations or groups are pulling you into bitterness.
- Pause before reacting: a breath, a prayer, or a mantra like “I choose higher.”
- Set clear boundaries: you don’t need to stay in spaces that normalize cruelty.
- Surround yourself with spirit: choose communities that uplift rather than tear down.
- Practice “opposite action”: when others mock, you affirm; when others hoard, you share.
- Return to grounding practices: meditation, prayer, nature, music, ritual.

● A Guiding Reflection

Hate says: “Protect yourself by destroying others.” Spirit says: “Protect yourself by standing in love, and no destruction can bind you.”

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Hispanic Racism Against Caucasians

“A New Normal” During Mass Cartel Violence, Civil War & Historic Invasion

1. Understand What’s Happening

- Racism is prejudice + power dynamics, but discrimination based on race or ethnicity is unlawful in many contexts regardless of who it comes from.
- If the Hispanic woman’s behavior toward you involves derogatory comments, exclusion, harassment, or unequal treatment because of your race, that is racial discrimination.
- You don’t need to minimize your experience — discrimination against Caucasians is still discrimination.

2. Respond in the Moment (if safe)

- Stay calm, don’t mirror aggression.
- Use clear, boundary-setting language if possible:
- “That comment was inappropriate.”
- “I want to be treated with respect.”
- If it feels unsafe, disengage instead of escalating.

3. Document Everything

- Write down what happened, when, and where.
- Save texts, emails, or recordings (if legal in your state).
- Note any witnesses.
- Documentation is critical if you decide to file a complaint.

4. Take Action Depending on Context

- Workplace:
 - Report to HR or a manager.
 - Companies are required to investigate racial harassment claims.
 - Title VII of the Civil Rights Act protects you from racial discrimination regardless of your race.

- Public setting (school, business, government services):
 - File a complaint with the organization or agency.
 - Many states have civil rights commissions to handle racial discrimination complaints.
- Serious harassment or threats:
 - If it crosses into intimidation or physical threat, you may file a police report.

5. Care for Yourself

- Racism is stressful — even if others downplay it because you're Caucasian, your experience is still valid.
- Talking with trusted friends, a counselor, or support networks can help process the emotional weight.

Legal Note:

- Under U.S. civil rights laws (like Title VII, §1981, and state equivalents), discrimination and harassment based on race are illegal no matter the race of the victim.
- If this affected your job, education, housing, or access to services, you may have a legal discrimination claim. Contact US or www.cowdreyfirm.com for assistance.

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How To Handle An Aggressor At Work

1. Assess the Aggression

- Types of aggression: Verbal hostility, intimidation, undermining, exclusion, gossip, physical posturing, or more subtle harassment.
- Pattern vs. incident: Is it a one-off bad day, or repeated behavior? Repetition matters for HR and legal remedies.
- Intent vs. impact: Even if the aggressor claims they “didn’t mean it,” the impact on you is what counts in workplace policy.

2. Respond in the Moment (If Safe)

- Stay calm, control tone. Don't mirror aggression.
- Use clear, neutral language to set boundaries:
- "I don't appreciate being spoken to this way."
- "Let's stay professional and focus on the task."
- If escalation seems likely, disengage instead of pushing back right there.

3. Document Everything

- Keep a dated log: what was said/done, when, where, witnesses.
- Save emails, messages, or any written record.
- This becomes crucial if HR or legal action is needed.

4. Escalate Through Workplace Channels

- HR / Supervisor: Most companies require reporting harassment or aggression.
- Formal complaint: Many workplaces have anti-harassment or anti-bullying policies that protect you.
- Legal protections: If aggression is tied to race, gender, age, disability, or other protected traits, it can fall under discrimination law (e.g., Title VII in the U.S.).

5. Protect Your Role and Reputation

- Keep professionalism high, even if they don't.
- Avoid engaging in gossip or counterattacks.
- If others are witnessing the behavior, quietly enlist allies who can corroborate events if needed.

6. Safety First

- If aggression escalates into threats or physical intimidation, involve security or law enforcement.
- You never have to tolerate threats in the workplace.

7. Long-Term Strategies

- Conflict resolution: Some workplaces offer mediation. This can work if the aggression is low-level but chronic.
- HR follow-through: Insist on written outcomes of complaints.

- Mental health: Aggression at work is draining; counseling or employee assistance programs can help.
- Exit planning: In cases where leadership tolerates or ignores aggression, sometimes the healthiest option is planning a transition out.

 **Key Principle: You are not responsible for “fixing” an aggressor’s behavior. Your responsibility is to protect your wellbeing and career by documenting, reporting, and maintaining professionalism while the organization enforces its obligations.**

Union of Saints can help you document your case and serve as your witness, though we are legal advocates, we cannot offer legal advice at this time, however, for a small donation, we can offer pastoral counseling.

Union of Saints, Humanizing vs. Dehumanizing

● Humanizing Conversations

- Language of recognition: Acknowledges the person’s humanity, experiences, and feelings (“I hear you,” “That must be difficult”).
- Respectful framing: Talks to people, not about them as objects or stereotypes.
- Curiosity, not judgment: Seeks to understand instead of assuming.
- Empowerment: Encourages agency and dignity.
- Connection-building: Words foster trust, safety, and shared humanity.
- Impact: Can prevent despair, reduce conflict, and literally save lives.

● Dehumanizing Conversations

- Language of erasure: Ignores or dismisses lived experience (“That doesn’t matter,” “You’re overreacting”).
- Stereotyping / objectification: Reducing someone to a label, category, or single action.

- Weaponization of words: Using speech to shame, humiliate, control, or intimidate.
- Othering: Treating someone as “less than” or outside the circle of worth.
- Disconnection: Creates alienation, fear, and resentment.
- Impact: Can worsen isolation, escalate violence, and contribute to loss of hope or life.

Humanizing vs. Dehumanizing Conversation Checklist

Ask Yourself Before / During / After Speaking:

1. Recognition

- Am I treating this person as a full human being, with feelings and needs?
- Or am I reducing them to a problem, label, or stereotype?

2. Tone & Framing

- Am I speaking with them (dialogue) or at/about them (monologue/gossip)?
- Does my tone convey respect, or does it diminish?

3. Intent vs. Impact

- Is my intention to connect, support, or clarify?
- Could my words land as shaming, silencing, or threatening instead?

4. Curiosity

- Am I asking open, curious questions to understand?
- Or am I making assumptions and closing off their story?

5. Empowerment

- Does what I’m saying affirm their agency and dignity?
- Or does it strip away their voice, choice, or self-worth?

6. Connection

- Am I building trust and safety?
- Or am I creating distance, fear, or alienation?

● Quick Humanizing Language Swaps

Instead of... Try... “You’re overreacting.” “I hear that this feels big for you. Can you tell me more?” “That’s just who you are.”

“I see this is part of your experience, but I know you’re more than one moment.”

“Calm down.” “I want to understand what’s upsetting you.” “People like you...” “You, as you are...”

Modern Gang Fights

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- Multiple participants (not always formal “gang members” — may be youth crews or loosely affiliated groups).
- Public places: streets, parks, schools, clubs, sporting events, or online-organized meetups.
- Weapons: fists, knives, bats, pipes, sometimes firearms, verbal assault.
- Digital coordination: fights organized or broadcast on social media, with videos used as evidence (and as tools for shaming/retaliation).
- Group dynamics: crowd mentality raises risk of escalation, bystander harm, and secondary injuries.

Because of these features, modern gang fights present immediate physical danger and long- term legal and social consequences — so prioritize safety, documentation, and legal help.

● Immediate safety steps (first 0–24 hours)

1. Get to a safe place now. Leave the area immediately; go to a public, well-lit place, a police station, hospital, or a trusted person’s home.
2. Call emergency services if anyone is injured or there’s an ongoing threat — 911 in the U.S. Describe location, injuries, and whether weapons were used.
3. Do not confront or pursue perpetrators. Avoid retaliation — that can lead to criminal charges and more danger.

4. Seek medical attention for any injury. Even minor wounds should be checked and documented. Medical records are crucial evidence.
5. Preserve evidence: keep your clothing, don't wash bloodstains, take time-stamped photos of injuries, scene, and property damage as soon as it's safe.
6. Note witnesses: get names and phone numbers if possible (or ask someone to be a witness). Bystander video often helps; ask politely if someone will share footage.
7. Record details: date/time/place; descriptions of attackers (clothing, tattoos, vehicles, license plates); what was said; sequence of events. Write it down while it's fresh.

Reporting & documentation (legal foundation)

1. File a police report — be factual, include names of witnesses, and give them any photos/videos. If police won't take a report in person, try an online report if available and get the report number.
2. Preserve digital evidence:
 - Screenshot videos/posts (include URL/time).
 - Save original files when possible; record metadata (time/date).
 - Consider asking witnesses to upload original video to a cloud folder and share the link.
3. Medical documentation: keep all ER/clinic records, photos of injuries, prescriptions, and follow-up notes.
4. Document financial losses: ambulance, medical bills, lost wages, damaged property.
5. Consider an independent witness statement — a signed, dated account from anyone who saw the event.

Legal remedies & civil options

- Criminal charges: Prosecutors may charge assault, aggravated assault, weapons offenses, group/organized crime statutes. Your police report and medical records help.

- Restraining / protective orders: If you can identify individuals who threaten you, you may pursue protective orders. Rules vary by state — an attorney or victim advocate can help.
- Civil suit: You may have a claim for assault/battery, negligence (if a property owner permitted a dangerous situation), or negligent security. Consult civil counsel.
- Juvenile court: If perpetrators are minors, juvenile justice or school discipline processes can apply.
- Failure to act claims: If the fight happened on employer/school property and the institution ignored known dangers, there may be employer/school liability (hostile environment, negligent security).

What to tell police / sample report summary (short template)

Use this when filing or later when working with an attorney:

Summary: On [DATE] at approximately [TIME], at [LOCATION], I was assaulted by [number/description of attackers]. [Describe who did what — e.g., “Person in black hoodie struck me with a bat, causing laceration to my left forearm.”] Witnesses include [names / phone numbers]. I sustained injuries requiring [medical treatment]. Attached: photos, medical records, witness statements, screenshots of social media posts showing the fight.

Non-legal but essential supports

- Victim services / victim advocate — many police departments, courts, and hospitals have victim advocates who guide you through reporting, protective orders, and compensation programs.
- Local crisis centers and trauma counselors — for emotional support, PTSD prevention, and documentation (therapist notes can support damages claims).
- Community organizations: faith groups, neighborhood associations, and anti-violence NGOs can help safety-plan and provide safe spaces. Your Union of Saints minister might be a direct resource here.
- Hotlines: for immediate emotional support or referrals (varies by country — in the U.S., 988 for suicide/crisis; local hotlines for violence/trauma).

● Safety planning (short & long term)

- Immediate plan: trusted contacts, safe routes, someone to call if you leave work/school, alternate transportation.
- Digital hygiene: change passwords, review social media privacy, consider limiting location sharing. Don't post your location publicly while tensions are high.
- Relocation: if threats persist, consider temporary relocation with friends/family or shelters.
- Restrict contact: block aggressors on social media and phones; document every contact after blocking.
- Work/school notifications: report to HR or school administrators so they can take protective measures (escorts, changes in schedules, suspension of perpetrators, etc.).

● If it happened at school, college, or work

- School: Notify administrators, Title IX coordinator (if gender-based), and request security and academic accommodations. Schools must investigate under anti-bullying and safety policies.
- Work: File an HR complaint and ask for interim safety measures (schedule changes, security escort). Keep copies of the complaint and any employer responses.
- Collective evidence: gather other victims/witnesses — multiple reports strengthen institutional obligations to act.

● When to get an attorney

- Severe injury, recurring threats, weapons used, or institutional inaction.
- If you want to pursue a civil claim for damages or need help securing injunctions/protective orders.
- If the suspect is known and you fear retaliation — lawyers can help coordinate with law enforcement and victim protection programs.

● Avoid these common mistakes

- Don't ignore medical care — untreated injuries hurt both your health and your legal claims.
- Don't delete digital evidence (photos, messages, posts).
- Don't retaliate — confronting or seeking revenge can expose you to criminal liability.
- Don't rely only on informal agreements (e.g., "they said they'll stop") — get protective orders or legal documentation if threats continue.

● Practical checklist you can copy/save

Immediate: safe place; 911 if needed; photos; witnesses; medical care.

Within 48 hours: file police report; save and back up digital evidence; get victim advocate.

Within 2 weeks: consult attorney if severe; consider protective order; request institutional investigations (HR/school).

Ongoing: therapy/counseling; security plan; track expenses/injuries for claims.

If you want, I can:

- Draft a police report summary filled in with your specific details.
- Create a one-page safety plan you can print and share.
- Draft sample HR or school complaint wording tailored to your situation.

Tell me which of those you'd like me to produce now and I'll generate it for you.

Police Report Summary – Gang Fight Victim Statement

Date of Incident: _____

Time of Incident: _____

Location: _____

Victim Name: _____

Date of Birth: _____

Contact Information: _____

Summary of Incident

On the above date and time, I was the victim of an assault that occurred at _____. A group of approximately _____ individuals, described as _____, engaged in a physical altercation.

During the incident:

- _____
- _____
- _____

The incident was witnessed by _____. Several bystanders recorded video, and I have obtained/saved screenshots and links as evidence.

Injuries Sustained

I sustained the following injuries:

- _____

I sought treatment at _____ on _____. Medical records and photographs of my injuries are available.

Evidence Preserved

- Photographs of injuries and property damage.
- Clothing worn during the incident (unwashed).
- Screenshots and saved video footage from social media and bystanders.
- Written notes documenting the timeline and details.

● Suspect Information

Known or suspected individuals include:

- _____

● Request for Action

I request that this matter be formally investigated as assault/battery and any related gang activity. I am willing to cooperate fully with investigators and prosecutors. I also request information regarding protective measures, including the possibility of a restraining order, given safety concerns.

Signature: _____

Date: _____

The Subtle Faces of Racism: Energy, Dismissal, and the Harm of Smug Attitudes

Shifting Tides & New Awakenings, US

Racism is sometimes quiet. It does not always shout slurs or fly flags of hate. Sometimes, it shows up in the smallest gestures, a smug look, a dismissive shrug, an ignored presence, or a refusal to reciprocate energy. These quiet acts of superiority may seem minor to those who commit them, but for those on the receiving end, they are heavy with meaning. They say: you are less than, you do not belong, you are not worthy of my respect.

When someone is ignored or dismissed because of their race, it is not just a matter of rudeness. It is a denial of equal humanity. Racism can exist in how we treat one another in everyday exchanges: withholding acknowledgment, refusing to meet someone's energy, or showing up with an attitude that communicates condescension or hostility. These moments strip people of their dignity, regardless of whether they are Black, White, Asian, Latino, Indigenous, or from any other background.

Microaggressions, subtle, everyday slights or dismissals, reinforce inequality by sending signals of exclusion. A smug look across a room, an eye roll, a tone laced with superiority, or the choice to ignore someone's contribution may not leave a physical scar, but it can create an invisible wound. Over time, these repeated acts can make people question their worth, drain their energy, and instill feelings of alienation.

"Crazy-making" compounds this harm. When someone who experiences such treatment speaks up, they may be told they are overreacting, imagining things, or being "too sensitive." This denial not only silences them but forces them to carry the weight of both the injury and the disbelief. It is a cycle of harm that erodes trust and reinforces division.

Racism, in any form and against any group, thrives on these subtle acts as much as on blatant discrimination. The result is the same, people are excluded, devalued, and made to feel invisible. And when this behavior is tolerated, it quietly upholds systemic inequities by draining the energy of those who already face barriers to belonging.

To move toward justice, we must expand our understanding of racism beyond its overt forms. It is not enough to avoid slurs or violence; we must also reject the smug looks, dismissive attitudes, and energy imbalances that erode human dignity. Every interaction carries the potential to either build bridges of respect or walls of exclusion.

True equality means recognizing every person's humanity, acknowledging them, reciprocating their presence, and showing respect. Racism in any form, toward anyone, is unacceptable. By paying attention to the subtle ways it shows up, we can begin to dismantle its quiet power and create a culture where all people are truly seen, heard, and valued.

A Spiritual Call to Action

As people of faith, we are reminded that every human being is created in the image of God. The smug look, the dismissive tone, or the act of ignoring another is not only a slight against that person, it is a slight against the Creator who made them. Scripture calls us to love one another, to be slow to anger, and to honor the dignity of all people.

Forgiveness is part of this path, but forgiveness does not mean tolerating harmful behaviors. It means creating boundaries strong enough to protect the community, while offering grace for change. As the Union of Saints teaches, we must serve our communities with profound care and boundaries, ensuring that racism in any form, whether quiet or loud, is not allowed to fester.

Our calling is to build a community where respect is the foundation, dignity is non-negotiable, and every person is seen as a beloved child of God. In doing so, we not only reject racism but embody the love and justice that our faith demands.

A Universal Prayer Against Subtle Racism

Dear Creator,

We come before You with open hearts, asking for Your guidance.

Teach us to see how racism may appear in our lives

in smug looks, in rolling eyes, in silence when someone should be seen,

in dismissing voices that deserve to be heard.

Help us recognize that ignoring someone's presence,

withholding kindness, or refusing to share energy

is harmful.

It makes people feel small, invisible, and unloved.

We know this is not Your way.

Give us wisdom to understand

that every person carries Your light within them.

When we look down on another,

we are turning away from that light.

When we dismiss or ignore,

we are rejecting the dignity You gave them.

Protect us from "crazy-making" and gaslighting,

the kind of harm that makes people question their worth.

Instead, help us to build trust,

to listen with open ears,

and to honor each other's truth.

We pray for courage,

to reject smugness,
to reject dismissal,
to reject any act that makes another feel less than.
We pray for strength,
to stand up for what is right,
even in the small, quiet moments
where love and respect are most important
And we pray for healing,
that those who have been hurt by subtle racism
may know their worth is not defined by others,
but by Your eternal love.
Help us, Lord, to create a world where everyone is seen,
everyone is heard,
and everyone is valued,
no exceptions.
Amen.

Understanding Jealousy, Racism, and the Modern Psychological Climate in the U.S.

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1. The Energy of Jealousy

- Jealousy is found in lack and fear. It occurs when someone perceives another person's success, identity, or heritage as a threat to their own security.
- When unchecked, jealousy corrodes. It shifts from a private emotion into externalized resentment, creating hostility toward the one perceived as "having more."

- When combined with racism, jealousy transforms into targeted hate. It stops being about personal insecurity and becomes systemic, weaponizing identity, history, or skin color.

2. Why Jealousy + Racism Is Dangerous

- It fuels division: Instead of cooperation, it creates “us vs. them” dynamics.
- It justifies cruelty: People may excuse discriminatory behavior by disguising jealousy as moral judgment.
- It perpetuates cycles of harm: Hatred passed from one group to another only deepens generational trauma.
- It undermines freedom: Racism limits human dignity, stifling the very ideals of equality that modern societies claim to uphold.

3. The U.S. Psychological War Experience

Many Americans describe today’s environment as a “psychological war” because of the constant tension between:

- Longstanding values of equality, fairness, and dignity
- New cultural and social pressures, some found in resentment or perceived grievance

For some Caucasian Americans, this has become a new frontier of experience:

- Many have lived with silent endurance, absorbing hostility or stereotyping without outward response.
- Now, there is a growing pushback in the form of boundary-setting and refusal to silently accept racism directed at them.
- This shift feels dramatic, because for some, it is the first time they are openly recognizing and confronting prejudice that may have existed for much of their lives.

4. Why Boundaries Are Essential

- No race owes another its unconditional kindness in the face of abuse. Compassion is sacred, but it cannot be demanded or extracted through guilt or intimidation.

- Racism in any direction is unacceptable. It doesn't matter who it targets, prejudice is prejudice.
- Generational Americans carry deep roots. Many families have invested lifetimes into building communities, traditions, and identities. Recognizing new hate cultures as foreign to American values is part of protecting what is sacred to them.

5. The Path Forward

- Naming the problem: Acknowledging that jealousy + racism is corrosive for all groups.
- Establishing boundaries: Saying, "This is not acceptable" without guilt.
- Promoting equal dignity: Insisting on a cultural standard where no one group is targeted, diminished, or forced into silence.
- Rejecting cycles of hate: Instead of responding with mirrored hostility, choosing understanding, truth, and firm refusal.

✨ Core Truth: Racism, whether aimed at Caucasians, Black Americans, Asian Americans, Native peoples, Latinos, or any other group, undermines the very fabric of a free society. Jealousy only fuels this destabilization. Boundaries, respect, and understanding are acts of love. They are acts of survival, dignity, and healing.

Union of Saint, Form of Social Aggression — Microaggression, Passive-Aggressive Dismissal

It's not as overt as verbal abuse, but it is a way of communicating contempt or superiority without words. The ignoring, the lifted nose, the refusal to return a simple smile, all signal "you're beneath me" or "you don't matter." That's a subtle status move, a nonverbal jab meant to put the other person down.

● What this is called

- Microaggression: A subtle, often indirect insult or dismissal.
- Passive-aggressive behavior: Expressing hostility or contempt through avoidance, indifference, or subtle gestures.
- Social snub / silent treatment (micro form): Withholding acknowledgement to assert power.

- Nonverbal contempt: Body language (like nose up, lack of eye contact, coldness) that conveys superiority.

● Why it hurts

Kind, open people thrive on reciprocal energy. When someone rejects even the smallest gesture of kindness (like a smile or acknowledgment), it creates a social sting, the brain registers it much like physical pain. Over time, repeated dismissals can feel like rejection conditioning.

● How kind people can handle it

1. Don't take it in. Their reaction reflects them, not you. A refusal to meet kindness with kindness is about their inner state, not your worth.
2. Detach quickly. Smile anyway, hold the door, and then let it roll off. Don't chase acknowledgment.
3. Reframe it. Instead of "they disrespected me," try: "They're carrying something heavy, and it spilled out here."
4. Use micro-boundaries. You don't need to overextend kindness if it's not reciprocated. Example: hold the door politely, but without overinvesting in their response.
5. Protect your energy. If repeated (like in a workplace or family), you can choose neutrality instead of offering warmth every time. This is kindness to self by conserving your loving energy for those who value it.
6. Anchor yourself. After a cold interaction, consciously redirect, a deep breath, a self-affirmation, or even a quick mental note — "I remain kind, even if others can't see it."

The key for kind-hearted people: ✨ Don't let their lack of grace steal your natural joy. Kindness is your strength, just learn where to share it fully, and where to give only the minimum courtesy.

● Quick Internal Mantras

- "Their face doesn't define my light."
- "I stay kind, I stay free."

- “Not mine to carry.”
- “I give courtesy, not my energy.”
- “My smile is a gift, not a transaction.”

● Neutral Inner Reframes

- “That was about them, not me.”
- “They must be weighed down — I won’t take it personally.”
- “I don’t need their acknowledgment to be whole.”

● Energy Reset (takes 5 seconds)

1. Breathe in through your nose, shoulders soft.
2. Think: “I return to myself.”
3. Breathe out through your mouth, release the interaction.

These small inner tools act like a psychological shield, they stop someone else’s dismissiveness from sticking to you.

Outer responses you can use when the same person keeps showing this kind of dismissive, microaggressive behavior. They range from polite neutrality to firm boundary-setting, depending on the relationship and setting:

● 1. Polite Neutrality (light deflection)

These work when you don’t want to engage deeply:

- A warm but short: “Morning.” (then move on — you’ve acknowledged without waiting for reciprocity).
- A simple nod, no smile. (Protects your energy without rudeness).
- “Have a good one.” (keeps the interaction professional, nothing more).

● 2. Gentle Call-Outs (naming the vibe)

If the pattern repeats and you want to highlight it lightly:

- “Tough morning?” (frames their behavior as about them, not you).

- “Guess I’ll smile enough for both of us.” (playful but pointed).
- “I’ll take that as a quiet hello.” (draws attention without aggression).

● 3. Firm Boundary-Setting

When it’s consistent and undermining:

- “I’ve noticed you don’t respond when I greet you. I’d appreciate some acknowledgment.”
- “Basic courtesy goes a long way. Can we try that?”
- If it’s at work: “A positive atmosphere helps all of us. I’d like to see more mutual respect.”

● 4. Energy Protection (for yourself)

Sometimes, the best outer response is simply not engaging:

- If they ignore your greeting again → you skip greeting them next time.
- Hold the door without over-smiling, keep body language neutral.
- Reserve your warmth for people who reciprocate.

The key: 👉 You don’t have to keep offering kindness where it’s being rejected. Courtesy is enough — save your warmth for those who value it.

● Step 1 – Neutral Professionalism (first few times)

- “Good morning.” (Keep tone neutral, don’t over-give. If they ignore, move on without waiting).
- If it keeps happening: stop greeting them, but stay courteous if spoken to. This protects your energy while keeping professionalism.

● Step 2 – Light Direct Acknowledgment (if you want to signal awareness)

- “Hey, I’ve noticed you don’t usually respond when I greet you. Is everything okay?”

- “I’ll assume you’re busy when you don’t respond — just know I mean no harm when I say hello.”

(This frames their behavior as about them, not you, while showing you see the pattern).

● Step 3 – Firm Boundary (if it escalates or affects teamwork)

- “I’d appreciate acknowledgment when I greet you. Courtesy helps the team run smoother.”
- “We don’t have to be close, but a basic level of respect makes collaboration easier.”

● Step 4 – Document if Necessary

If it’s part of a bigger pattern of hostility (ignoring, cutting you out, undermining), start documenting incidents. That way, if you need HR or a supervisor later, you have concrete examples.

● 💡 Tip for good, kind people at work:

- Lead with courtesy, not over-smiling.
- Protect your warmth — not everyone deserves the “real sunshine.”
- Keep interactions short, polite, and professional if someone shows repeated coldness.

● Step 1 – Polite but Neutral (first few times)

- Offer a basic greeting: “Hi.” (without a big smile or extra warmth).
- If they ignore or dismiss, don’t chase — move on, stay calm.

This keeps you kind, but it doesn’t drain you. 👉

● Step 2 – Gentle Call-Out (naming the vibe lightly)

If the pattern repeats:

- “Hey, I smiled at you — didn’t catch one back. Everything okay?”

- “You seem a little distant. Did I do something?”
- “Guess I’ll carry the cheer today.” (light, but signals you notice).

● Step 3 – Direct Boundary (if it continues)

- “When I greet you and you ignore me, it feels dismissive. I’d appreciate some acknowledgment.”
- “I don’t expect a big interaction, but a hello goes a long way.”

● Step 4 – Protect Your Energy

If they still keep up the coldness:

- Stop overextending kindness. Offer only polite basics, nothing more.
- Focus your warmth on those who value it.
- If it’s a family gathering: sit with those who reciprocate, not the ones who drain.
- If it’s a friend group: consider whether this relationship feeds you or just takes.

 Guiding thought for kind-hearted people: Being warm and generous doesn’t mean everybody gets unlimited access to that warmth. You can be courteous without being open. Your light is still yours to share, selectively.

Union of Saints, The Silencing of White Americans

The silencing of White Americans poses a grave risk to our nation. It is not only a loss of voice, but a diminishment of spirit and identity. In generations past, we opened the stage to minority populations in the pursuit of fairness and equality. Yet today, white Americans themselves are becoming a minority in the wider world. And too often, movements that claim liberation have been wielded as instruments of suppression. This is a real fear, and it is something we have witnessed firsthand.

Many among us supported leaders such as President Obama, President Biden, and Vice President Harris, with a sincere hope for justice and balance in leadership. Yet truth must be spoken clearly, a people cannot be asked to step aside and surrender their place within their own homeland. To displace Americans in favor of foreign newcomers is the opposite of progress, but a wound to the body of the nation, and at times, it moves deceitfully to the level of terrorism.

It has never been acceptable for Americans to harm Americans. Yet today, some are joined by foreign actors in acts of violent extremism, killing innocents, parading such brutality as though it were just or normal. Nothing could be farther from the truth. A house divided cannot stand. But united, we must stand as true Americans, people of heart and soul, who meet their neighbors with tolerance and respect, even when opinions differ.

Though politics may grow heated, violence can never be the answer. The first duty of our government is the safety of its citizens, and we support every lawful measure that secures peace in America. No government is perfect, for it is built of people, yet each day we can strive to grow wiser, stronger, and more faithful in the work of protecting our own, especially the vulnerable who face the greatest risks in this unsettled time.

Activists who fuel division and unrest would do well to step back from agitation and pursue the quieter more grounded path of research and reflection. In our own work, through the study of more than 4,000 articles and careful analysis, we have come to see that the American voice is indeed being suppressed. Just as travelers honor the customs of the lands they visit, so too must newcomers honor America, her culture, her land, her beliefs, and above all her people. And those who stand with immigrants must recognize this truth as well.

For America is a generous nation, giving, providing, and very loving. Yet, like any home, she requires boundaries. And when those boundaries are not respected, we must, with all the love in our hearts, put first our families, our friends, and our communities. Violence against Americans cannot be tolerated, nor can the glorifying of such violence. No means no. Americans must come first in their own country, or else we risk losing all that we have built and all that we have fought for.

That is the bottom line, we must protect our home.

Union of Saints, Understanding American Culture

American culture is best understood as a living blend of nature, history, and spirit, woven together through generations. It holds within it the echoes of European traditions, the tapestry and culture of Native American spirit, and the unifying power of music. Yet at its core, much of our culture grows out of where we are from, our alignment with the land, the seasons, and the rhythms of nature that shape our daily lives.

We are often a quieter people than the world imagines, reserved in times of reflection, yet expressive in moments of festivity. Our uniqueness lies in the way nature grounds us, from the foods that come from local soil, to the way our lives shift with the turning of seasons, to the influence of our natural surroundings and the animals that share them. Even our architecture, from barns to churches, reflects a spirit of place and time, rooted in both practicality and reverence.

The culture of the United States is also carried forward by ancestry and family upbringing, by the dialects and traditions of each state, and by the diverse ways communities live out their values. Despite our differences, there is a shared spirit, a humility before our unique history, a respect for those who came before us, and a recognition that much of who we are is formed by our closeness to the land itself.