

“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 clarity I'll call this tactic “dirtying the energy field” — 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 — most 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.
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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.
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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.)
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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.
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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.
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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.