

Union of Saints

I had such a lovely day today with a beautiful group of people. I just thought I would share. It was so great to get out and enjoy the sea breeze and sunshine with like minds.

Soft Spirals, Bullying

When hatred is present in a single heart, it forms those soft spirals—circling patterns that can trap a person in bitterness. But when hatred joins with *group think*, it becomes even more dangerous. Group think can magnify those spirals into whirlwinds: when one voice of negativity is echoed by others, people lose their individual accountability, and cruelty begins to feel “normal.”

Social maturity means learning to see through this illusion. It means recognizing that following a group into bitterness or division may feel safe in the moment, but it drags us away from our higher selves. Maturity is the courage to step out of unhealthy spirals, even when everyone else seems to be caught in them.

And here is the truth: the most luminous people—the ones who inspire us, who lift communities, who become anchors of peace—are rarely found in circles of hate. They are found on the *wavelength of goodness*: in the flow of generosity, kindness, selfless love, and compassion. These individuals resist being swept into destructive group energies. Instead, they embody accountability, take responsibility for their own healing, and radiate something so steady that others are drawn to it.

This is why we tend to find “the best of the best” among those aligned with love. Hatred divides and diminishes; love multiplies and expands. Hatred feeds insecurity; love heals it. Hatred spirals downward; love builds upward.

To move toward this higher wavelength as a people, we must each practice:

- **Self-accountability** — asking where our thoughts and actions are truly coming from.
- **Awareness of group think** — pausing before following the crowd and checking if it aligns with truth, compassion, and integrity.
- **Commitment to maturity** — choosing not the easy path of resentment, but the higher path of growth.

And as we do this, we will naturally gather together—not in circles of harm, but in communities of healing.

Teaching Guide: Spirals, Group Think, and the Wavelength of Love

1. The Soft Spirals of Hatred

- **Hatred often starts small.** It shows up in subtle patterns—gossip, cynicism, quiet contempt, or joy in another’s pain.
 - **Spirals are contagious.** When unchecked, these patterns repeat and grow, pulling both the individual and others into deeper negativity.
 - **Key Lesson:** Recognize the “spiral” early. Ask: *Am I looping in negativity, or am I choosing to rise above it?*
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2. Group Think and Its Dangers

- **Group think amplifies negativity.** What might be one person’s bitterness can become a collective storm if others echo and reinforce it.
 - **Loss of accountability.** People in groups often surrender their responsibility, excusing harm because “everyone else is doing it.”
 - **Key Lesson:** Pause before joining the crowd. Ask: *Am I following truth and integrity, or am I swept up by the group’s emotions?*
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3. Social Maturity

- **Maturity is resistance.** It means standing firm when others spiral into negativity, even if it feels uncomfortable.
 - **Maturity requires self-reflection.** Growth comes from asking hard questions: *Why am I reacting this way? What wound is speaking?*
 - **Key Lesson:** True maturity is not avoiding pain, but healing it within ourselves so we don’t spread it outward.
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4. The Higher Wavelength of Goodness

- **Every person radiates energy.** Hatred and insecurity create jagged, heavy waves; love and compassion create steady, uplifting ones.
- **The best people are found on higher waves.** Those who embody generosity, kindness, and love consistently rise above the noise of division.

- **Key Lesson:** To find peace, align with people on the wavelength of goodness—those who choose healing over harm.
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5. Practicing the Shift

- **Self-accountability:** Notice your spirals and own them. Healing begins with honesty.
 - **Guard your spirit:** Steer clear of others' spirals without judgment, but with firm boundaries.
 - **Choose your company:** Surround yourself with those who uplift, not those who drain.
 - **Commit to love:** Make kindness, generosity, and compassion daily practices—not abstract ideas.
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✨ Closing Reflection:

Hateful spirals and group think are powerful, but they are not final. The more we choose self-accountability and love, the more we anchor ourselves and others in a higher frequency. Social maturity is not just personal growth—it is the path to building stronger, kinder communities.