



Healthy Relationship Detox Kit & Union of Saints Philosophy

This kit is designed to restore peace, reset energy, and protect spirit after engaging with people who may not share our values or respect our boundaries. It also serves as a guide to the Union of Saints philosophy, a protective spiritual fortress we carry within us wherever we go.

Healthy Relationship Detox Kit

1. Physical Reset

- Wash hands or shower with the intention of rinsing off negative residue.
- Drink a full glass of water (symbol of renewal).
- Stretch or shake out your body for 3 minutes to release tension.

2. Emotional Cleanse

- Write down draining words or feelings, then tear or burn the paper safely.
- Journal a single sentence: "I release what is not mine to carry."
- Replace it with a gratitude note for your own growth.

3. Spiritual Protection

- Visualize yourself stepping into a fortress of light (The Union of Saints as your shield).
- Say aloud: "I am sovereign in my spirit. I carry peace within me."
- Carry a token (stone, necklace, card) as a physical reminder of protection.

Guide to Our Personal Philosophy

Core Principles

1. Self-Preservation First – Like the airplane mask rule: protect yourself so you can help others.
2. Healing is Sacred – True compassion flows from healed hearts, not broken ones.
3. Boundaries are Love – Saying no is a form of self-respect and spiritual clarity.
4. Peace is Power – Without inner peace, we are not our truest selves.

The Union of Saints: A Spiritual Fortress

The Union of Saints is not just an organization, but a portable spiritual fortress. Wherever you go, you carry it with you:

- A fortress of protection against defamation, shaming, or manipulation.
- A cathedral of healing where you can return to center.
- A union of voices—the saints, ancestors, and protectors who remind you that you are never alone.

“Circular”

“The Union of Saints is a philosophy of self-preservation, healing, and spiritual sovereignty. We believe that peace is power, boundaries are sacred, and self-healing is the foundation of compassion. Each member carries this fortress of light within, walking in strength and protection wherever they go.”

After the meeting, when the day is done,

Wash away the shadows of the sun.

A breath of fresh water, a gentle stretch,

Let go of the tension, the mental etch.

Release the words that weighed you down,

Let gratitude replace the frown.

A fortress of light, a soothing balm,

Carry peace and find your calm.

~US