

THE FAITH OF TRUE PEACE

Collected Papers

Volume I

D. Cowdrey

Preface

This volume preserves the founding papers of The Faith of True Peace.

Together, these papers form the first collected volume.

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Faith of True Peace 🌱

The Faith of True Peace is a holistic approach to well-being, emphasizing:

- Spiritual Alignment: Grounding oneself in divine love and purpose.
- Emotional Balance: Cultivating inner calm and resilience.
- Compassionate Action: Living in harmony with others and the world.

Peace Education & Advocacy 📖

"Peace education aims to end cycles of violence and shape a more just world through innovative teaching and ideas."

— University of San Diego

Peace Education & Advocacy involves:

- Understanding Conflict: Recognizing the roots of discord and the importance of resolution.
- Promoting Nonviolence: Encouraging peaceful communication and actions.
- Cultivating Responsible Citizenship: Encouraging service, integrity, and responsibility within our communities and our nation.

Compassionate Living 🌱

Living compassionately means:

- Ethical Choices: Opting for cruelty-free and sustainable products.
- Mindful Consumption: Supporting fair trade and local economies.
- Holistic Health: Embracing plant-based diets and nurturing environments.

PAPER II

Dannielle's Integrated Philosophy: Law, Ministry & True Peacism

Mission Statement

Dannielle's mission is to embody and promote a holistic, interfaith approach to law, healing, and spiritual awakening. By integrating the principles of True Peacism, Ozirahism, Ma'at, Quakerism, American Spiritualism, Buddhism, and Christianity, she seeks to:

- Advocate for Justice: Championing legal and social systems that reflect compassion, fairness and restorative practices.
- Facilitate Healing: Providing therapeutic and spiritual guidance to individuals and communities affected by trauma and legal wrongs.
- Promote Spiritual Awakening: Encouraging personal and collective growth through open-minded spiritual practices and teachings.
- Foster Interfaith Community: Bridging spiritual traditions to create a culture of understanding, respect, and shared purpose.

Through this integrated philosophy, Dannielle aims to create a society where justice is restorative, healing is accessible, and spiritual awakening leads to a more compassionate and harmonious world.



Comprehensive Philosophy: Integrating Open-Minded Spiritual Traditions

True Peacism: A Faith of Justice and Healing

True Peacism is a faith that transcends traditional religious doctrines. It is a commitment to understanding and addressing the root causes of conflict, abuse, crime, legal wrongs, and suffering. Central to this faith is the belief that true peace is achieved through:

- Understanding Abuse and Trauma: Recognizing and addressing the various forms of abuse and trauma that individuals and communities face.
- Spiritual and Therapeutic Healing: Integrating spiritual practices and therapeutic modalities to promote healing and wellness.
- Justice as Restoration: Cultivating balance, harmony, and reconciliation through restorative justice.
- Interpath Spirituality: Embracing a tapestry of spiritual traditions, including Quakerism, American Spiritualism, Buddhism, Wicca, and others, to foster a comprehensive understanding of the human experience.

Ozirahism: A Guiding Foundation

Ozirahism is a contemporary spiritual philosophy that draws inspiration from ancient wisdom and modern spiritual practices. It serves as a guiding foundation for navigating personal growth, societal justice, and spiritual awakening. The principles of Ozirahism are:

- O – Circle of Life: Embracing the interconnectedness of all beings, recognizing that our actions ripple through the fabric of existence.
- Z – Tides of Change: Acknowledging the constant ebb and flow of life's circumstances, moving and growing with the changes, and adapting with resilience and grace.
- I – Third Eye Awakening: Experiencing and encouraging heightened awareness and perception beyond the physical senses, leading to spiritual insight and lucidity.
- Ra – The Sun God in Heaven: Drawing inspiration from the divine sun, representing truth, guidance, and the sustaining force of life.

Ma'at: The Foundation of Justice and Balance

The teachings of Ma'at form a cornerstone of Dannielle's philosophy. In ancient Egyptian culture, Ma'at represented the principles of truth, balance, order, harmony, justice, reciprocity, and propriety. These principles were woven into the daily lives of individuals and the ethical functioning of society. The law, in this context, was seen as a guiding force that upheld these principles, ensuring that justice prevailed and balance was maintained.

Incorporating the teachings of Ma'at, Dannielle emphasizes:

- Law as a Beacon: Viewing the law as a guiding light that reflects the principles of justice, truth, and balance. the complexities of society and uphold ethical standards.
- Justice as Restoration: Emphasizing the importance of justice that restores equilibrium, rather than merely punishing wrongdoings, inspired by the concept of Ma'at.
- Spiritual Awakening in Practice: Encouraging individuals to cultivate inner vision and awareness, leading to more compassionate and informed decision-making in both legal and ministerial contexts.
- Holistic Approach: Integrating therapeutic arts, spiritual practices, and legal expertise to address the multifaceted nature of human experiences and societal issues.
- Empathy and Compassion: Recognizing the inherent worth of every individual, approaching each situation with empathy, and striving to uplift those who are facing hardship.

Integrating Spiritual Traditions

Dannielle's philosophy draws from various spiritual traditions, each contributing unique insights and practices:

- Quakerism: Emphasizes silent worship, community, and the "Inward Light," guiding individuals to seek truth and live in harmony with others. Quakers value simplicity, peace,

integrity, community, and equality, prompting intentional choices that reflect spiritual values and contribute to the greater good.

- **American Spiritualism:** Focuses on the belief in the freedom of life and the ability to communicate new understandings of spirituality and what it means to have connection to the land. This tradition encourages personal responsibility, healing, and the development of psychic abilities to aid in spiritual growth.
- **Buddhism:** Offers teachings on mindfulness, compassion, and the impermanence of life. Buddhist practices, such as meditation and ethical living, cultivate awareness and understanding, leading to liberation from suffering.
- **Christianity:** Centers on the teachings of Jesus Christ, emphasizing love, forgiveness, and salvation. Christian principles guide individuals to live righteous lives, serve others, and seek a personal relationship with God.

By integrating these traditions, Dannielle fosters a comprehensive spiritual practice that honors many spiritual paths while seeking common ground in the pursuit of truth, justice, and peace.

Core Principles in Practice

1. **Law as a Beacon:** Truth and ethical legal order as the gospel. Viewing the law as a guiding light that reflects the principles of justice, truth, balance, harmony and ethical standards.
2. **Justice as Restoration:** Emphasizing the importance of justice that restores balance, rather than merely punishing wrongdoings, inspired by the concept of Ma'at.
3. **Spiritual Awakening in Practice:** Encouraging individuals to cultivate inner vision and awareness, leading to more compassionate and informed decision-making in both legal and ministerial contexts.
4. **Holistic Approach:** Integrating therapeutic arts, spiritual practices, and legal expertise to address the multifaceted nature of human experiences and societal issues.
5. **Empathy and Compassion:** Recognizing the inherent worth of every individual, approaching each situation with empathy, and striving to uplift those who are facing hardship.

Vision for the Future

Dannielle aspires to create a society where:

- **Justice is Holistic:** Legal systems are infused with compassion and understanding, addressing the letter of the law and the spirit of humanity.
- **Spirituality and Law Complimentary Approach:** Spiritual principles guide legal practices, ensuring that law and justice serves the greater good and fosters healing.

- Communities are Empowered: Individuals are equipped with the tools and support to navigate life's challenges, leading to personal and collective transformation.
- Peace Prevails: Through understanding, compassion, and justice, we create environments where peace is expressed through harmony and balance.

Conclusion

Dannielle's integrated philosophy offers a path forward in a world that often feels divided. By combining law, ministry, and True Peacism, she provides a foundation for legal order, healing, and spirituality. This mission paper serves as both a declaration of her approach and an invitation to others to join in the journey toward a more just and compassionate world.

PAPER III

The Art of Moderacy Through the Lens of True Peace

D. Cowdrey

Introduction

In a time marked by extremes, whether in politics, lifestyle, or belief, the art of moderacy stands as an oasis of balance and empathy. Guided by the Faith of True Peace from the Union of Saints, this perspective refashions the discourse. Here, moderation is a mindful way to align ideals with real-world complexity. By embracing therapeutic practices, compassionate living, and community harmony, we open space for both conviction and flexibility, because life, much like faith, often throws us curveballs.

True Peace and Moderacy in Politics

Within the Faith of True Peace, “Peace Education” and “Practicing Therapies” lay the foundation for navigating political life with emotional understanding and communal healing (unionofsaints.world). Rather than entrenched partisanship, moderation here evolves as thoughtful engagement, grounded in empathy, inner balance, and mutual respect.

- Therapies as a moderating tool: Therapeutic modalities like talk therapy foster emotional awareness and self-regulation, qualities essential for moderate, thoughtful political participation.
- Community as stabilizer: Collective gatherings and research-based support systems reinforce shared values and reduce polarization.

Compassionate Living and Personal Choices

At the heart of the Faith of True Peace is Compassionate and Cruelty-free Living, grounded in plant-based nourishment, gardening, minimalism, and fair-trade practices, each reflecting a peaceful, ethical life aligned with moderation.

- Balanced plant-based choices: Embracing plant-based foods and gardening connects one to nature evoking vegan ethics while recognizing life’s practical challenges.
- Minimalism as mindful moderation: Reducing clutter fosters mental tranquility, striking a humane, moderate stance between excess and inflexibility.

Moderacy and Mental Health

One of the Faith’s key pillars is mental well-being through therapies that support emotional understanding, trauma healing, and resilience. Moderation here becomes a mental health strategy:

- Self-compassion over perfection: Flexibility allows individuals to uphold values, whether ethical, political, or personal, without succumbing to burnout or inflexibility.

- Adaptive self-care: Moderacy helps one respond to life's unpredictability with grace, staying grounded in peace even amidst stress.

Community, Moderacy, and Collective Harmony

Moderacy is both an individual and a social virtue. The Faith of True Peace emphasizes:

- Gatherings for healing and connection: Collective activities and shared resources strengthen bonds and mental resilience.
- Interfaith openness and common purpose: The Union of Saints is interfaith, female-led, and encourages all participants, modeling moderated leadership and culturally rich dialogue.
- Fair-trade, local economy support: Supporting and caring for local communities contributes to their long-term strength and well-being.

Conclusion

Moderacy, by the Faith of True Peace, is neither weakness nor apathy, it is purposeful balance. It integrates therapeutic healing, ethical living, and community engagement, inviting us to live with conviction and adaptability. Whether navigating politics, ethical personal choices, or daily stressors, moderation guided by true peace holds the promise of resilience, harmony, and grounded purpose.

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About the Union of Saints

This collected volume serves as the first published compilation of the founding papers of The Faith of True Peace.