

## The People Who Try to Whip Us

### *An Educational Guide for the Union of Saints*

This document is offered as **education, discernment, and protection**. It names a pattern many people experience, often quietly, and provides **non-violent, ethical, and spiritually grounded ways** to remove ourselves from coercion and domination.

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## 1. Understanding the Pattern: What “Whipping” Looks Like Today

“Whipping” or “birching” is used here **as a metaphor**. It describes a **cycle of coercion** where someone attempts to gain power over another human being.

Common stages include:

1. **Assumed Authority**

Someone behaves as though they have the right to command you, decide for you, or correct you without consent.

2. **Demand for Submission**

They expect obedience, silence, agreement, or emotional compliance, often framed as “respect,” “order,” or “what’s best.”

3. **Chastisement & Shaming**

They criticize, belittle, mock, or moralize to weaken confidence and induce self-doubt.

4. **Coercion & Verbal Abuse**

Pressure escalates through intimidation, raised voices, threats, gaslighting, or humiliation.

5. **Verbal Violence**

Language becomes cutting, dehumanizing, or degrading, intended to break spirit rather than resolve conflict.

6. **Forced Bowing**

The goal is **dominance**, and rarely resolution, to make another person yield, submit, or internalize inferiority.

This pattern mirrors historical systems of **slavery, racism, and subjugation**, where domination is justified by entitlement and enforced through fear.

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## 2. The “Birch” as Symbol

The *birch* represents:

- False authority
- Unchecked dominance
- Entitlement to control another human being

Those who wield it believe:

- They may harm without consequence
- They may command without consent
- They may punish dissent

This belief is **the mark of an enemy to safety, dignity, and homefront peace.**

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### 3. Energetically & Spiritually Removing the Birch

*(Primary, Gentle Path)*

Before escalation, the Union of Saints teaches **removal through strategic mind-mapping, clear vision of safety routes, and boundaries:**

- **Name the behavior internally:** “This is coercion.”
- **Refuse the role:** You do not need to bow, justify your humanity, or prove worth.
- **Withdraw energy:** Reduce engagement, explanation, and emotional labor.
- **Anchor identity:** Remember who you are outside their narrative.
- **Return responsibility:** Their behavior belongs to them, not you.

This path offers a **chance for learning**, for both parties, without harm.

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### 4. When Gentle Removal Is Not Enough: “Breaking the Birch”

*(Still Non-Violent)*

To *break the birch* does **not** mean physical retaliation. It means **ending the pattern decisively.**

This may include:

- Clear, firm verbal boundaries
- Ending conversations or relationships
- Documenting abuse

- Seeking community, legal, or institutional support
- Removing access to your time, body, or mind

Breaking the birch means:

*“You no longer get to wield power over me.”*

The authority collapses when **obedience is withdrawn**.

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## 5. What This Is — and Is Not

**This is:**

- Education
- Boundary-setting
- Self-protection
- Spiritual clarity
- Ethical resistance

**This is not:**

- Violence
- Revenge
- Hatred
- Dehumanization
- Becoming what harmed us

The Union of Saints does **not** mirror the cruelty of its enemies. We dismantle it.

Note: We do believe in accountability & resolve.

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## 6. A Shared Truth

Racism, slavery, and forced subjugation rely on the same lie:

*That some humans are entitled to rule others.*

We reject this lie entirely.

Those who attempt to whip, birch, dominate, or coerce reveal themselves as **enemies of safety, dignity, and the homefront**, not because we name them so, but because **their actions do**.

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## 7. Closing Principle of the Union of Saints

We stand upright.

We do not bow to abuse.

We offer learning where possible.

We remove ourselves where necessary.

We protect life, dignity, and peace.

The birch holds power only while we accept it.

Once released, it breaks on its own.

***Break the birch.***