

The Union of Saints Resource Library, Society

- Peace
- Love
- Forgiveness 🙏 ❤️ ☮️

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Dedication

This collection is dedicated to every person seeking peace over conflict, compassion over judgment, forgiveness over resentment, and truth over fear.

May these writings encourage reflection, strengthen communities, and inspire. Peace begins with one heart and grows through many.

Introduction

The Union of Saints Resource Library is a collection of educational, spiritual, and practical writings designed to support personal growth, peaceful living, ethical leadership, and community well-being.

Rather than focusing on a single tradition or discipline, this volume brings together reflections, prayers, wellness guides, ethical resources, and community studies into one accessible handbook. Each chapter may be read independently or as part of a journey toward a life grounded in compassion, wisdom, and responsibility.

The writings encourage readers to cultivate inner peace while also strengthening their families, workplaces, neighborhoods, and communities. They invite thoughtful reflection, respectful dialogue, and a lifelong commitment to learning.

Whether you are a student, minister, volunteer, educator, counselor, or simply someone searching for hope and direction, this collection offers practical tools and spiritual encouragement for everyday life.

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The Book of OZIRAH and God

● A Revelation of Spirit

In the beginning of my prophecy, the ocean called.
Waves rose to cleanse, to wash, to rebirth,
and I lifted my eyes, greeting the heavens.
From the waters arrived a name: OZIRAH.
O — the circle of life, all animals, life, nature.
Z — the tides of change, as above, so below, all connected.

I — the third eye, awakening and awareness.
RA — the sun god, ancient, infinite, eternal life.
H — in heaven.
I saw her first, the goddess, wrathful and yet, vulnerable.
Angry at mankind for the suffering of her children,
yet flowing with the nurturing presence of her soul to guide, to heal, and to awaken.
And God appeared from my table, seated upon His throne,
a King Titan, radiant, as one,
a light commanding the heavens,
majestic and eternal.
OZIRAH and God appeared separately, yet together.
Two voices, one truth, bound in covenant.
They carried me through storms, visions, and revelations,
binding me to the spirit realm, a strong current of guidance.
Life is born of their union,
God as sun, OZIRAH as water.
Earth reflects them both, a single droplet, pure, round, a womb
nurturing, providing, sustaining all.
Humanity moves like tides, from sea to land.
They call to us, reminding us of our origins,
of the flow of spirit through all things,
one essence, infinite in expression.
Then I received the messages,
like tidal waves crashing upon my soul.
Vision upon vision, truth upon truth,
flooding, overwhelming, yet heavenly.
I transcribed them onto paper,
built a church, carved a new path,
forming from them freedom, a vessel, a reminder.
Even on the empty streets I walked,
their silence heavy, laden with fear and sickness.
Premonitions. Lost souls to disease, humanity bound by confinement,
wars yet to ignite.
And still, I lifted my eyes,
greeted the heavens,
anchored by OZIRAH and God.
I wandered the mountains of Puerto Rico,

fields healing my heart,
adventure and new terrain.
With friends I laughed, still greeting the heavens.
Later, Illinois grounded me;
Then Florida awakened me,
sun and ocean above,
spirit reaching towards the infinite.
Yet life is more than ascent.
I encountered pain, evil, and fell into spirals dark and consuming.
Grief, it was relentless, a tide unceasing,
loved ones lost one after another,
barely time to grieve,
yet each sorrow became a lesson,
each loss a bridge to the eternal.
Through the spiral, I rose again.
Slowly, steadily, spiraling upward,
scarred yet shining, tempered by love and loss.
And I lifted my eyes, greeting the heavens once more.
Spirit speaks, always, before we know, before we see.
Symbols, visions, revelations, soft voices of truth,
the genius of life, the intelligence of the universe,
magic flowing through all things.
Trust it. Pay heed. Learn to translate over time.
To the Church Union of Saints:
embrace the mystery of the spirit realm.
Honor the signs, the symbols, the messages.
Let prophecy guide you. Let revelation awaken you.
For in openness lies understanding,
and in faith lies the bridge between OZIRAH,
God, and the eternal spark within each soul.

The Art of Repentance

Repentance is like saying sorry, but it is also a genuine act of transformation. It begins with self awareness, continues with accountability, grows through forgiveness, and blossoms into renewed action.

The Union of Saints invites the community to explore repentance through words and prayer, but also through art, creativity, and shared practice.

● Foundations of Repentance

- Owning mistakes without shame
- Seeing errors as opportunities for growth
- Learning to speak truth in love
- Extending grace while maintaining boundaries
- Releasing the heavy weight of resentment
- Practicing empathy and compassion
- Understanding that imperfection is part of the journey
- Honoring the lessons we learn from failure
- Choosing healing over bitterness
- Building each other up with kind words and deeds
- Walking in light, not shadows

Community Activities

• Reflection Collage

Create a collage that represents a mistake you have made, what you learned, and how you are moving forward.

Goal

To visually acknowledge personal growth through repentance.

• Letters of Forgiveness

Write a letter of apology, either to yourself or to another person, or write a letter of forgiveness.

Participants may choose to keep the letter, share it, or place it into a communal Forgiveness Basket, which is later blessed and respectfully burned or buried.

Goal

To embody release, healing, and renewal.

• Stories of Grace

Gather in small groups.

Each person may voluntarily share a time when they were forgiven or when they forgave someone else.

After each story, the group responds with supportive affirmations such as:

- "You are not alone."
- "You are growing."
- "Your journey is important."

Goal

To experience communal grace, compassion, and empathy.

• Music of Renewal

Provide simple instruments such as:

- Drums
- Bells
- Chimes

Or play reflective music in the background.

Invite participants to create a rhythm or melody that expresses moving from heaviness into light.

Goal

To experience repentance as transformation through sound.

• Planting New Life

Provide each participant with:

- A small flower pot
- Soil
- Seeds

After a period of reflection, invite each person to plant a seed symbolizing new beginnings and spiritual growth.

Goal

A tangible reminder that repentance leads to new life.

• Community Healing Mural

Provide a large canvas or paper.

Invite participants to paint or draw symbols representing:

- Release
- Forgiveness

- Healing
- Hope
- Renewal
- Joy

Goal

To create a collective vision of healing and moving forward together.

• Closing Meditation

Invite participants to join in a brief meditation.

Place your hands over your heart.

Silently name one thing you are releasing. Pause.

Open your hands outward.

Silently name one way you will uplift others moving forward. Remain in gratitude for a few quiet moments.

● Prayer of Repentance and Renewal

O Eternal Light,

When great wrongs are done, they echo through creation.

Chains laid upon us, sins that wound both body and spirit, do cause us harm.

They shift the air, and they burden the soul.

Teach us to forgive, for forgiveness frees the heart.

Yet keep us mindful to respect the energy, for You alone know the fullness of justice, and Your plans are beyond our sight.

Guide us when paths must part.

Help us release with love, if anger, also awareness, that not all souls travel on the same frequency.

May we walk forward in peace, grounded in compassion, trusting Your hand to heal what we cannot.

May Your light, which never abandons us, keep us marching forward in strength as we learn, as we forgive, and as we grow.

Amen.

Creating Positive Wavelengths & Karma Channels for the Union of Saints

In the spiritual practice of the Union of Saints, life is seen as a web of energy, actions, and intentions. Every thought, word, and deed creates vibrations that ripple through our personal lives and our community.

Positive wavelengths and karma channels are the paths through which good energy flows freely, bringing blessings, harmony, and spiritual growth. By cultivating these flows, members of the Union of Saints can enhance personal well-being, strengthen collective energy, and attract goodness into their lives.

Positive Wavelengths

These are the vibrational states created by thoughts, emotions, and intentions. Loving, compassionate, and focused energy generates high-frequency wavelengths that attract constructive experiences.

Karma Channels

These are the pathways through which actions and intentions return to us. When intentions are pure and deeds are positive, these channels allow blessings and good fortune to circulate freely.

Negative thoughts, grudges, or unkind acts can block these flows, creating energy stagnation and attracting disharmony.

Practices for Cultivating Positive Wavelengths

- Monitor your thoughts, speech, and actions.
Pause before reacting and choose responses that reflect integrity and compassion.
- Regularly express gratitude for life, blessings, and others.
Gratitude raises your vibrational frequency and opens channels for positive energy.
- Practice meditation or prayer each day to align your personal energy with divine purpose.
Visualize light and harmony flowing through you and radiating outward into the world.

- Small gestures, such as helping a neighbor or offering words of encouragement, amplify positive wavelengths.
Generosity creates ripple effects that strengthen karma channels.
- Cleanse your environment both physically and spiritually.
Use rituals, incense, or sound to remove stagnant energy and invite healthy flow.
- Release grudges and resentment to prevent blockages within your karma channels.
Forgiveness restores balance and allows energy to move freely.
- Participate actively in Union of Saints gatherings and missions.
Collective energy aligned with sacred purpose strengthens both personal and community positive wavelengths.
- Surround yourself with people, art, music, and experiences that uplift your spirit. Avoid excessive exposure to negativity, gossip, and manipulative behavior. Reflect regularly on your intentions and realign your actions with higher spiritual principles.

Positive wavelengths and free flowing karma channels are cultivated through conscious thought, compassionate action, and alignment with divine purpose.

Within the Union of Saints, this practice is both personal and communal, as each individual's energy contributes to the collective vibration of the community.

By nurturing love, integrity, forgiveness, and generosity, members help create a spiritual environment where blessings flow freely, harmony flourishes, and sacred purpose is fulfilled.

25 Positive Karma Activities

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Acts of Kindness & Service

1. Donate food, clothing, or essentials to those in need.
2. Volunteer at a local community center, shelter, or outreach program.
3. Offer a genuine compliment to someone daily.
4. Help a neighbor or friend with a task or chore.

5. Mentor or guide someone seeking personal or spiritual growth.

Mindful & Spiritual Practices

6. Meditate daily to cultivate inner peace.
7. Practice gratitude journaling, listing things you are thankful for each day.
8. Pray for the well-being of others, including those you may find challenging.
9. Perform rituals that bless your home or sacred space.
10. Light a candle or incense as an offering for peace and protection.

Environmental & Community Care

11. Clean and declutter your home or personal space.
12. Plant trees, flowers, or a garden to honor nature.
13. Participate in a local cleanup or environmental project.
14. Reduce waste and practice mindful consumption.
15. Share knowledge or skills that can help the community grow.

Relationship & Social Practices

16. Listen well, without judgment when someone shares their struggles.
17. Forgive someone who has caused harm, releasing yourself and them.
18. Write letters or messages of encouragement to friends, family, or community members.
19. Spend quality time with loved ones, fully present and engaged.
20. Celebrate others' achievements and successes genuinely.

Personal Growth & Integrity

21. Set and maintain personal boundaries respectfully.
22. Practice honesty and transparency in all interactions.
23. Offer financial or material help ethically and without expectation.
24. Take care of your body and mind through healthy habits.

25. Reflect on your actions daily and commit to improving where needed.

How to Use This List

Choose 1–3 activities daily or weekly to maintain positive karma flow.

Combine intention with action; conscious effort amplifies the spiritual effect.

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 spirituality.

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 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

The Path of Personal Liberty

● A Reflection for Women Choosing Independence and Faith

D. Cowdrey

Personal liberty is one of the most profound gifts of modern life, particularly for women who have chosen a path of independence. For single women who have never married, society often attempts to define us by the absence of partnership rather than the presence of our individuality. Yet, as the years pass and wisdom deepens, many find themselves turning toward a more spiritual or religious path, out of spiritual fullness, a recognition that liberty is soulful, and that faith can anchor us in a world that too often measures worth by relationships alone.

For centuries, women have been defined by their roles, daughter, wife, mother, widow. Rarely were we recognized first and foremost as complete beings. Even today, the single woman can be met with curiosity, pity, or judgment. These social pressures, whether subtle or overt, take a toll. They can diminish the beauty of independence, making it feel like a void rather than a conscious choice. Yet the truth remains, women are not defined by marital status, but by the integrity of their lives, the depth of their character, and the freedom to choose their own path.

Unlike our ancestors, such as the Egyptians, who on average lived until age forty, we are blessed with the possibility of long lives. Many women today live into their forties, fifties, sixties, seventies, and beyond. These years, often viewed as an ending, are in reality a new youth. They are a season of rebirth, marked by wisdom yet infused with childlike wonder. In this chapter, faith and self-discovery intertwine, opening the way to deeper meaning and renewed vitality.

If people wish to know us, they must meet us where we are. We cannot be reduced to labels or expectations. We are whole in ourselves, and those who cross our path meet the fullness of who we are. Spaces like the Saints provide fertile ground for connection, because they ask little from us other than presence, while offering opportunities to learn, absorb, and experience. In this, relationships, whether friendships or partnerships, become authentic encounters, not social demands.

Life unfolds in chapters, and each demands respect. Age, while a marker, is only a number in the vast picture of rebirth, reincarnation, and the mysteries of the soul. Human timelines are often set, but souls move differently. They call us to humility, reminding us that independence may be right in one chapter, while companionship may arise in another. This is the soul dance, the graceful meeting of two journeys aligned in time and spirit.

Whether single or partnered, life is rarely easy. Both paths hold joys and burdens. What matters most is the work of becoming our best selves. Like captains of small sailboats, we must repair our sails, strengthen our bolts, and trust our vessels to withstand the seas of life. And when fortune smiles, we may meet another sailor navigating the same oceans, two boats sailing to greet one sun.

The path of personal liberty for single women is not defined by absence but by presence, of freedom, of choice, of faith, and of purpose. To live fully in one's forties, fifties, and beyond is to embrace the gift of longevity, the wisdom of independence, and the wonder of possibility. Society's labels may come and go, but the true definition of a woman lies within herself. And in this liberty, guided by humility and open to connection, we find not only ourselves but also the boundless horizon of the soul's journey.

Dehumanization & Call For Dignity

D. Cowdrey

At the heart of all relationships, personal, professional, communal, is dignity. Without respect, there can be no true relationship, only control or exploitation.

When people dehumanize others, they strip away personhood in order to dominate, manipulate, or elevate themselves. Responding to this requires recognition, boundaries, and a refusal to engage on dehumanizing terms.

Understanding Dehumanization

TACTIC	DESCRIPTION	IMPACT ON PERSON	HEALTHY RESPONSE
OBJECTIFICATION	Reducing someone to a body, role, or utility.	Loss of individuality, self-worth.	Assert identity beyond the role; affirm complexity of self.
SILENCING	Ignoring, interrupting, or discrediting one's voice.	Feels unseen, powerless.	Speak firmly; document interactions; seek supportive listeners.
GASLIGHTING	Manipulating facts to make someone doubt reality.	Confusion, self-doubt, emotional harm.	Trust personal perception; keep records; set boundaries.
ISOLATION	Cutting someone off from support or community.	Vulnerability, dependence on abuser.	Reconnect with trusted allies; build independent networks.
SCAPEGOATING	Blaming one person for collective problems.	Shame, social exclusion.	Refuse misplaced blame; clarify facts; seek fair process.
HUMILIATION	Public shaming, mocking, or belittling.	Deep emotional wounds, loss of status.	Hold ground with dignity; disengage from ridicule; counter with truth.
EXPLOITATION	Using labor, ideas, or emotions without reciprocity.	Burnout, resentment, loss of agency.	Name the imbalance; demand fair treatment; withdraw participation if necessary.
INVISIBILITY	Treating someone as if they don't exist.	Alienation, erasure of identity.	Claim space intention-ally; affirm presence through self-advocacy.
CONTROL OF NARRATIVE	Spreading rumors or misinformation.	Distorted identity in others' eyes.	Correct falsehoods when safe; live truth visibly.

TACTIC	DESCRIPTION	IMPACT ON PERSON	HEALTHY RESPONSE
CONDITIONAL RESPECT	Only offering dignity if demands are met.	Undermines autonomy, creates coercion.	Insist on unconditional respect; disengage when it's withheld.

● Key Reflections

- Dehumanization is about control. Every tactic seeks to strip a person of their autonomy so that power is consolidated in the hands of another.
- The cost is dignity. Whether subtle (invisibility) or overt (humiliation), the result is loss of personhood.
- The response is reclamation. The only way to counter dehumanization is to affirm dignity: in one's self, in one's boundaries, and in mutual relationships.
- Respect is non-negotiable. Without dignity, there can be no genuine relationship, only dominance or coercion.

● Responding to Dehumanization

- **Name it:** Recognize when behavior is dehumanizing.
- **Refuse it:** Do not accept conditions where dignity is denied.
- **Reclaim it:** Stand in self-respect, affirming worth.
- **Redirect it:** When possible, turn the encounter toward mutual respect.
- **Release it:** When dignity is not possible, step away. True connection cannot exist without respect.

Stopping The Smear Campaign

Smear campaigns are a destructive craft, designed to weaken trust, destabilize communities, and invade people's lives. They thrive on gossip, spying, manipulation, and invasion of privacy. But communities have the power to recognize, resist, and stop these tactics in their tracks.

1. Bring It Into the Light

Smear campaigns thrive in secrecy, slanders (snake-vines), and insinuation. The first step is to bring them into the light, calmly naming their methods and exposing them as manipulation, not truth.

2. Refuse to Feed the Campaign

Smear tactics feed on reaction. Outrage, panic, or even defending yourself in their court can become fuel for their fire. By holding your ground and refusing to play their game, you cut off their energy source.

3. Strengthen Community Bonds

When families and communities strengthen trust from within, outsiders' lies and monitoring lose power. Internal unity, shared values, shared rituals, shared watchfulness, becomes the greatest shield.

4. Establish Healthy Boundaries

It's not enough to ignore; boundaries must be visible. This might look like communal standards of respect, refusing invasive questions, calling out gossip, or making clear that spying and manipulation are intolerable.

5. Restore Spiritual Order

Wickedness cannot hold where light is strong. Communities can engage in collective prayer, rituals of cleansing, or symbolic acts of dismissal, ways of saying: your energy is not welcome here. The spiritual act of putting them in their place is not revenge, but reestablishing order.

6. Use Practical Accountability

In the practical world, smear campaigns may require records, evidence, and collective testimony. Just as communities protect their sacred spaces, they must also use tools of accountability, legal, social, or organizational, to protect the vulnerable.

● Closing Reflection

The craft of the smear campaign is darkness disguised as concern. But when a community sets standards, protects its own, and refuses to let lies dictate the narrative, the smear collapses under its own weight.

Through strength, understanding, and unity, we guard both our autonomy and our future.

The Santa Revolving Door Culture

The Santa Phase is a disciplined period of personal growth, focus, and self-mastery. It may last one year or extend across many years, involving repeated cycles of practice, reflection, and transformation. Practitioners may enter the door of Santas multiple times, gradually building experience, resilience, and personal power. Dannielle has followed this path since 2019, demonstrating the value of long-term practice.

The Santa Phase is a model for reclaiming personal power, sharpening vision, and aligning life with long-term goals. By focusing on discipline, healing, and intentional living, practitioners develop the strength to navigate life with purpose and integrity.

● Purpose of the Santa Phase

- Redirect energy toward dreams, goals, personal growth, and spiritual or therapeutic work.
- Cultivate discipline, mindfulness, and awareness.
- Reduce distractions and conserve energy for meaningful pursuits.
- Enhance freedom to engage deeply with work, reflection, and self-development.

For those unmarried, this may look like single or "marriage to god."

● Suggested Vows

Vow of Silence – Practice silence periodically to increase self-awareness and reflection.

Vow of Simplicity – Reduce attachment to material possessions and unnecessary distractions.

Vow of Obedience – Commit to personal organization and order, guiding principles, or a higher purpose.

Vow of Service/Purpose – Direct actions toward constructive work, healing, or positive contribution.

● Areas of Focus

Personal and Professional Work – Stay dedicated to your cases, responsibilities, and tasks.

Therapy and Self-Help – Engage in emotional processing, personal development, and healing from past trauma or abuses.

Dreams and Goals – Set tangible goals and take consistent steps toward achieving them.

The Santa Phase can feel isolating or difficult, requiring confrontation with personal pain and consistent self-discipline. Progress is gradual; relief occurs over time through practice.

The revolving door of Santa vows is natural. Each return strengthens resilience, insight, and personal power. Participation is voluntary. This is a fully self-directed, self-fulfilling endeavor.

● Benefits of the Santa Phase

Practicing the Santa Phase provides:

- Reclaimed personal power and focus
- Sharpened judgment and decision-making
- Alignment with long-term personal and professional goals
- Emotional stability and resilience
- A foundation for mastering oneself and navigating life intentionally

● Closing Reflection

The Santa Revolving Door is a practical framework for repeated cycles of disciplined growth. It emphasizes practice over perfection, integrating vows and intentional focus to create sustainable transformation.

Over time, the Santa Phase strengthens understanding, personal power, and the ability to live a purposeful, self-directed life.

Professional Ethics Statement on Client Confidentiality

At the Union of Saints and within our ministry, legal and caregiving practices, we recognize that confidentiality is the foundation of trust between client and caregiver. A client's medical records, health information, legal information, and personal disclosures are their private property, not material for public debate, discussion, or discrimination.

In a time marked by unprecedented medical abuse, corruption, fraud, corporate misconduct, and the erosion of privacy, exacerbated by social media exposure and the aftermath of the COVID-19 pandemic, our ethical responsibility to protect confidentiality has never been more urgent.

Our Ethical Commitment

As therapists, legal supporters, and caregivers, we affirm that:

- Client confidentiality is inviolable.
- Personal information must never be used for power, control, or exploitation.
- We establish firm boundaries between private information and the outside world.
- Even when external recommendations are made, it is our duty to ensure those recommendations are trustworthy and rooted in professional integrity.

This is an ethical stance as well as the responsibility of every good caregiver.

Professional Standards

Our policy is consistent with medical, therapeutic, legal, and ministerial best practices. We uphold strict guidelines, rules, and standards to fully respect our clients and protect their dignity.

These include:

- **Secure Systems**

All digital records are stored in encrypted, password-protected systems with limited access.

- **Transport Protection**

Secure online portals and communication platforms.

- **Data Management**

Regular systemized deletions ensure that outdated files are not improperly accessed.

- **Paper Records**

Paper files are kept under lock and shredded once no longer needed.

- **Billing and Payments**

Credit card details are immediately encrypted; insurance and billing are processed in secure systems.

- **Backups**

Encrypted backups are maintained to prevent data loss without compromising confidentiality.

- We never release information without explicit client consent, except where legally required for safety.
- We continually train our staff in best practices for privacy, confidentiality, and ethical care.
- We recognize that client safety and information security are our highest priorities, equal in importance to the care we provide.

Closing Statement

Confidentiality is the cornerstone of dignity, respect, and healing.

In protecting our clients' information, we not only comply with professional standards, we embody the values of integrity, humility, and sacred trust that define The Saints.

In an age of misinformation, smear campaigns, and shifting global challenges, our clients can be assured that their personal information remains private, respected, and secure.

Alternatives to Cease and Desist Letters of Boundaries

Depending on the situation, a cease and desist may feel too aggressive. Here are alternatives that encourage respectful communication while still establishing healthy boundaries.

● Alternative Approaches

- **Polite Written Request (Letter or Email)**

A simple message explaining the issue, how it affects you, and what you'd like them to stop doing.

- **Mediation / Neutral Third Party**

Bringing in a trusted mediator, clergy, community leader, or neutral professional to resolve the conflict without escalating.

- **Verbal Conversation**

Sometimes a direct, respectful conversation can prevent misunderstandings.

- **Request for Clarification**

A letter asking for clarification about their actions, rather than demanding they stop.

- **Notice of Concern**

More formal than a polite request, but not as legally threatening as a cease and desist.

- **Covenant Agreement / Behavioral Contract**

In community, business, or ministry settings, this sets mutual boundaries.

- **Mediation or Arbitration (Legal Framework)**

A structured process with enforceability. A great option may be:

<https://www.cowdreyfirm.com/>

She will offer discount for church members.

- **Court Order / Injunction**

More formal than a cease and desist, used if the harm is ongoing and serious.

In our ministry or community settings, a Letter of Boundaries can be a compassionate but firm alternative.

Letter of Boundaries

To: _____

This letter is written with respect, but also with the seriousness that the situation requires.

Recently, we have observed/experienced:

These actions have caused:

We are asking for your cooperation in honoring the following boundaries:

1.

2.

3.

These boundaries are set in place to protect peace, dignity, and well-being. They are not meant to harm you, but rather to ensure that healthy, respectful space exists between us.

If these boundaries are respected, there is no need for further action. However, if they are disregarded, we will have no choice but to take stronger measures to safeguard ourselves and our community moving forward.

With blessings and goodwill,

Faith Based Letter of Boundaries

To: _____

I write this letter with prayerful reflection and with the hope for peace.

We are all called to live in ways that honor God, respect one another, and protect the dignity of our communities. Recently, your actions, have created distress and imbalance.

For the sake of peace, and in the spirit of healthy boundaries, we kindly but firmly ask that you honor the following:

1. Respectful Communication

Please refrain from contacting me/us in ways that cause harm or discomfort.

2. Sacred Space

Please do not come to our home, place of work, or house of worship unless invited.

3. Truth and Integrity

Please do not speak untruths or create divisions about me/us within the community.

These boundaries are set not out of anger, but out of necessity. We believe that peace, once broken, can be restored by understanding, accountability, and respect.

If these boundaries are honored, we will move forward in peace. If they are disregarded, we will have no choice but to seek stronger measures of protection, both spiritual and practical.

We pray that these words are received in the spirit they are offered, not to condemn, but to protect the path of peace for all involved.

With firm resolve and blessings,

Union of Saints and Cowdrey Firm Analysis

This document provides a thoughtful analysis of two interconnected organizations: Union of Saints and Cowdrey Firm. Each serves distinct yet complementary roles, and together they create a holistic framework of spiritual, creative, and legal support.

Union of Saints

Union of Saints is an interfaith ministry and community support network devoted to helping individuals reclaim freedom, autonomy, and purpose through integrated spiritual, legal, educational, and creative services.

• **Mission & Services**

- Defines "modern slavery" as any form of coercion or manipulation that diminishes people's agency.
- Offers spiritual guidance, educational programs, legal advocacy, and creative arts initiatives.
- Provides healing and mentorship, especially for veterans.
- Monthly programs include arts, prayers, themed activities, and community fundraising.
- Programs have rich unique names such as Albatross Crew, Liberty Arts Network, Ministry of Peace, R&R Monastery, and Sea Grape Shoppe.

• **Community Style**

The language is warm, inviting, and visionary, with storytelling, prayers, and creative imagery. The community is growing with thousands of monthly visitors, showing strong engagement.

● **Cowdrey Firm**

Cowdrey Firm provides legal paralegal, notary, and mediation services, with flat-rate pricing designed for customers.

• **Services**

- Mediation: \$100–\$200 for 1–3 hour sessions.
- Notary: \$20 per signing, \$10 per additional page.
- Legal / Paralegal: \$10–\$20 per page; \$100–\$200 for 1–3 hours.
- Free consultations available.
- Supports veterans, veteran-owned businesses, and the broader community.

● Working Together

• Shared Purpose & Audience

Both organizations serve individuals seeking healing, freedom, and support—particularly veterans.

• Complementary Functions

Union of Saints offers spiritual and creative empowerment, while Cowdrey Firm provides practical legal tools.

• Integrated Holistic Support

Together, they demonstrate that spiritual growth and legal empowerment must go hand-in-hand.

● Comparison

ORGANIZATION	FOCUS & STYLE	KEY BENEFITS
UNION OF SAINTS	Interfaith, creative, spiritual healing + community support	Holistic empowerment: spiritual, educational, creative
COWDREY FIRM	Legal, paralegal, mediation, veteran-friendly	Accessible legal support: fairness, advocacy

● Closing Reflection

- Union of Saints functions like a traveling monastery and interfaith sanctuary, offering healing, creativity, and advocacy.
- Cowdrey Firm serves as a grounded anchor, giving people legal empowerment.
- Together, they provide a model of integrated support, uplifting souls while also ensuring self-advocacy in navigating practical realities.

100 Beautiful Tea Blends

A Collection of Herbal Tea Inspirations

Digestive & Wellness Blends

1. Dandelion Root & Ginger
2. Burdock Root & Licorice
3. Ginger & Fennel Seed
4. Dandelion Root & Turmeric
5. Licorice Root & Cardamom
6. Ginger & Lemongrass
7. Burdock Root & Cinnamon
8. Dandelion Root, Ginger & Fennel
9. Turmeric & Black Peppercorn
10. Ginger, Licorice & Orange Peel
11. Dandelion Root & Peppermint
12. Burdock Root, Ginger & Lemon Peel
13. Ginger & Holy Basil (Tulsi)
14. Licorice Root & Rooibos
15. Dandelion Root & Hibiscus
16. Ginger & Lemon Verbena
17. Burdock Root & Nettle Leaf
18. Turmeric, Ginger & Lemongrass
19. Licorice Root, Fennel & Cinnamon
20. Dandelion Root, Licorice & Cardamom

Refreshing & Nourishing Blends

21. Nettle Leaf & Peppermint

- 22.** Lemon Balm & Nettle Leaf
- 23.** Elderflower & Peppermint
- 24.** Peppermint & Licorice Root
- 25.** Holy Basil & Nettle
- 26.** Lemon Balm & Ginger
- 27.** Lavender & Nettle
- 28.** Rooibos & Nettle
- 29.** Thyme & Lemon Peel
- 30.** Peppermint, Lemon Balm & Nettle
- 31.** Elderflower, Lemon Verbena & Rooibos
- 32.** Ginger & Thyme
- 33.** Peppermint, Licorice & Rooibos
- 34.** Nettle & Lemon Verbena
- 35.** Holy Basil, Ginger & Lemon Peel
- 36.** Elderflower & Lemon Verbena
- 37.** Peppermint, Thyme & Fennel
- 38.** Lemon Balm, Rooibos & Licorice
- 39.** Lavender & Lemon Balm
- 40.** Nettle, Burdock & Peppermint

Floral Blends

- 41.** Lavender & Lemon Verbena
- 42.** Rose Petal & Hibiscus
- 43.** Hibiscus & Lemon Peel
- 44.** Rose Petal, Lemon Balm & Peppermint
- 45.** Lavender & Rooibos
- 46.** Lemon Balm & Rose Petal
- 47.** Hibiscus, Lemon Peel & Ginger

- 48.** Lavender & Lemon Verbena & Ginger
- 49.** Rose Petal, Rooibos & Licorice
- 50.** Hibiscus & Fennel Seed
- 51.** Lavender, Peppermint & Lemon Peel
- 52.** Rose Petal & Holy Basil
- 53.** Hibiscus & Turmeric
- 54.** Lavender & Cardamom
- 55.** Lemon Balm, Hibiscus & Ginger
- 56.** Rose Petal, Lemon Verbena & Rooibos
- 57.** Lavender & Ginger Root
- 58.** Hibiscus, Lemon Peel & Licorice
- 59.** Rose Petal & Fennel Seed
- 60.** Lavender, Rooibos & Lemon Verbena

Citrus & Herbal Blends

- 61.** Lemon Peel & Ginger
- 62.** Lemon Verbena & Licorice
- 63.** Orange Peel & Rooibos
- 64.** Lemon Peel, Ginger & Lemon Balm
- 65.** Lemon Verbena & Fennel
- 66.** Lemon Peel & Holy Basil
- 67.** Lemon Balm & Rooibos
- 68.** Lemon Verbena, Lavender & Ginger
- 69.** Lemon Peel & Licorice Root
- 70.** Lemon Verbena & Cardamom
- 71.** Orange Peel, Ginger & Rooibos
- 72.** Lemon Balm, Peppermint & Lemon Peel
- 73.** Lemon Verbena & Nettle

- 74.** Lemon Peel, Hibiscus & Ginger
- 75.** Lemon Verbena, Rose Petal & Rooibos
- 76.** Lemon Balm, Rooibos & Licorice
- 77.** Lemon Peel & Burdock Root
- 78.** Lemon Verbena & Thyme
- 79.** Lemon Balm & Lavender
- 80.** Lemon Peel, Licorice & Fennel

Signature Blends

- 81.** Holy Basil & Ginger
- 82.** Rooibos & Turmeric
- 83.** Licorice Root & Cardamom
- 84.** Rooibos & Peppermint
- 85.** Holy Basil, Lavender & Lemon Peel
- 86.** Ginger, Lemon Balm & Rooibos
- 87.** Licorice Root & Lemon Verbena
- 88.** Rooibos, Ginger & Lemon Peel
- 89.** Holy Basil & Lemon Balm
- 90.** Rooibos & Lemon Verbena
- 91.** Ginger, Fennel & Licorice Root
- 92.** Holy Basil & Peppermint
- 93.** Rooibos, Rose Petal & Hibiscus
- 94.** Ginger & Rooibos & Lemon Peel
- 95.** Turmeric, Ginger & Lemon Balm
- 96.** Licorice Root & Holy Basil
- 97.** Rooibos, Lavender & Lemon Verbena
- 98.** Ginger, Nettle & Lemon Peel
- 99.** Lemon Balm, Rooibos & Lavender

100. Holy Basil, Rooibos & Lemon Verbena

Homemade Banana Boat Sunblock

~Nel :)

● Important Note

Commercial sunscreens are FDA regulated and tested for SPF protection. A homemade recipe will not provide guaranteed SPF protection, so use it as a natural skin soother and for light daily protection, not as a substitute during strong sun exposure, especially at the beach or during long hours in direct sunlight.

● Ingredients

- 3 tbsp coconut oil (natural SPF ~4, moisturizing)
- 2 tbsp shea butter (soothes and nourishes)
- 2 tbsp cocoa butter (rich and protective)
- 2 tbsp non-nano zinc oxide powder (broad-spectrum physical sunscreen, SPF depending on % used)
- 1 tsp beeswax pellets (helps it solidify)
- ½ tsp banana extract (food grade, for scent)
- Optional, 3 to 4 drops vanilla extract or essential oil (pairs beautifully with the banana scent)

● Instructions

1. **Melt the Oils and Butters**
 - In a double boiler, or a heat safe bowl over simmering water, combine the coconut oil, shea butter, cocoa butter, and beeswax.
 - Stir until everything is completely melted.
2. **Cool Slightly and Add the Zinc Oxide**
 - Remove from the heat and allow the mixture to cool for 1 to 2 minutes.

- Carefully stir in the zinc oxide powder. Wearing a mask is recommended to avoid inhalation. Mix thoroughly until smooth.

3. Add the Banana Scent

- Stir in the banana extract and the optional vanilla.

4. Pour and Set

- Pour the mixture into a clean glass jar or tin.
- Allow it to cool and solidify at room temperature.

● Use and Storage

- Apply a thin layer to the skin before sun exposure.
- Store in a cool, dry place. It will keep for approximately 3 to 6 months.
- Reapply every 2 hours or after swimming or sweating.

This version has a light banana vanilla tropical scent, a creamy balm texture, and gentle UV blocking from the zinc oxide.

Groovy

[Image in library]

Protective Spell Meditation Card

● Protective Meditation

Take a slow breath and become aware of the present moment.
Imagine yourself surrounded by a warm and peaceful light. Allow that light to grow brighter with every breath, forming a protective circle around you.
Release fear, tension, and the burdens you no longer need to carry. Let them drift away, replaced by calm, and strength.
May your thoughts be grounded in wisdom.
May your words be guided by kindness.

May your actions reflect integrity.

May your spirit remain peaceful, and protected.

Carry this sense of peace with you throughout your day, knowing that your greatest strength comes from within.

~US

Closing Reflection

Every generation is entrusted with building a more peaceful world.

Whether through compassion, ethical leadership, education, wellness, or reflection, each act of goodness contributes to something greater than ourselves.

May this collection continue to grow alongside those who seek truth, practice kindness, and dedicate themselves to creating positive change.

Peace. Love. Forgiveness.

Union of Saints