

Whole Truth Is Spiritual Truth

D. Cowdrey

When others, including friends, coworkers or family members, speak about us, it is often rooted in a sense of possessive entitlement. When what is said is positive, it may not seem as significant. However, when it is negative, it can cause energetic harm, contribute to social isolation, create invisible hierarchies, and position an individual as the end of a joke.

These expressions are frequently delivered in the form of humor, yet they do not take the individual's best interests seriously. They are often formed from what can be described as *garbled energy*, meaning they present only fragments of a story rather than its full context.

The individual being spoken about is typically not present to defend themselves, and even if they were, would they be able to do so effectively? They are often outnumbered by those who feel entitled or possessive enough to suppress the individual's full truth from the outset.

Within this framework, the *whole truth* can be understood as boundary, autonomy, dignity, safety, respect, responsibility, the freedom to say no, and the consent of communication. In many cases, this consent is absent. There exists an illusion of consent when others engage in these discussions, yet there is often discomfort. At a deeper level, many individuals do not truly consent to being the subject of humor directed at them, nor to having their stories misrepresented.

Stories may be told in ways that discredit, humiliate, create hierarchy, or inflate the egos of others. In this context, the *whole truth* is not only the factual accuracy of an individual's story, but also the truth of the spirit and the rightful ownership of that story.

Each individual holds the inherent right to safeguard themselves. This principle applies to all people, and it is especially critical for professionals whose reputations directly impact their career paths and ability to sustain themselves. Harm to one's reputation is not a trivial matter. It can introduce elements of subjugation and discrimination and may contribute to forms of modern slavery.

The Union of Saints takes these matters with the utmost seriousness and offers its position to both strengthen community potential and to establish a firm stance against all forms of subjugation, voice suppression and modern slavery.

Ultimately, how we feel about ourselves and how we show up in the world begins within our immediate environments, including our friendships, families, and workplaces. It is shaped by self-confidence and by who stands with us. Where appreciation is absent, where reputational harm occurs, and where voice and autonomy are suppressed, patterns of subjugation begin to emerge.

Whole truth is also boundaried spiritual truth.