

Union of Saints, Principles of Strength, Peace, and Protection, Assault

The Union of Saints believes that true strength is both spiritual and practical. We honor peace, but we do not confuse peace with weakness. Our principles remind us that defending ourselves and others is a sacred duty, one that must always remain guided by conscience, discipline, and love for life.

Core Principles

1. **Sanctity of Life** – Every life holds divine value. Protection of life is a moral responsibility.
2. **Justice with Restraint** – Defense must never become cruelty. We act only when threatened, and we stop when the danger has passed.
3. **Discipline Over Violence** – We cultivate skill, awareness, and self-control, choosing training and preparation over recklessness or rage.
4. **Community Defense** – We look out for one another, ensuring safety not through domination but through unity and readiness.
5. **Healing After Conflict** – We seek restoration and peace following any act of harm or defense, knowing that healing is part of victory.

Legal Understanding

Under the law, **assault** is an unlawful act of physical harm or threat of harm against another. It becomes a crime when done intentionally and without justification. **Self-defense**, however, is a lawful and protected right. It allows an individual to use reasonable force to protect themselves or others when facing immediate danger.

The key word is *reasonable*, the response must match the level of threat. This balance keeps us within legal and moral boundaries while still ensuring we are never helpless.

Strength Through Healthy Practice

To harness the energy of self-defense constructively, we train the body and mind. Practices such as **martial arts, kickboxing, running, yoga, and strength training** help channel intensity into focus, calm, and confidence. They prepare us not only for potential danger but for daily life, where discipline and balance are the true marks of strength.

Even service in the **military** can be seen as an honorable outward expression of protection. It reflects the highest form of readiness, courage in defense of others and commitment to collective safety.

Living Prepared, Living Peacefully

We do not live in fear, but we acknowledge reality. In this world, threats may appear without warning. Preparedness allows us to stand firm, hold our ground, and protect our homes and communities while keeping peace in our hearts.

The Union of Saints stands for balance, firm, but **not cruel**. Strong, but not reckless. Ready, but never hateful. Through knowledge, training, and faith, we keep our light burning even when darkness looms.

The Origin of the Union of Saints

The Union of Saints was founded by Dannielle, a woman who endured assault in her lifetime and chose strength over fear. Rather than allowing that pain to define her, she transformed it into purpose. Seeking empowerment, she began taking self-defense classes, where she discovered that confidence begins with awareness and preparedness.

Her career path led her into the military, where she learned a wide range of defensive techniques and tools. There she mastered the balance between readiness and restraint, learning not only *how* to defend, but *when* it is truly necessary. Her training deepened through her work with a professional boxing company, where she trained alongside skilled fighters and studied the art of jiu-jitsu. Through these experiences, she developed both physical strength and spiritual steadiness, an understanding that **true power lies in personal discipline, not domination**.

Dannielle carries these lessons forward as the foundation of the Union of Saints. She believes that knowing how to defend oneself is not just practical, it is vital, especially for women and others who may face physical vulnerability. In a world where threats can arise without warning, awareness, training, and composure become essential life skills.

The Union of Saints was born from this conviction, that strength, readiness and peace can coexist. We are called to be both peaceful and prepared, knowing that the ability to defend life is a sacred duty and a form of love for oneself and others.