

## Protecting the Energy Field: Protocols, Boundaries, and Documentation

This document provides tools for individuals and communities to safeguard against harmful behaviors that attempt to 'dirty the energy field.' It includes a template incident log for documenting harm, a sample boundary and safe-word policy for ensuring conversations remain respectful, and a pastoral protocol for responding to reports within the Union of Saints' ministry and the Cowdrey Firm, LLC.

### 1. Template Incident Log

This log helps preserve a factual record of harmful events. Use neutral language, separate emotional impact from facts, and store securely.

Date & Time	Location / Medium	People Involved	What Happen ed (Facts Only)	Emotion al Impact	Witness es	Evidenc e Collecte d	Follow- up Action Taken
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Instructions:

- Always write in factual, neutral language.
- Note emotions separately.
- Store copies securely and off primary devices.

### 2. Sample Boundary Statement / Safe-Word Policy

Purpose: To ensure all participants feel safe, respected, and empowered to stop or pause any conversation or activity that causes discomfort or harm.

Safe Words:

- Yellow = "Slow down. I'm becoming uncomfortable. Please clarify or shift tone."
- Red = "Stop. I do not consent to continuing this conversation."
- Alternatives (gentle options): Willow, Clover, Lantern.

Guidelines:

1. When someone uses a safe word, everyone pauses immediately.
2. No one is asked to justify why they used a safe word.
3. After a pause, either change the topic or revisit later only if all parties agree.
4. Misuse (mockery, dismissal, retaliation) is not tolerated.

This policy honors boundaries and upholds dignity. Respecting safe words is an act of love and accountability.

### **3. Pastoral Protocol for the Union of Saints' Ministry & Cowdrey Firm, LLC**

#### **A. Receiving a Report**

- Listen without interruption.
- Affirm the individual: "We believe you. You are safe here."
- Record only facts, not interpretations, in the incident log.
- Offer the choice of anonymity if possible.

#### **B. Immediate Support**

- Provide a pastoral caregiver and, if requested, referral to a trauma-informed therapist.
- Offer safe words in conversation and prayer settings.
- Provide legal consultation through Cowdrey Firm, LLC if civil/criminal matters may apply.

#### **C. Protection Measures**

- Implement temporary separation of parties when safety is a concern.
- Activate a safety team to monitor gatherings and enforce boundaries.
- Suspend harmful individuals from leadership or community functions pending review.

#### **D. Investigation & Accountability**

- Appoint an independent review panel (faith leaders + legal/therapeutic advisors).
- Gather documentation: logs, statements, evidence.
- Maintain transparency with the community without breaching confidentiality.

#### **E. Resolution Options**

- Restorative path: mediation, counseling, reconciliation rituals, written commitments.
- Protective path: permanent boundaries, legal remedies, removal from community roles.

#### **F. Ongoing Care**

- Check-ins with the harmed party at 30/60/90 days.
- Access to therapy subsidies where possible.
- Community rituals for healing (prayer circles, symbolic cleansing, affirmation blessings).

Guiding Principle: No tolerance for behaviors that dirty another's energy field. We protect the sacred dignity of each member while offering paths of accountability and, where possible, restoration.