

***Union of Saints, Intrusion***—when people push into your space, ask probing questions, monitor you, or otherwise show an interest that feels unwanted or unhealthy. Whether you view this as psychological, spiritual, or energetic, there are a few grounded reasons why people behave this way, and ways you can respond.

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## **Why People Intrude or “Monitor”**

### **1. Control & Power**

Some individuals are driven by a need to control others. They may gather information to feel superior, manipulate, or maintain an advantage.

### **2. Curiosity Without Boundaries**

Not everyone who inquires has malicious intent—some people simply lack social awareness and don’t realize their questions or attention feel invasive.

### **3. Insecurity & Envy**

People who feel insecure may “monitor” someone they admire or envy as a way to compare themselves or feel included.

### **4. Projection**

Sometimes individuals project their own fears or issues onto others, convincing themselves they must “watch” someone to feel safe or in control.

### **5. Spiritual/Metaphorical Perspective**

In some traditions, “monitoring spirits” refers to negative energetic patterns—people drawn to your light, success, or peace but unconsciously disrupting it.

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## **How to Stop or Deflect This**

*(Practical, psychological, and spiritual approaches can work together.)*

### **Practical / Psychological Boundaries**

- **Limit access to information**

Share less about your personal life, plans, or emotions with people who feel intrusive.

- **Name the behavior calmly**

“I’m not comfortable discussing that” or “I prefer to keep that private” sets a clear boundary.

- **Restrict contact**

If possible, block or distance yourself from individuals who consistently violate your privacy.

- **Document stalking or harassment**

If the behavior crosses into harassment or illegal surveillance, document and seek legal or police support.

## **Energetic / Spiritual Boundaries**

- **Visualization**

Imagine a protective barrier (light, fire, mirrors, etc.) around you that filters energy and only lets love and goodwill in.

- **Grounding practices**

Breathwork, prayer, meditation, or spending time in nature help you feel centered and less affected by external energies.

- **Cleansing rituals**

Smudging, salt baths, or prayer (depending on your tradition) can symbolically remove unwanted energy.

- **Strengthening your own field**

Practices like mindfulness, affirmations, or self-compassion make your “energy” less porous to others.

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## **Key Principle**

Intrusive people lose their power when:

- They cannot access your private information.
- They cannot get an emotional reaction from you.
- You stay grounded and clear about your boundaries.