

## **Natural Veganism, Ozirah, and the Ethics of Living Care**

### Union of Saints

Natural veganism is a form of knowing that many of us recognize without instruction. It is understood through the body, the mind, and the spirit simultaneously. We experience it when nourishment restores peace, when hydration revives us, and when the body responds with sustained vitality over time. Natural veganism is heart, soul, and evolution. Human beings are not designed to inhibit the body to the point of harm, but to live, love, and enjoy life within reason and with care.

Women have always existed as natural grazers. Berries, nuts, seeds, fruits, roots, and leafy vegetables nourished the female body across the day, aligning with pregnancy, caregiving, and cyclical health. This rhythm supported steadiness, emotional regulation, and the nourishment of growing life. Such knowledge was lived, practiced daily, and transmitted through embodied wisdom. The continuity of this nourishment shaped generations.

Men, too, lived as builders, gatherers, and grazers within early human societies. Prior to modern weapons, hunting occurred on foot and required substantial physical exertion, rendering it a rarer monthly occasion than a daily meal. Survival depended largely on plant foods gathered through movement, observation, and cooperation. Before modern agriculture, dairy consumption was absent, while seeds and nuts served as sources of nourishment and milk, such as coconuts in tropical regions. These patterns are reflected in human physiology and digestive design.

The ancient Mediterranean diet was grounded in fruits, vegetables, herbs, grains, and legumes. Fish appeared in some coastal regions, yet essential nutrients did not originate from fish themselves. Vitamin B12 emerges within plant consuming ecosystems, and omega fatty

acids are available through plant based sources. Complete proteins arise through dietary diversity. Human health depends upon nourishment in multiple forms, including food, water, movement, rest, safety, and joy.

In many respects, human beings become disoriented when separated from these foundational truths. When alignment is restored, the body responds accordingly. A woman's womb offers profound insight into human design, reflecting cyclical wisdom, sensitivity, fluidity and flow (aquatic natural body systems), and care. It demonstrates that nourishment, balance, and safety sustain life. These principles are inscribed within the body itself.

Natural veganism supports healthy and mindful body liberation. It affirms natural sexiness, joy in embodiment, and gratitude for the sensitive body. Choice remains central to this ethic. Nourishment, pleasure, and appreciation operate together in harmony. When the body is respected and listened to, vitality follows.

At the Union of Saints, this ethic is held within an interfaith framework. Wisdom is recognized across religions and traditions. Boundaries, discernment, and safety are honored as integral to health. A person may live a life with few partners and experience wellbeing, or choose a different relational path and remain healthy. What matters most is self autonomy, self maturity & life phase, safety, healthy boundaries, and self awareness. Safety holds primacy.

Both women and men may experience harm within relationships entered without emotional readiness. Time reveals this truth, and time moves swiftly, particularly when family planning is involved. Frequent partnership may limit the reflective space required for independent decision making. Such decisions are formed first within the self and later shared relationally. Individual choice remains a fundamental human freedom.

At Union of Saints, we affirm the individuality of women and men alike. Each person holds the right to say yes, I am ready for a devote relationship, a family, or no, I am not ready. This clarity protects health, families, and futures. It sustains autonomy and agency.

Natural veganism is grounded in care, empathy, and bodily respect. When these qualities are present, relationships feel supportive and stable. Alignment is experienced somatically, through the heart and the gut. In the current cultural climate, misogyny presents a significant risk to safety, particularly for women and girls, and distance from such environments supports wellbeing. “When in doubt, distance for health.” ~US Natural veganism centers dignity, autonomy, and care as essential conditions of health.

Those who live this ethic recognize it within themselves. One may affirm, yes, I am a natural vegan, or come to understand that a partnership no longer reflects these values. Letting go under such circumstances is an act of self respect and love. Guidance includes practical planning, details, clarity, and protection. Support is available through the Sisters of Safety Legion, where a relationship commitment outside of the church may not be successful, we are here to offer our infinite promise, these values and virtues will always remain present in the heart of our Union.

Care extends to men as well. As a female pastor, I encourage men to seek brotherhood spaces that offer appropriate support during periods of transition and healing. This approach reflects respect for energetic integrity. Preserving feminine and masculine spaces safeguards sacred hearts and sustains communal health.

Mama Ozirah embodies this ethic of nurturing care. She is the mother goddess accompanied by the father god, who welcomes freedom and offers gentle guidance. Her teachings are simple, yet profound. Take care of the body. Swim. Be free. Give and express gratitude. Enjoy

life. Water gives and receives without judgment, holding and restoring all. Like a tide wave, enjoy quiet solitude, reach up to the sun.

Ozirah's Diet emerges organically from this wisdom. It is salt water centered and plant based, incorporating algae, duckweed, kelp, oils, nuts, seeds, berries, fruits, vegetables, and generous servings of leafy greens. Nourishment is distributed throughout the day, supporting skin, hair, nails, vitality, healthy babies, partnerships, and lives.

Movement in water complements hydration and nutrition: it is the healthiest exercise for life longevity, *not to our surprise!*

Natural veganism need not be defined in order to be known, yet for nurture, clarity, evolution, and humanity's sake, it is articulated here. It is care expressed through nourishment, freedom shaped by boundaries, choice guided by wisdom, and gratitude lived through the body, mind and spirit. It is a way of living that honors *all life*.