

Tuesday 31<sup>st</sup> December 2024

Dear Ian

I wanted to send you another letter following on from my message to you last week. I want to explain to you your options Ian, what your options are at the present moment as the New Year dawns.

The rapist thug in you will want to continue to dominate and abuse Sharon, keeping her prisoner as his own personal livestock. If you go down that path Ian, you will destroy yourself and there will be no hope for you. Also, it will not work. As I said last week, I wield a power that you know nothing about, and with that power I am going to protect Sharon and stop you from destroying her life and her beauty, and then if she is willing I am going to help her to reverse the damage you have done and restore her to her natural self. You have no choice in this – whatever happens from this point on Ian, you are not going to be part of Sharon's life anymore, and I am also going to ensure that you do not hurt or abuse any other women. You cannot stop this as the assembled causes that are behind this change, and which you know nothing about, are now far too powerful.

The question I want to ask you is this: *is this what you really wanted to become Ian, a rapist thug?* I am pretty sure it wasn't. I am pretty sure you have made really bad choices because you thought you could get away with it and that no-one would ever know, but now you realise that that is not the case, that there are consequences, and that you will more and more wear the mask of the rapist thug that you have cultivated all these years and you won't be able to hide it – everyone will know because it will be written on your face. You can already see it happening as your old self breaks down under the weight of the crimes you have committed against Sharon, myself and others and the new self emerges, the face of the rapist thug that you tried to hide from the world all these years.\*

You cannot stop any of that from happening. But what you can do is seek to undo what you have done to yourself, and this is the advice I wish to give you in this letter. I want to tell you Ian what you need to do in order to prevent yourself deteriorating even more and to undo what you have done, so that your good soul – your true self - can be restored. This is my gift to you as a yogi that seeks to bring good into the world and to oppose evil – I hope that you choose the honourable path of restoring your soul to life and banishing the darkness that has taken hold of you and that will now bring you to a state of appalling suffering and isolation.

Here is what you must do:

You must firstly realise that you are an abuser and are a dangerous individual. Then you must take steps to protect Sharon from yourself, and the only way you can do that Ian is to leave Sharon on your own volition and remain out of her life completely. By taking this step you will not only earn my complete respect, because a man who acts like that to protect others is certainly a man that I would respect no matter what he has done, but more importantly you will keep hold of your own self-respect. If you lose your self-respect Ian the foundations of your good mind will collapse completely and you will not be able to recover it, and you will fall into darkness and become evil. By taking this action you will be able to respect yourself and the choice you have made, and so I urge you, of your own volition and based upon my advice, to leave Sharon and never see her again, and to do this in order to not only protect her, but also out of respect for what you have done to her and to restore your soul back to its authentic state.

That is how you will keep your self-respect, which you will need in order to prevent your good mind from breaking down, a mind you will need in order to restore your soul. If you think about it, you will realise that what I say is true, you will just know that this is the way to maintain respect for yourself and to prevent a catastrophic breakdown, and that no-one is to blame other than you, for

you are the one who made these really awful choices that have brought you to this point. Though you will seek to blame me, you will know that in fact I act honourably in order to protect not only Sharon, but you too, and that only you are to blame. You did not have to do this, you had other choices you could easily have made.

You then need to take a vow to yourself to root out the rapist thug that has now gained such power over your soul and that will bring you to a state of appalling suffering. This will take you many years, and it will be a solitary path, but you must undertake it in order to weaken this influence so that your soul can be strong enough to overcome it and restore you to your authentic self. The quickest and best way to do that is to commit yourself to celibacy in order to protect women until such time as this influence has been removed. That is how you can purify yourself of this influence and restore your soul to its previous condition. When that has happened Ian there is still hope for you, there is still the possibility that you can find love and companionship again, it is not too late, but if you do not take this path then you will lose all hope of ever finding love again and in all likelihood you will fall to dark forces who will turn you into something truly awful.

I don't hate you Ian, I offer this spiritual advice to you in the hope that you will take it. You have heard enough to know I am a wise man; my father is a tribal Pashtun from the Himalaya and my tradition is that of an ancestral yoga, and I am a shaman of that ancient tradition. So heed my words and choose your path carefully. If you want to remain in the light and to find love and relationship and community again, then you need to follow my advice. That is the quickest and most direct route back to spiritual health.

Regards

Sonny

\*( An old Cherokee tale that you have probably heard might be useful here:

*“We all have two wolves inside us. They are in our hearts and these wolves are constantly fighting each other. There is a White Wolf and a Black Wolf. The Black Wolf is filled with fear, anger, envy, jealousy, greed, rape, dominance and arrogance. The White Wolf is filled with peace, love, hope, courage, humility, compassion, and faith. They battle constantly.*

*Then he stopped, and the child that asked the initial question continued. “But grandfather, which wolf wins?”*

*The old Cherokee replied... That's simple... it's the wolf we feed the most.”*

You have spent too long feeding the Black Wolf Ian, and now you cannot stop it rising up to consume you and turn you into one of its own. The advice I offer is from the White Wolf. If you want to return to the fold of the White Wolf, then follow my advice and walk that path.)