

Saturday 22nd March 2025

Dear Sharon

<https://www.youtube.com/watch?v=irmShbIbkOE>

The music video this week is *Electric Dreams* by Human League. It's from a quirky 80s rom-com film of the same name. It's one of a number of songs that always really remind me of you, and this one really brings you to mind. Every time I listen to it it is like you are here, so I often play it to connect with you. I'm quite into the Human League, I just love the synth vibe and the mixture of male and female vocals, hard to beat. I was never into them in the 80s but got into them a year or so ago. All of their music really connects me to you for some reason, but *Electric Dreams* is the main one. They are playing at Cardiff Castle in July this year so I am hoping to go to that to see them if my business takes off, which I think it will.

'Don't I get to have a say?' That was something I picked up from you a couple of weeks ago and meant to mention in my letters but forgot. The tone of it was accusatory, like I am an authoritarian because I am putting you through this liberatory process without asking you first. To be fair, you are ignoring me, so it's hard to ask you, but all else being equal, you are not really in a position to be able to make a sound judgement. You are being raped and exposed to terror/menace, and being dominated and controlled, so how can you have a say? It's like someone being kidnapped and held at gun point in a state of extreme duress, and the police asking them if they are okay if they come and rescue them. The person isn't in a state to be able to make that judgement. The police are the experts on rescuing people from kidnap situations and so they are the ones that have to make that call. All rescue attempts are fraught with danger, and nothing is guaranteed, so you always have to weigh the risks of rescue against the risk of leaving the person there, and on that basis assess whether an attempt should be made. It's not something you can ask the person kidnapped about. So the same is true here, I'm the expert in this and the one capable of performing the rescue, so I'm the one who has to make that call, and assess the potential risks involved in rescue (which are very real) against the risk of leaving you there. I decided to attempt a rescue, and though I know it has been extremely arduous, traumatic and upsetting for you, I have absolutely no doubt whatsoever that I made the right call and that in time, when you have fully recovered, you will feel the same way. In fact I know you will, because I connect with you all the time and I can sense the real you and how she feels.

The other thing I will say is that you cannot make your own choices when your mind has been broken by terror and menace and you are being raped and abused, and have become conditioned to all of that, because you are not in a sound state of mind and are not yourself. You cannot make a free choice under those circumstances. So the other thing for me is that it is important that your mind heals and that you are no longer under any duress, so that you can then make a free decision about your life. That is my aim Sharon, and there is nothing authoritarian in that, but that is not the aim of your abuser, he uses foul play and frightens and menaces you and rapes you in order to force you to his will. I am not doing that, I am doing the complete opposite, I am undoing the harm he has done to you and healing your split mind and taking you out of a state of duress so that you can make your own choices about your life. I don't know what those choices will be, I suspect you will probably want to stay single for quite a while to recover from your ordeal, grow and heal and discover yourself and enjoy your independence. You still think I am doing this so that I can be with you I think. You really don't know me Sharon, the amount of time and care I spend every day to make sure that I conduct myself in accord with my highest intentions only, and not lower motivations. Those lower motivations may exist in me, but I do not allow them to compel me to do what I am doing with you. My motivations in this are that I love and care about you, and I am not going to leave you under the dominion of this disgusting rapist thug. Simple. Of course I like the idea that we can spend time together as a result, but reconciliation between us is not going to be

easy as there is so much hurt and emotional damage, compounded by your continued indifference to it. That has left very deep scars, and it would be difficult for you to make a comeback from that in terms of a relationship with me, but not impossible. My thoughts on the matter chime with a verse from *Into My Arms* (the Ane Brun version is the best I think): I do believe there is a pathway we can walk down to become reconciled, but I don't know what that is or whether we will walk down it:

But I believe in love
And I know that you do too
*And I believe in some kind of path
That we can walk down, me and you*
So keep your candles burning
Make her journey bright and pure
That she'll keep returning
Always and evermore.

And again I am not saying we should be together, I am saying that line I have highlighted represents for me what I believe: that there is a path of reconciliation we can both walk down.



I thought I would share a couple of pics from my life here in Swansea. This is the lifeguard hut on Caswell Bay where I often go to surf, about a 1hr cycle ride down the coast from my flat in the city centre. It's a really beautiful cycle ride, absolutely stunning, especially on a hot day with the tide in, it's paradise, it really is. Anyway the lifeguards are only about from Easter weekend until the end of September, when they will often be sat outside on the steps in the pic above. Outside of the tourist season the hut is closed, and during the winter when the sun is out I love coming down here, having a swim in the sea and then sitting on the top steps of the hut with my back against the wall. When the sun is out the brick warms up and you are sheltered from the wind so it gets really warm. I guess it's the cosy cat in me that loves chilling out in the sun and constantly seeks out this place during the winter when the sun is out. I'll usually spend a few hours sat there. I'll meditate for a bit, listen to some music on my headphones, read a book, do some drawings or write some poetry, or some notes about the content of my next letters.

I took the above pic last Tuesday, which was a really sunny day so I thought I would come and spend it here, and I took a pic thinking I would add it to my letter to you as a point of interest (the scaffolding is someone's house being renovated). I took a couple of pics sat by the hut looking out to sea so you can see the view. When the tide is fully up it comes right up to the pebbles in the first pic below, and cuts the bay into two, with the pebbles and bit of sand in the foreground as one beach and then another one just past those rocks on the left of the first image. When I come surfing and the tide is up I really like coming to this part of the bay as it is more secluded.



Caswell Bay has just the most amazing vibe, it really feels like paradise and lifts you up. I don't really do it justice in these pics as I just wanted to show the hut where I like to sit and the views, but there are some really stunning views.



Probably the best view is looking west because there is a series of three promontory's that jut out into the sea one after the other and present the most amazing view, but you can't see that from the lifeguard hut. In the summer the sun sets in that direction and it's a really romantic place to be. You also get amazing views from the cliffs that surround the bay on all sides, looking down onto the wide sweeping sands of the bay. Plus there are really lovely woodlands behind the bay and so some really cool walks. It has it all!



This is the other part of the bay that forms a separate beach when the tide is up. There is a little stream just out of view to the left that pours out into the bay. You can see the woodlands that are behind the bay at the top of the image. These woods are mainly evergreen oaks that grow all around the coast here, and even though I am a big tree person I never knew you could get evergreen oaks until I came here. I think they must be adapted to coastal conditions as you don't get them inland, and that must have something to do with why they are evergreen.

The first hut is surfside cafe, which have cafes on nearby Langland bay too, a 20 min cliff top walk to the right of this pic, and there the cafe is literally on the beach. Here they are just above the beach. The cafe you can see is open all year round, but there is one next to it which only opens on easter weekend and then stays open until the end of September, and which is my favourite as they do a really nice vegan burger and chips. When it's open I love coming down here, chilling out on the beach, surfing or bodysurfing, paddleboarding or swimming, and then having lunch at that cafe. It really lifts me up.

The last hut is only open during the tourist season too and sells tourist tat like fridge magnets, bucket and spades etc, but also chips and ice creams, things like that. Further beyond these huts out of sight is surfability which hire surf boards and teach surfing, and next to that there are also outdoor showers and toilet facilities. It's an awesome bay, I absolutely love it, feels like home from home and I hope one day I can live closer to it. It's always got lots of people there which I like, as it feels lively and not isolated, and in the summer months of course it can be really packed, which I also really like as it is so full of life and I love seeing all the kids playing and running around. It just reminds me of innocence and what life is really about. I love the line in the Belinda Carlisle

song, *Heaven is a Place on Earth* that goes *When the night falls down, I wait for you, and you come around, And the world's alive, With the sound of kids on the street outside*. I think she shares the same poetic soul as I do and finds the sound of kids playing and being happy really beautiful. For me that has always been a way for me to stay connected to my heart, like my singing, especially when you are under the grip of a lot of hurt, anger etc. I always like to come to places like this and watch the kids play and have fun, as it really roots me in what life is about, and stops my mind going off down bad pathways. I might be really mad that women hurt me and ignore me and I have never had a girlfriend and no women want to have sex with me etc, and feel a lot of malice towards women, but then I come here and see the kids playing and I wonder why I am getting so worked up about such things. I mean it hurts, but the kids do fine without girlfriends or boyfriends or sex and seem to be perfectly happy, so I find that inspiring. It was the same when I was trying to give up cigarettes, caffeine, alcohol, weed etc, I would find life really really hard but then I would see kids playing and think how happy they are and they never have any need of any drugs, so I would also find that inspiring. So in a way I take children as my role models, as I really like the way they can just be happy and don't have all the worries, needs and hang-ups that adults have, and I love their innocence, it is a quality that I really value and that I would not want to lose touch with, so I take great steps to protect it and not act in ways that would compromise it. I think they have the correct approach on the right way to live and so I always try to emulate them. The adults are not such good examples. I love the Denice Williams song *Let's Hear it for the Boy*, as I think for me that is very true, as I have always sought to emulate boys and their beautiful innocence as I see the adult men around me and am not so inspired. So I really like that song and take it as my anthem as it espouses my philosophy to life; not to lose touch with boyhood and the innocence that comes with that. I think that is a very profound way to guide yourself on the right path in life.

Overcoming Domination

I want to talk a little bit about your abuser and some of the methods he uses. Firstly it is important to understand that most of the functioning of the body and mind is done by instincts, and these instincts are organized into complexes known as archetypes. The ego or personality that you see has its roots in an archetype. It's important to understand that generally people are only aware of the personality, and even then only a very limited awareness. To become more aware of the personality and the deeper archetypal roots requires dedication to the inner path, or the study of the mind and reality. In Freudian psychoanalysis the ego is seen as the part of the archetype (known in Freudian theory as the Id) that is shaped by experience with the outside world, and it is recognized that the ego can be very deceptive. That is, if the archetype is a villainous one, then the ego that represents it to the outside world is going to present a very different 'face' to the outside world, one that is deceptive, otherwise people would take action against it as they would recognize that it is a danger.

The personality then has its roots in an archetype, and to understand the personality you need to understand the archetypal roots. People are very shallow when it comes to understanding a person, they generally only go by appearances: *oh, he's a nice person, or, she is so generous*, and so on. But these traits can have their roots in malevolent archetypes, and so the person overall is malevolent, not nice, it is just that it is in their interest to *appear* nice or generous in order for them to do whatever villainous scheme they are planning.

These deceptive personalities are referred to as a false self, because they paint a false picture of who they are in order to get away with villainous activity. In my last letter I showed you the dominant archetypal influences behind your abusers personality – Jabba the Hut or the Harkonnen Baron from Dune. This is an exceptionally malevolent and ill-willed influence, a very very dangerous influence.

The conscious person can at any given time align itself with malevolent archetypal influences in order to benefit itself, for example, to get sex with a woman or to accrue money and power. In this way a person can come to work for these forces and set their stall with them. Your abuser is one such person who has set his stall with extremely malevolent archetypal influences.

Now why am I telling you all this. Let me explain.

I am still protecting your energy body night and day Sharon, in order that your true self is not destroyed and has a chance to flourish and grow and get away from your current abusive situation. Your abuser is extremely deranged, and in his derangement is capable of generating very prodigious amounts of dominating, frightening and menacing energy, energy that can cause a lot of acute anxiety and eventually a severe breakdown. I am protecting your mind from breakdown but I can't prevent you feeling the fright and anxiety and so on, so I know you have been feeling it, and I know it is extremely scary and frightening to experience. Remember not to be cowed – recall the image of Rousseau's tiger that I showed you last week – don't be cowed, just because you are terrified does not mean you have to be cowed. Soldiers go to war in a state of terror but they still fight courageously and to the last. This is the spirit you need, a real fighting spirit like that picture of Ray from Star Wars that I sent last week.

This won't last, his power will break, so just hang in there. This energy he is generating is generated by him and also by the archetypal forces he is in league with, and that is why it has so much power behind it, but that power is waning. Last night I spent the whole night dealing with chronic levels of threat and acute anxiety that he was generating towards you. And I have done that many many nights. Remember that he as a conscious person does not understand that the energy he generates is being generated to break you down. It is the instinctive forces his personality is rooted in that understand that. Nonetheless he generates those vile intentions towards you – he does not want to love you or help you grow as a person, he wants to completely destroy you and dominate you and f**k you, 100%. I have never picked up anything else apart from that. And bear in mind that how people act when they think no-one is looking tells you who they truly are, and your abuser, when you are not looking, generates truly murderous, rapist, and violent energies to destroy you, and it is these that cause so much anxiety, threat etc.

So just remember that the intense energies you are feeling are generated by him. The archetypal forces will generate it to frighten you to death, and then he, the personality, will offer you comfort and love in order to bring you back. *Do you see the ruse?* It's a classic good cop/bad cop ruse: on the one hand you frighten her to death and then on the other hand you offer comfort and support so that she comes back to you for protection, unaware that the person offering comfort and support is the very same person frightening her to death. In the past this worked because you thought it was a mental health problem you were experiencing, but now you know it is not a mental health problem, he is generating these vile energies to destroy you and bring you back under his domination. Him the conscious personality, and the archetypal forces that personality is rooted in.

Your abuser is truly vile. Some of the words I have written down in my journal to describe his energy are: vile, disgusting slug, parasitic, sly, creepy, disturbed, thug, rapist, deranged mind. He is an outright thug who uses violent passive-aggressive threat, menace and terror to force his will on others as a matter of course,

The last thing I will say is to be aware of the mind control. That often when you imagine having a relationship or sharing intimacy, however trivial, with someone else, the rapist thug that is your abuser internalized will force his way into your thoughts and use menace, thuggery, guilt etc to force you to him and not anyone else. He will trash any and all relationships with other people, a

true bastard. That is his colonization of your mind and body, the internalization of his foul domination.

Working Class Activism

Another thing I picked up from you this week was that you look to your abuser as some kind of working class activist, or as a victim of working class oppression, or that you and he were involved in some kind of working class activism, or planning to. So I want to talk to you a bit about working class activism, but first off, just to say that the man who abuses you is not a victim of working class oppression. That is, that abusing other people is not a symptom of working class oppression, but a symptom of being an asshole. The two things are not the same at all. Victims of working class oppression do not abuse others, but assholes do, and they use any excuse they can to justify it. Experiencing oppression is not an excuse for abusing other people. Experiencing oppression does not turn you into an asshole.

So that aside, let me talk a little about working class activism. The first thing that is important to know at the outset is that the working class in the UK are rife with authoritarianism, mysogyny and racism. Working class activists blame this on oppression, but as I have said, I do not consider that an excuse. So at the outset you have to be able to discern the working class who are genuine from those who are abusers. An example: many working class activists will speak of the need to '*build class power*'. This is just a veiled way of saying that they seek power over others, that is, that they are driven by authoritarian leanings. In other words, that they are fundamentally abusive and seek to abuse and crush others in order to get their way. These are not people who are going to build a better society. If any revolution happens, these are the people who will crush the revolution and turn it into a 'dictatorship of the proletariat'. The same is true of Marxism and socialism in general, these are very authoritarian forms of social control, and not at all libertarian or relating to a freer and less oppressive society. Working class activism is rife with Marxist style politics, an authoritarian politics, one that would replace capitalism with an even more oppressive and soul destroying system. These activists go out and try and radicalise and brainwash the rest of the working class into accepting their ideology as the solution to their oppression, when it is nothing of the kind. This is not genuine working class activism, but abuse, mind abuse. It is forcing one political idea onto the rest of the working class by force and forcing them to accept it, instead of creating spaces where the working class can come up with their own ideas of what a society free of oppression would look like and how it would be organised. These working class activists never do this, because as far as they are concerned they are not interested, and everyone must obey the will of Marxism.

I organised an event on the strike wave last year in Bristol (<https://basebristol.org/2024/03/12/reflections-on-the-strike-wave-sat-29th-march-7pm/>), and invited speakers from a couple of interesting working class groups to speak and give their thoughts and analysis. I had been appalled at the total lack of organising within the radical scene across the UK in support of the strike wave (see e.g. <https://social-change.org.uk/UK-anarchist-scene-no-roots/>) and so I decided that I needed to do what I could to address that and start organising myself on this.

So I decided that the way to go would be to organise a conference on the strike wave outside of the unions, with a longer term view of building an autonomous working class movement that can organise outside of the unions, as I felt that was what was strategically needed in order to break the status quo that the unions had on working class organisation and the control the government had on that with all the laws restricting what unions can do with regards to strikes, and I was using this event in order to build some kind of group in Bristol that could organise in that direction. I was really dismayed however at the levels of authoritarianism within the working class movement and

the anarchist groups in Bristol, and the degree to which they were territorial and quite stuck up, seeing themselves as something special over and above others because they were from Bristol and the Bristol radical scene has a very strong reputation within the UK anarchist subculture. I mean it was nasty, and though I organised one more event after the one above, I quit soon after as I felt that I did not want to work with these people, as they were not people who were going to build a better world, but were just using social activism as a platform to build their own social power base of influence and oppression.

You have been a victim of a rapist thug. Stacey too has been a victim of a working class rapist thug. I have seen many others, and generally within the working class the attitudes and behaviours are really quite toxic and not something I can tolerate, as it is more oppressive than the wider society, so how can you take such people seriously in their activism? I don't, it is clear to me they are in it for other reasons, and not for the greater good of humanity.

So for me working class activism, for me to take it seriously, has to be centred not on building class power, or on radicalising people into becoming Marxists or revolutionaries, *but in directly challenging these toxic attitudes and behaviours.* That is the real working class work that is simply not being done, because these toxic attitudes and behaviours are widely held and embodied and legitimised, as are really poor attitudes to the environment. Why would I want to empower people who are abusive? I don't, because that is not going to help the world, instead what I want to do is to challenge those attitudes and behaviours and create a very different working class culture, one in which these attitudes and behaviours do not exist, and people work together to overcome them and help each other to do so. Gone are any notions of building class power, or radicalising people with political ideologies, and instead it becomes about dealing with social authoritarianism, sexual abuse, mysogyny, and so on, but doing so in a way that isn't just about handing people the correct political positions they need to have in order to appear progressive, but that actually deals with these issues as they currently exist within us all.

I want to quote from my website where I talk about this in a little more detail (<https://social-change.org.uk/class-struggle/>):

Rather than applying a tired and long discredited formula of radicalising the working class with political ideology like Marxism, it would be better to see more genuine attempts at working class emancipation that seek instead to raise the level of class consciousness. The second wave of feminism in the 70s and 80s saw a lot of consciousness raising groups and writings that were not politically driven but rather aimed to highlight common forms of oppression and to create spaces where women could discuss these, come to a greater awareness of them, and to heal and grow and learn what they can do in their own lives to overcome it. It would be great to see much more of this happening within the working class struggle, and that will help to create a space free from the domination of Marxism where sections of the working class can come to a realisation of their own oppression, what it has done to them, and to envision possible futures and collective ways out of our current predicament that are not 'a priori' forced into the mould of e.g. Marxist socialism or anarcho-syndicalism due to ideological prejudices.

So, to recap, working class activism to me means first of all creating a culture that genuinely deals with authoritarianism, misogyny, sexual abuse, and so on, and gives people the skills and confidence to be able to overcome these problems, as I am doing with you. Secondly, rather than brainwashing people with political ideologies, to instead seek to create consciousness raising groups that aim to raise the levels of class consciousness. This kind of space is a healing space where people grow and become better people, more liberated and more aware of their oppression, and it is from people like that, working together, that the real solutions are going to emerge, and not from zealots trying to convert everyone into Marxists of one kind or another.

I have recently put on my website a series of workshops that I think can start to do this, and I invite you to take a look: <https://social-change.org.uk/Workshops/>. At present the descriptions are only very brief, and over the next month or two I will link each workshop to a separate page with a much more detailed description.

And I believe in some kind of path, that we can walk down, me and you: I would like to ask you to get involved in this, as although it is still early days, you now have experience of overcoming a really horrendous form of oppression, and your experience is going to be of great value to others. This may be something that could be done with Seeds. I did raise the issue with Rebecca a month ago and left it open. I am waiting for the both of you to do some maturation and get free of the oppressive relationships you are both currently stuck in. *Can you not see how crazy it is that the two of you are supposed to be anarchists teaching others about consensus, yet both of you have been stuck in abusive relationships and dominated?* How can you possibly claim to teach anything about overcoming authoritarianism? The answer is you can't, and you don't. Seeds is just a way of earning money and status, not a real vehicle for radical change and transformation. I am the one offering the real path of freedom, the real path of liberation, the real path of resistance, and the real path of anarchy to you both, and in return I am asking you both to use the personal experience you will both gain in getting through this to help other people to do the same, and to do that with me as you won't be able to do it on our own as neither of you at present have my level of expertise or my ability to hold space and fend off the abusers and allow the victims to feel safe enough to come forward and speak out. The anarchist scene, whether working class or environmental, is rife with authoritarianism and abuse, and we need to challenge it and do something about it, because nobody else is and the whole bloody thing is a farce. *We need to root out the authoritarians and radically change the culture to one of genuine emancipatory struggle.*

So that is my hope, that by guiding you both through this process that we can all work together to help others to overcome authoritarianism.

Have a think on it.

Love and solidarity,

Sonny x

PS If you are interested in working class activism and want to read more, I did a zine about it last year, *Social Change #4*, which you can find at <https://social-change.org.uk/Zine/>.