

Monday 25<sup>th</sup> November 2024

Dear Sharon

I have attached a poem to this letter that I would like you to read. I wrote it a year ago as I was coming to terms with the loss and pain I had suffered over the last 11 years. It was only then that I was starting to process it and find my voice and begin expressing it, something I am still engaged with. The poem itself is perhaps a little accusatory, I guess at the time I was still trying to understand why you did that to me, how you could be so cruel. Now however I have a much better understanding of it, and I can see more clearly what happened and the ugly role Ian played, and so my attitude has softened a lot, but still, I think the poem still holds, it still expresses a lot of what has been unsaid for me and that I have been unable to express, and highlights the appalling injustice and cruelty that I suffered.

I wanted to add a little on the picture and the YouTube link I gave in that poem. The picture evokes what was taken from me – the times we would have spent together, our dedication to activism and the greater good, the love and comfort between us, the companionship... instead you brutally betrayed your love for me and the greater good to devote yourself to a selfish and narcissistic ‘love’ for Ian. What I want you to do is to ask yourself why? You might say something like *‘because Ian is my boyfriend and I love him and he gets jealous of you and so I decided to sacrifice you and your wellbeing in order to please Ian as he is all that matters to me and the only person I am responsible for caring for’*.

You may say that Sharon, and I think you may even believe it, but you and I both know that is not you, that’s not the real Sharon, because the real Sharon is not a shallow and selfish individual that panders to infantile mummy’s boys with boundary issues, and she does not ‘sacrifice’ people or make disgusting decisions like that, because that is monstrous. And she also loves me and respects me and admires me, and cares about me, and isn’t about to betray me like that without being under some kind of compulsion. If you look deeper behind this confabulated narrative, what you will find is your greatest fear: the mental health nightmare of dread, anxiety, panic, terror, fright that haunts you, and that is caused by the lion in your home that is the murderous threat that Ian generates to control you. It is this that produces your mental health nightmares, and it is to stop this, to stop him doing this, that you instinctively respond by turning all your attention on him because to get him to stop you had to show him your complete loyalty and obedience, and then also gratify him sexually as Lord and Master. You did this instinctively, without knowing, confabulating to yourself that you were doing it out of love and devotion to Ian – but what love callously sacrifices other lovers and friends? That is not love, it is fear. People do these things out of fear, not love, and in your case, naked fright and terror for your life, your psychic life.

Let me ask you a question at this point: if someone thinks really murderous and dark thoughts about someone, do you think that only exists in their head, or do you think this is a real energy that produces real effects, and not only taints the very environment and atmosphere it is generated in, but also directly affects the other person, and that the more murderous and dark the energy, the greater the level of fright/terror etc it will produce in the other person?

I don’t need to ask the question because I know what you think already. You know this is the case, but you have never put two and two together as regards Ian. And it may be the case that your mental health predates Ian, but that does not change anything as it simply means that your primal trauma was in your childhood and that it has left you vulnerable to being controlled and abused by menacing men, men who keep their menace out of conscious sight and instead exert it passive-aggressively where the emotional fright/terror etc is used to control women from behind the scenes.

I never knew about my childhood trauma until I reached midlife, just as you are now. And I never knew how I was controlled and abused by women throughout my life until I had overcome this trauma, and then I realised how much I had been under the thumb of terror and fright. That is why I am now able to express myself clearly and openly, because I have overcome all sense of my terror/panic/anxiety etc. You too, Sharon, are going to do the same and when you do you will realise that Ian is not your lover, nor even your friend, but an abusive man who has deliberately used his menace to control you, and done so knowingly. I was brought up in prison with menacing men, and have lived in rough estates all over the country surrounded by such men (and still am). I know how they operate and what they can do: they can rob women in the street of their handbags without saying a word, and they can procure sex from women too using their menace. I think it only works on women who have been exposed to this kind of threat as children, and as a result they have been overwhelmed by it when they were too young to deal with it and have not had the chance to recover and heal, and so they are left vulnerable and can't cope with the naked terror/fright/anxiety it causes, a level of terror that people without childhood trauma don't experience, and so it doesn't work on healthy people.

I know you struggle with what I am saying, but I also know that you can intuitively sense that some of what I have said is true – I knew it the minute I wrote it, because I could feel it. It's like the minute I wrote it something in you responded and reached out, even before your conscious mind had read my letter. I also know that as a result of that part of you is listening and taking it all in without accepting or denying it, and that is a really good state of mind to adopt. If you find yourself hotly denying something right away then you can be sure there is some truth to it, because that is a classic 'trigger reaction' that points towards something that is repressed and denied (though the converse is not necessarily true: that reacting calmly means it is not true, as there can be disassociation that causes a kind of disembodied reaction.)

But still you have your doubts, as is to be expected, and also your suspicions: perhaps you think I am making it up, some kind of wicked masterplan to mess with your mind or that I am jealous of Ian and trying to hurt him or tarnish your relationship out of spite. Nothing I can say can convince you otherwise, but you can I think feel the emotional quality of my writing, and from that you can sense that there is no malice, but rather just a sadness at what has happened, and a desire to try and put things right. I'm not some rival of Ian trying to slander him in order to win your affections. I find that kind of behaviour really appalling and demeaning, and I've never engaged in it, at least not consciously. I'm not the sort of person who would compete for the affections of a woman, as I have my own self respect and sense of self worth that rules out such behaviour. I prefer relationships to happen naturally, or not at all, and am happy to leave it at that. It's the thugs and abusers who compete, as they consider women to be chattel to be bargained for and they have a sense of manhood that means they need women to prop them up, and without which they feel like the wretches that they are. I am not such a man, and stand on my own feet quite proudly, but I do enjoy genuine connection, as that deeply enriches the experience of life, and of course due to my own childhood trauma I am vulnerable emotionally and so do need support of women (who are as stronger emotionally than men as men are stronger physically than women).

Also, in my poems, I think you will also clearly read the efforts of someone trying to come to terms with his past, with what happened, to process it and heal from it and prevent it from breaking him. I don't think you can read in anything that I say any ill will or desire to cause mischief.

So when you read my poem *Rest in Peace* I want you to know that I still love you and that I will always want you in my life. What might have been is now gone, and I don't know what can be salvaged from here on, but I do know that if you're not in my life then I will always be missing you. I love you, who you are, your energy, everything about you, and I need you around. And I know that you care about me because I can feel that too, and you have love and affection for me. You're

the only person who's ever cared about me, and what I mean by that is that you're the only person I've ever felt that from. That touches me, but that love is imprisoned by a brute whose rule over you you pander to, instead of resisting, because you are still too afraid, too afraid to even know you are afraid, so your true self is repressed, and that includes your love for me, and the life and love we would have shared and that is encapsulated in that Bob Dylan image and song.

It also includes your own natural sexuality, which has been perverted down an unnatural route by a brute who has used his control over you to exercise his perversions and patriarchal control. I can feel your sexuality because you have sexual attraction to me, and you send vibes my way, but your sexuality has been conditioned into satisfying the needs of patriarchs, not lovers. Ian is no lover, he is a brute. You deny it of course, so try this Sharon: I need your support, and I want you to consider offering me structured support: letters, emails, phone calls, visits, etc. And I know it's not going to happen, but just consider it for a bit, take the idea seriously, and when you have taken it seriously, consider telling Ian, and see how long it is before you start to feel dread and panic and start to have a breakdown. You must take the idea seriously for this to work, rather than just pretending you do so that you can then deny it all. Ian will kill you (a psychic killing of your mind) if you did this, and in your place would arise a dutiful Stepford wife who offers him her complete devotion and panders to his sexual 'needs' and who totally stonewalls me. If you think I'm wrong, then put it to the test, and if you really did start offering me structured support, how many days I wonder would it be before you started to experience panic attacks, and another breakdown?

But you know that there is something to what I say. You've not been able to overcome his control or become conscious of what is happening because your energy body has been overwhelmed by his menace, and that weakness is possibly exacerbated by some kind of childhood trauma.

There are ways to protect yourself, and to overcome this, and I can share what I have learned with you, and I will do so in my letters to you. You don't have to read them, you may decide to bin them, but I will keep writing them, because they are essential to my own peace of mind in coming to terms with all this. Authoritarianism takes many forms Sharon, and the most common is social, the *social authoritarianism* that the people we know exert on us. Immature anarchists fight the state, claiming that the state is the source of authoritarian control, and all the while they are being controlled by the authoritarians around them, often those in their own activist groups. Look at how Rebecca is controlled and dominated by Sarah. Rebecca has love and affection for me too but she dare not express it because of fear of what people like Sarah will say and do. Sarah is also a brute, just like Ian, and uses her brutality to control and dominate other people out of jealousy and a sense of ownership – she is the embodiment of the very patriarchy she claims to fight, a true 'Green Dragon' that wields fright/terror/menace/anxiety over others passive aggressively and under the cover of consciousness, in order to control them.

I hope you are not going to get mad at me for saying all this, but I also know that you can't talk about these kind of matters without challenging the status quo, and that those kind of revolutionary situations that challenge authoritarian power are always going to give rise to contentious and difficult feelings and energies. I've been doing it for years so I am fairly seasoned at it, plus I have nothing to lose – you already stonewall me out of your life and have nothing to do with me, because I am clearly so evil and dastardly, so what more can you do, call me some names, tarnish my reputation, set Ian on me?

I don't have anything to lose, and by sending these letters I am really growing and maturing and getting beyond the last 10 years that have so debilitated me, so it is having a really positive effect on me as the truth comes out and my voice is heard. So I take from that only good things, that it too will have a positive effect on you. Getting out of your situation is not going to be easy, and you are going to have to endure mental hell for a while, and I don't think you can avoid it Sharon, and

perhaps in time I will explain why, but in the meantime I will aim to give you practices that can strengthen your energy body for the troubles ahead. You may ignore them initially, but at some point you will recall them and seek to look them up and use them, because there will be a life and death necessity to do so.

Love and solidarity.

Sonny x