

Dear Sharon

I hope you don't mind me writing to you, I feel there are things we need to talk about. I'm sure you have been aware that there has been bad blood between us, and for that reason over the years I have always decided it is best not to contact you and so have remained distant. In fact, generally I have remained distant from everyone I knew from the period of my life in Cumbria and Lancaster, and have not been in touch with anyone except Ruth, and even then I have now stopped communicating with her for the time being.

Recently I feel like that bad blood between us has receded, and that has opened the door to contacting you. I feel in fact that you are now possibly very receptive to me.

I want you to know first of all that you are someone that was always very close to my heart Sharon. I loved you, and still love you, and seem to have a connection with you that so far life has not allowed to flourish and grow. You were always someone I absolutely loved and admired a great deal, and I was always very desperate to spend time with you, though I rarely got to spend any time with you at all, and mostly you never even replied to my emails or texts to engaged with me at all. I seem to have gone through life being largely ignored by those that I love, and my feelings treated as though they do not exist and do not matter, and the cumulative impact of that has really shattered me.

Is that really true – do you really feel like my feelings do not matter and ought to be ignored and shut out? I wonder why you did that, but I guess we both know why. I might spin it like a fairy tale, and say how the princess was kidnapped by an ogre and locked up in a castle where the prince could not get to her. Perhaps it's best that I tell it like that.

Can I say how much I needed you – your support, your love, and what the absence of that has cost me in my life? How devastated and broken I am having lived the life I have, with so much brutality and abuse, and to have fought so hard, and then to be betrayed yet again by those who, like my parents, were supposed to love and lookout for me? Can I say how desperate I was for your company, for your touch, for your love, how much pain and heartbreak I was in, how isolated I was, and how I felt that you above all people I ever met wouldn't let me down, and would be there for me – that somehow it was you above all people I have ever met that I trusted implicitly? Can I tell you of how many times I sobbed and cried my heart out because of the lack of your love and affection, or even the slightest bit of indication that I mattered to you at all? And can I tell you of how hard I had to fight to keep myself alive, of having to fight the despair and the suicide and the drink and drugs that tried again and again to consume me while all those around me, you especially, turned a blind eye? Can I tell you what it was like to live without money and to shoplift everyday, to face threat and intimidation and angry faces every day just to get food to eat, while no-one cared, or what it was like to be homeless or to live in homeless hell holes like the ones I lived in in Manchester while no-one even cared to visit and to all extents I was being told, silently and without words but by actions, that my life, my being, were of no value to anyone? Do you know how utterly devastating that is?

Can I say what it was like to go through the most horrific mental health breakdown on a canal boat in Lancaster while no-one ever visited or expressed any concern? For 7 years my mind and body broke down and I went through hell while all those around me who I thought were friends became monsters, my abusers, my court of judgement, and sentenced me to death by neglect, death by smothering, death by contempt death by hatred, death by not giving a shit.

Can I tell you of how broken I am inside, and of how I struggle now to live, to find any happiness, to ever trust anyone, of ever believing again in the human 'family', in activism, in good people, in

loving women? Can I say how hard I have fought not to be overcome by hatred, by malice, to become yet another broken and malevolent member of the underclass? Can I say how hard I fought not to hate you, but to keep my love for you alive, even though I no longer knew why or even cared less, when all I had was the memory that I had told myself that this would happen and that when it did whatever I do I should not give in to it and not stop loving Sharon?

For so long I tried to understand why people were doing this to me, but in the end I just gave up. Well, not quite true, in the end I understood in perfect detail exactly why what happened happened, and exactly who was to blame, and how much blame ought to be cast and where. I know it all, but what use is that?

I don't want to write an angry letter that casts blame and seeks retribution. Over the years I fought for one reason and one reason only: to protect my own nature, my own good spirit. To me, that was the most valuable thing, and I was determined not to let the abuse and contempt of other people destroy me. That determination still fills my soul with passion, and while I have suffered a lot of soul loss, I have still got my good nature, and my spirit, and I am proud of that fact.

So no, I write to you simply because I want to express myself to you. I still love you Sharon, and I would still like you to be part of my life and I yours.

You blocked me from your life in 2018 I think, somewhere around there. That was 6 years ago, and the fact that you have maintained that blockade speaks of a cold and cruel nature. Much as I don't want to admit it, you have become a cold and cruel person, and not the 'summer of love' that I always saw in you. Can I speak a little about that? Can I say first of all that the text message I sent you, at 5 am in the morning, saying something like 'I heard you were thinking about leaving Ian', came on the back of a severe psychotic break that I had been experiencing for weeks. That text was sent in December, generally a very bad time for me. Winter had always been a time I dreaded ever since I moved on to the canal in Lancaster, as it often precipitated the very worst psychotic breaks and mental health nightmares that I experienced. That time was no exception. On that night in particular I had had no sleep, and was being badly assailed by a really nasty state of mental health that was tormenting me and leaving me in a very confused state, and which included voices hounding me, and some of which, for hours, were telling me to send you that message, which eventually I did, and when I did, I finally got to sleep.

Can you really judge me for that – did you never think what I might be going through, and what might have led me to send such a message? And anyway, why is such a message such a big deal that you decide to completely wipe out the existence of someone who is supposed to be your friend, was part of your affinity group, who got arrested with you just to be there to support you on your first arrest, who shared space with you many times, who organised trips abroad to protests you came on, whom you had known for a decade as someone who was a dedicated environmentalist and activist for peace and the greater good? Do you know I have been so oppressed that it is only now that I am even able to speak out about these things. I literally did not have a voice, and was totally unable to express myself at all, as though I was being smothered or choked by an invisible hand from within. Back then when you blocked me I was not able to speak out, and was just scared that I had done something bad and now you were angry. Looking back that is incredible to me, that after experiencing what I did that I would think that, but that is what happens when no-one gives a shit about you and everyone treats you like dirt, and you experience severe mental health every day to the point where it is just normal. You no longer have a voice. You know that no-one cares, that you don't have the same rights as everyone else, that your life and your feelings do not matter at all, you don't perceive how badly abused you are, or how unwell you are, or how out of order other people are, as they stand over you and condemn you and you don't have the ability to defend yourself even though you are fighting for your life and they're the ones abusing and condemning you.

I loved you Sharon, and for years and years I suffered and agonised alone as I went through the most severe breakdown, as the traumas of my past and my present rose up to claim me. Instead of supporting me, you shut me out, ignored me, took no interest, acted as though I did not exist, and then you blocked me completely because of a trivial message that I sent you when I was going through a severe psychotic breakdown caused in no small part by your own neglect of my condition, a neglect that had been ongoing for years.

I mean, okay, Sharon doesn't give a shit, she is more than a shade evil and not such a good person, not such a beauty after all, I have learned that, but I want to hear it from you, directly, person to person, soul to soul, I want you to tell me why you did this to me, why you think you had the right to neglect your duty to me and to the world and to deliberately and systematically destroy me like this. And it was deliberate and systematic. It was not just one thing here or there, you waged a deliberate and systematic campaign to destroy me completely. And I know the reason why, I already know it, but I want to hear it from you. And don't tell me you did not have a duty to me, because you did and you know it. You are not an idiot, you know there is a lot more to this world than just rationality and science, which in reality is just the tip of the iceberg, and you know full well that you had a duty to me, a soul duty to me, and instead of fulfilling that duty, you brutally betrayed me. And for what, I wonder, did you betray me for? Can you tell me that, because I know, I know exactly what, because I can feel it. I can feel you, what you have become, and I can feel exactly what it is that has caused you to become what you have. Perhaps you look back on your younger self, 10 years ago, and realise that you have changed. You aren't that person, you're not as good as her, you've fallen, become corrupted, are less human. How did that happen Sharon, and what is it that you sold your soul for? Because that is what you did when you betrayed me – you sold out your soul in exchange for something else, and that is what has caused your spiritual downfall. That is why you are what you are now, and are so much less than the person you used to be.

So yes, you had a duty, and the state of your own spirit today tells you so plain and clear, because it bears the consequences of that betrayal, and that is there to be witnessed by those with eyes to see, those with their own 'perceptor'.

But I am not looking to condemn you, I still love you, and I am looking to reconcile things between us. I know you can feel me, and that you can feel that things have changed between us, and that today we are different people, and that there are possibilities unfolding. Pluto is about to ingress into Aquarius for the last time. It should be top news billing all over the world, but in the current state of world ignorance, it is not to be found reported anywhere. Nonetheless it is happening, and it is bringing with it profound changes in the social arena, and I want to relate some of that to you.

You have dedicated yourself to good causes for some time now Sharon, and that means that with this revolutionary transit you are going to experience a liberatory period and a level of soul growth and expansion of consciousness. Those in your life who oppress and control you are going to be exposed, you are going to learn of what they have done to you, and you are going to be shocked, because at present you have very different views of them. At the same time your perception of me is going to change considerably as I move from being someone you block and shut out, to someone who is central to your life and who you love and respect a great deal. Your social and domestic world is going to irrevocably change, and you won't be able to do anything about it, because you have dedicated yourself to and cultivated those intentions for some time now, and though they will act in ways that you did not foresee, they will act with such force as you will not be able to stop it, as that will be the force of your own devotion to the greater good coming back to you, to liberate you.

I'm not trying to scare you or anything, I am just trying to help you to understand how the fruit of your own intentions can sometimes have surprising results, ones that do not at first seem to be in your own interests or those of your higher conscious intentions, mainly because you are in a state of oppression and also somewhat delusional about the people close to you as a result of that oppression, people who actually oppress you and have you in a state of fear though you think they love and care about you. So these intentions you have followed over the last 15 years are going to bear fruit as Pluto transits Aquarius, and your social and domestic world is going to radically change, as is your level of consciousness, and I am at the same time going to re-enter your life. Here, this is me beginning to re-enter your life. You may block me out again, but it won't last, because the force behind this is too powerful, and as I said, that force stems from your own intentions, and not anywhere else, it is just that they will act in a way that you least expected and reveal to you things that will truly shock and appall you, and as that happens Sharon, your own love and respect for me will blossom. Perhaps you have had inklings already? If I had your birth date and time and town of birth I could put together your natal chart and give you much more info, but I do not have that info to hand.

I have no idea how you will take all this. I hope you are not alarmed or frightened, that is not my intention. I hope you do not feel that I have bad blood towards you, or that I want to seek your downfall. None of that is true. I love and miss you a great deal, and can't wait to have you in my life again. I can't wait, and I would never want to see you frightened, and I would always come to your aid and never let you down. I want you to know that I am and always will be a true friend to you. So don't get fearful by anything I say. And no, I'm not delusional or in a psychotic state. I know how to identify those, I've become pretty expert at it, and anyway the worst of my mental health receded after 2020, and since then I have been in recovery.

I enclose a booklet I recently finished that I wanted to share with you. I haven't sent it or shown it to anyone else, though I did publish it on my social change website, but I want you to see it. I have a few websites by the way: social-change.org.uk, aquarian-age.co.uk, car-free-cities.org. and netzero-southwales.co.uk. The last one is a business consulting website I am in the process of developing, and won't be up and running until the end of the year, so not much to see at present. The other ones have been going a while now, couple of years, the aquarian-age one nearly 5 years now. They are pet projects, non-profit enterprises, I love them, very proud of them, and will start advertising them this year and see if I can attract a bigger audience. They very much represent the fruit of my path in activism and in yoga. I don't think they will be of interest to you, so not sure why I am mentioning them, but there you go, I'll just go with my instincts.

Anyhow, I hope this gets to you, no idea if you are still working for Seeds but if not hopefully someone will be able to post this on to you.

Love and solidarity.

Sonny x

PS If you do choose to contact me, I would prefer you write a letter than email me. I'd like that.

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