

17th January 2025

Dear Sharon



I received an email from Anna on Tuesday morning (14th Jan) while sat at one of the library computers that said you did not want to receive any more letters from me, that you were not reading them, and found them harassing and scary.

I replied to the email, you've probably seen the reply, so I won't repeat it here.

It was full Moon on Monday 13th Jan, around 2300, the night before I got the email, and while in bed I got a vision of woman standing there and then suddenly her partner walked into the room, radiating menace and fright. She instantly, habitually, reverted to the obedient submissive Stepford wife out of fear.

So I knew that that was likely to happen to you Sharon, that Ian would revert to his usual thuggery and menace and frighten you back into the obedient Stepford wife, and that it was she who sent that message to Anna to pass on to me. Actually it was Ian who made you send it, as he knows that my letters are having a real effect. They are having a real effect, they are waking you up, and empowering you, and so of course he wants to shut them down asap.

What Ian does Sharon is to make you feel really frightened, so much so that you just want things to go back to being safe and so you instinctively do what he wants of you and obeying him in order to feel safe. This is how he dominates you, just as in the picture above. He knows you are awakening and that if you continue to do so you will leave him, and so he is reverting to outright thuggery to prevent that from happening by frightening you so that you go back to the make believe 'lala' world where Ian is a nice loving partner and everything is okay.

People who do this are not loving though Sharon, and things are not okay. Have you seen the way that animals are herded by farmers? Their eyes often bulge with fear, and they do what the farmer tells them and go where he herds them, all the way to the slaughterhouse. Why don't they resist? Because they are too scared, and so they are shepherded by fear and the farmer knows to scare them

in order to get them to go and do what he wants. Ditto Ian Sharon, he is your farmer and you are his livestock. Allowing fear to shepherd you is a path that leads straight into the slaughterhouse, it is not a path to safety, but a path to control and abuse and ultimate death, in this case a spiritual death of your natural self as your energy body is colonised by Ian and you are converted into an obedient and dumbed down Stepford wife.

So I don't take any of this personally, and I will carry on writing, though I have no more to say to Ian. He has made his choices now and his path is going to take him to a grim place of suffering and misery. There is nothing scary in my letters and I am not harassing you, as you can just put them straight in the bin. Actually it was a really nasty thing for you to say, but I understand that you did so under extreme duress so I don't hold it against you, and I want you to know that I am not upset or angry or anything. I don't pay too much attention to what you do or say to be honest, as I realise that that is all wounding and trauma. Mostly I pay attention to the Sharon within, the real beauty that hides within, and my relationship with her is and remains excellent. It is she I connect with every day, not the ugly Stepford wife, and it is she whom I am helping to escape.

When you revert to the Stepford wife Sharon it is always out of fear and the need to feel safe, and the Stepford wife shuts out all the sexual abuse and thuggery that Ian does to you, it is she that carries the 'selective attention' pathology that means you do not see Ian as he really is, but rather as an idealised version that has all his rape and thuggery screened out. The problem is that this will not last. Ian can frighten you Sharon and you may revert to 'lala land' in the hope that you will be safe, but it won't be long before you recover and you start to see Ian as he really is again. This is a cycle you are in, you need to recognise it, because all those who get out of abusive relationships go through it. They start to see the partner as he is, the partner knows he is losing control and so he abuses her and she reverts back to her dormant and obedient state in order to feel safe. Then he makes out how sorry he is and how he loves her and how everything is going to be okay etc etc. But it doesn't take long before she starts to wake up again and see him for what he is, and so he abuses her again, but this time it is not as effective, and so on and so on. It cycles like this until one day she just leaves as she is no longer held under his control, neither the domination nor the emotional control that keeps her attached to the thug.

At the end of the day it is the emotional control that is the critical ingredient. If the partner did not feel such love for the abuser, she would leave straight out, but the fact that she feels love is the reason why she stays and does not leave. But this love is not real. The love you feel for Ian is not real Sharon, it is based on fear, not on real connection, that is what the Copenhagen syndrome is, and that is why you need to go through this cycle of abuse before you can get out, because each time you do so you overcome fear, and everytime you overcome fear this fake love that holds you in place gets weaker and weaker, and as that happens you will find that the people you really love come more and more into focus, and I am one of those people Sharon.

The other emotion that holds abused women in place is a sense that *he is only acting that way because he's been hurt, and actually he is a really sensitive and emotional person*. This also leads to a strong pull back as the woman feels that she cannot abandon such a delicate and beautiful soul. But this is totally delusional, and is part of the whole denial of the abuse out of fear. Once you overcome the fear, you will find that this delusion also goes away, and you see Ian for the thug that he is, and you no longer make excuses for him, or think he is a 'delicate and beautiful soul'. Delicate and beautiful souls don't terrorise people Sharon, and neither do they rape and dominate people, nor destroy a person's friendships and their life. Really, really ugly and psychopathic people do that, not beautiful souls.

So again, both of these emotional attachments arise out of fear and the repressive mechanism, and are a kind of false world in which the terrorised person lives, but once the person overcomes the

terror these fake feelings will evaporate, and that is the cycle you are in, you have entered a healing cycle and so it is important to know that you cannot stop this anymore than Ian can. Assembled causes remember? The real beauty within you Sharon is very smart, and she never gave up, and it is she who has pressed you to give devotion to the earth, and it is this devotion to the earth that is now perhaps the biggest of the assembled causes, as it has now initiated a process of growth where the real beauty within you is going to unfold and manifest, and as she does so, Ian is going to get the boot. At the same time it is almost certain that you are going to uncover some abuse from your childhood, as that is without doubt the reason why you have been vulnerable to a rapist thug like Ian – this is why you are vulnerable to his use of terror to dominate and control you and why you have not been aware of it.

So it is important to understand that my letters are not the cause of this, they are intended to inform you of what is happening so you are conscious of it, that way you can better navigate this safely, and secondly they are intended as emotional therapy for me, but they are not the cause. And by the way, I have got a lot of emotional growth from these letters, a lot, and more to the point, they have helped to keep me safe over the winter when I feared the isolation and darkness would take a toll and cause a breakdown. Instead it has flown by and I have not felt the isolation because these letters have helped to keep me connected and not to feel isolated. So for me they are essential.

So don't read them if you don't want to. I am long used to the constant abuse, ill treatment, and downgrading of me as someone whose life and soul you do not give a damn for that the Stepford wife dishes out to me, so I did not start this on the basis that you would read my letters. I look after myself, and I protect my heart, so I have not fallen despite everything she has done, I have kept my love alive because that is who I am, what I stand for, and so I write these letters out of love for you, to help you, and also to provide a space to talk about what you have done to me, so that I can heal and move on from it. I don't expect you to help with that in your current state, you simply do not have the maturity, the emotional depth, nor the moral integrity. Ian has totally debased you and dumbed you down, and severely corrupted you. That is what abusers do. In time, however, as you shed the toxic burden of Ian and heal and grow, you will come to feel differently, as your love for me will then be able to grow, something it isn't able to do at present.

The other thing I will say is that the email from Anna to me has severely backfired on Ian, and it is a classic case of what I mean by he cannot stop this, and anything he does do to try and stop it will only hasten your awakening. By getting you to send that email, both Anna and Rebecca now know that Ian is an abusive monster and that you need help and support to come to terms with it and to break free. Doesn't matter if you deny it, they know it is true, sometimes all you have to do is speak it, and what was latent suddenly becomes conscious, and that is what has happened here Sharon. Both Anna and Rebecca now know, and they will be supporting you, though they may not say anything openly and may openly accept your denial, but underneath they will know, and they will be supporting you, and that is going to give you a lot of strength. I said last week in my letter that I wouldn't tell anyone unless I considered that you were in danger. I think that was a mistake, and that I should have told people, because I think it is a good thing, but maybe it had to wait until now. And besides, I did think you were in danger, Ian has terrorised you again and then pulled your strings and got you to lash out at me. As far as I am concerned that is you in danger. But like I said, it has totally backfired, Ian will find that no matter what he does he cannot stop your awakening nor the fact of his abuse coming to light, and the consequences of that.

Another thing I don't talk about Sharon is how you are going to feel about the fact you have been in a state of trauma and terror, about the fact you have been systematically raped, about the fact this deranged individual has destroyed your life and relationships. I guess I feel personally pretty numb about all that, as I suspect you do too, and I don't quite know yet how to process it, and so in large part I am waiting on you and to see how you begin to deal with it. Plus at the moment I don't quite

know where you are at, and so my attention is focused mainly on helping you to become conscious and to empower you to act and to let you know that you have someone in your life who can stand up to Ian and whom Ian is afraid of. I know that the standard textbook instructions say that you should not intervene in domestic abuse as you could make it worse, but then I have never been one to follow rules, as life is not rule based, it is more complex, and I have instincts, and my instincts are good, and in situations like this I follow my instincts. Plus I have a lot of firsthand experience in dealing with thugs and bullies and with domestic abuse, and I feel my own experience is worth a lot more than the standard textbook instructions on what you 'should' do.

Anyhow so I am going to finish up, but before I do I wanted to say again that I am not angry at you for what you asked Anna to say, as I know you are under extreme duress and fright, and that yeh I think that has totally backfired as it will now serve to empower you even more. And the other thing I wanted to finish on was how life would have been if you hadn't been drawn into the control of an abuser and locked up in his castle: we would have gone out Sharon, probably in 2008 after the EF! Gathering and the climate camp where I met you for the first two times. I think we would have gone out for years and lived together, and we would have done loads of activism and shared an amazing adventure together. My life would have been really enriched, as would yours, and we would both be different people, better people, and we would have left a really amazing legacy. Instead I have been deprived of a really important love relationship in my life, something I still cry about as the grief is really deep and it still hurts. I still can't really express myself properly on this, but slowly I am learning to. I can't really express what you meant to me, how much I needed you, that as a soul I was waiting for you and really needed you, the difference you would have made in my life, how much of a dream that was to me, and just what I went through in your absence, the sheer horror of it all, how deep that pain goes, and how I still struggle today.

The short poem I attach to this letter was one I wrote last year, before I had started writing to you and at a time when I did not think I would see or speak to you again. I was trying to come to terms with what you meant to me, why your loss has hurt me so much and devastated me, and this really only expresses a little bit of that, and a bit clumsily. It's not my best poem by any means, but for me it was a start in coming to terms with your loss (the background is one of my abstract paintings which I photoshopped).

It ends on a hopeful note, as I believe in second chances and I think we have an adventure coming up that will bring a lot of healing to us both, and that is something I am looking forward to.

Love and solidarity,

Sonny