

Thursday 13th March 2025

Dear Sharon

<https://www.youtube.com/watch?v=5Dqicw6QhJI>

This is a song that came on the radio in the morning a couple of days ago while I was lying in bed and I connected with you during it emotionally, so I thought I would send it as a link. I feel like it is music for your soul. I think the image chosen in the video was a good one as the music feels like an awakening, like what you are experiencing, but it is also soothing and comforting which I think you need, and it is also tinged with sadness at what you have been through, but at the same time there is also a strength that runs through the whole piece that feels like it can hold you.

I listen a lot to Radio 3, the quality of the music is just second to none of any other radio station as far as I am concerned. I really like liminal one-off pieces like this one, and also experimental stuff, whether jazz, classical or electronic, such as 'drone' music, and Radio 3 has loads of all that. Plus it has shows like InTune which play really good but not well known eclectic classical music, the InTune mixtape being probably the best example but they have stopped doing that show now. It is a far cry from stations like Classical FM which just play the well known classics and is a pretty boring station, and it is also very different than Radio 4, feels a lot more high brow and Radio 4 seems twee in comparison. Plus Radio 3 does not have any news broadcasts except in the morning before 9am, and that is something I really like as I don't appreciate being exposed to the energies of the BBC propaganda machine.

Saturday 15th March

So I feel like there has been a significant break between you and your abuser. I feel like you have not gone back to your home since Thursday when I started writing this letter. I may be wrong but that is my sense of it. There was also a lunar eclipse in the early hours of Thursday morning so if it is true then it has coincided with that. Eclipses are really important times when big archetypal shifts can happen, and I felt today on the bus down the coast to Mumbles to do some shopping that there had been such a shift in you: I got the really palpable presence of you and I could see that there had been a shift, the Stepford wife had been 'eclipsed' by a personality rooted in your heart, a part of your true self. This is a part of you that has been disassociated by your abuser's use of menace. Using menace caused your mind to become disassociated from your heart and a false, heartless self to emerge [1], one conditioned to rape and abuse so that it was no longer visible. But that is changing now, with the eclipse of this false self and the re-emergence of a personality rooted in your heart, you will more and more realise the truth of what he has done to you and never go back to that rapist thug.

I have been really working hard every day since he attacked on the 5th March to heal you and protect you and to keep your spirit strong. That attack last was an attempted murder, not of your body but of you, the person you are, a last ditch attempt to kill you and stop you from leaving. He was attempting to kill the part of you that is becoming aware of him and exactly who he is, and he was attempting to put you back 'in your place'. I'm am still doing that intense work, an hour or two every day, though I can't keep it up much longer as it is taking a toll, so I am going to stop on Monday and see how it goes. I will continue working with you daily but not for as long, I'll keep it to half an hour or so a day. Now that you seem to have separated from him I am hoping that you will be in much less danger as you wont be experiencing his abuse and domination every day and nor will you be getting raped, so there will be a lot of rapid growth in you that will take place, but I will monitor the situation daily and respond if I feel any lapse on your part.

Shadow Work

The other thing that I noticed on the bus today when I felt your presence was the very strong sense of an energy in you, which was an energy of a brutal betrayal. A really strong, palpable energy that was emanating from your gut. This is what remains of that Stepford wife. She's the one that brutally betrayed me and you are going to need to do a lot of shadow work to 'clear up' the remnants of this foul shadow personality.

When a person makes a break from an abusive relationship there is what is known as an 'undertow' that remains, and this is a dangerous time because that undertow can act to draw that person back into the abusive relationship if she is not conscious of it and acts to defuse it. In abusive relationships the undertow plays a role similar to the role that the counter-revolutionary forces play in revolutionary theory. In revolutionary theory the greatest danger to life and liberty comes after the revolution has succeeded, because there is then a power vacuum and it is then that the counter-revolutionary forces begin to mobilise into action. While everyone is lax and celebrating the revolutionary victory, behind the scenes the counter-revolutionary forces are mustering and already mobilising to crush the revolution. It is the flaw to all unplanned revolutions that they fail because they all celebrate when the revolution has succeeded in toppling the status quo instead of realising that this is no time to celebrate as actually it is the most dangerous time of all, a time when the revolutionary effort is most vulnerable, because the counter-revolutionary forces that mobilise in the power vacuum that results from the toppling of the status quo are usually far worse than the old status quo that the revolution has just toppled, as history shows. A real revolutionary force will need to defuse the counter-revolutionary forces before the revolution actually takes place, but as far as I am aware that has never been done as they are generally spontaneous and unplanned.

So similarly you need to realise that this is a very dangerous time, because there is an undertow in you that will act to draw you back, and if that happens the relationship you will end up in will be far worse than what was before because your abuser will know that you are not going to accept the old status quo, and abusers do not accept equality, they only accept domination, and so the form of domination that will emerge will end up being far worse than what was previously there because that is what is needed to 'crush the revolution'. You will end up having a severe breakdown and a reversion to a worse disassociated state that you probably won't recover from.

The undertow is basically the part of you conditioned into submission, loyalty, rape, domination, and so on. In the film *The Matrix*, the character *Cipher* ends up betraying Neo to the agents of the matrix because he was conditioned to life in the matrix, and even though it was a fake world and enslaved people, he preferred it and wanted to go back. So the undertow in you is like this – it is the part of you addicted to rape and patriarchal sex, to power relations, to submission and domination, to thugs, to pretending that he is a nice guy, and so on.

So that energy that is in you, that I sensed on the bus, of a 'brutal betrayal: that is the undertow in you. It will be affecting your mind all the time and working towards getting you to go back, and if you do he will kill you Sharon, and you will be in a far worse state than before and it is unlikely that I will be able to reach you, so you must act to defuse this undertow, and the best way to do that is through shadow work. I have prepared the way in my writing by opening you up to how he controls you and how the mechanism of disassociation works, and of various other matters, all of which will serve to defuse the intensity of the undertow, so you should also make sure you go back and read a lot of my letters during this time, as that will really help. I have put them all online now so that you can access them all: <https://car-free-cities.org/sharon/>.

So you need to do some shadow work to defuse the undertow in you and prevent this from dragging you back into an abusive relationship, whether with your existing abuser or a new one.

[1] **A Brutal Betrayal:** that was the dominant energy of the undertow in you, this 'brutal betrayal' was the founding influence of the Stepford wife. In other words, when your abuser menaced and terrorised you back in 2013-ish and caused the part of you that loved me and wanted to be with me and not him, the part rooted in your heart, to become disassociated and repressed, the remaining part of you brutally betrayed me to him, and totally shut me out of her life for good. It did not matter what I was going through, how much I needed your help and support, how deserving I was, that I was the real relationship in your life, the relationship that was based on real love, mutual respect and equality, that would bring real growth and maturation, that would bring real activism and support to a world in need, and that would also bring you healing from your childhood abuse. It did not matter to her what the cost to me was; that I would be devastated, that I would experience a calamitous collapse as I struggled to overcome my oppression alone and without support, and burdened by pain and isolation, that I would experience mental breakdown and chronic mental health for a decade, that even if I survived the experience I would be brutally scarred for life and unable to properly function in relationships or in society. None of that mattered to her, all that mattered to her was that she pandered to the pathetic whims of a racist, rapist thug.

That is an absolutely heartless and disgusting individual, a real nasty cow, one that brutally betrays a genuine friend and then enjoys parading around being dominated and raped by a right-wing thug, whilst at the same time stealing my livelihood and standing and working for an anarchist coop and pretending that she is an experienced and dedicated anarchist resistance fighter able to teach others, and doing everything she can at the same time to ensure that I am shut out and left to die.

What you did to me was heartless, literally – as I have said, as a result of your abuser's menace your personality was no longer rooted in your heart, it was disassociated, and so acting heartless was your new modus operandi from that point on, and you really excelled at it, in fact you became a really horrible and heartless cow. I am telling you this so you can reflect on it all, now that your heart is returning to life and regenerating, and clear up the remnants of this foul shadow energy of the Stepford wife.

You need to do some serious soul searching that you gave your devotion to this disgusting, depraved racist thug all these years and shut me out – you need to get to the bottom of it all and understand how it happened. You need to do this in order to clear out the remnants of this foul energy. I understand that you would not have done this except for the fact that your abuser terrorised you and broke your mind. I understand that Sharon, so I am not wholly blaming you, but nonetheless you did what you did when in that state and you need to address it, confront it, shine a light on it, and root it all out of your system so that you can come back to health, and also so that I can trust you again. And like I said, that is also how you defuse the undertow and ensure that you are not dragged back into it again, with him or someone else.

Another thing I will say to help to defuse the undertow and also to address some of your shadow material is that when I connect with you I often observe how you think your abuser, from the emotional perspective, is a cute boy with severe emotional problems and who needs your support. This is really disgusting, and it is in this way he has you duped because he is just a rapist thug who terrorises you and rapes you. Nothing cute about that and nothing innocent about it either, and neither is it an 'emotional condition'. Emotional conditions may mean you have difficulties with strong emotions, but they do not make you a rapist thug or cause you to menace other people to get your way. That is not an emotional condition, it is just a rapist thug. There is a line Sharon that is crossed when the person is no longer someone who needs help but is someone who has become a real dangerous and psychopathic abuser. Your abuser is one of these: he is a serial rapist and he uses menace and threat as his modus operandi. It has nothing to do with any 'emotional condition'. These are not 'emotions', you are dealing with a monster, not someone with emotional

vulnerability. A person with emotional difficulties is a person who wants to be healthy and have healthy relationships but who finds it difficult because of underlying trauma, someone such as me. Someone who routinely uses menace and rape and thuggery in order to get their way in life and who has no interest in being anything else is not a person with an emotional condition. I really hope you can start to see that now as that is a really dangerous component of the undertow that can draw you back, so you need to do some deep thinking on this to get really clear on it. Someone who has used menace and rape on you for well over a decade, perhaps almost two decades, is not someone with an 'emotional problem', *but a hardened serial rapist*.

Remember that the emotional attachments that form in authoritarian relationships arise from the use of menace and its effects on the mind – namely the disassociation and the projections and affects that arise from that. This delusion of him as a cute boy with emotional problems and who therefore erupts with rage and rape and control and needs your support is one such major projection. You need to address it asap.



The last thing I will add on shadow work is that when I connect with you I also often get a lot of cheap comments from you about my use of this image, representing my true self. I pick up words like 'he thinks he's cool' or 'he's full of himself', cheap comments like that. Actually I'm not full of myself, I am just honest, and I am not going to be cowed by people who seek to oppress me and make me out to be something that I am not, like you do. I know exactly what I am, what I stand for, how I live my life, the values I espouse, how cool I am, how courageous and true to my heart I am. I know exactly how, and this image conveys that to me like no other image. I fight for the life and liberty of other people, and I risk my own life to do so, and I don't get any

recognition or reward for that. In fact, most of the time I get abused and shut out by people like you. Despite that I continue to keep my heart alive and well and to help others even at risk to myself and when there is no clear expectation of any reward for myself. Personally, I think that is really, really cool, and that is not me being 'full of myself', that is me knowing myself, recognising myself, and honouring myself, something I have to do because everyone I know abuses me and disrespects me, and they do so not because I deserve that, but because they are assholes, and are nothing like me, and in order to get away with what they do they have to delegitimise me and stigmatise me so that no-one takes me seriously. If you want to get away with murder, then you have to shoot the sheriff first, right, otherwise he is going to bust your ass' when he finds out. That is why I get abused, because I 'bust ass' so the assholes can't get away with it, as your abuser is learning now, and so they have to 'shoot me down' first in order that they can get away with it.

So I know exactly what I am and what I am not, and this image represents me. I have other images too, but this is the one that represents what I am doing for you, and what I have done for you, despite the appalling abuse and chronic pain you have caused me, and continue to cause. And yeh I like being cool, and sitting with the fact that I am, and enjoying it, it's great. Better than being a fascist rapist thug hey.

You don't know me or my activism at all, or what I have done. It far eclipses your own experience Sharon, or that of Rebecca, by a very, very wide margin. The difference is akin to the difference between an experienced ace fighter pilot and that of someone who tends the grounds of the airbase.

There is a huge gulf in expertise, experience and capability, something you will come to see for yourself if you ever overcome your jealousy and get to know me.

End of Shadow Work

Okay I want to finish off with a tale from the Arthurian Sagas as I feel it is very relevant at this point in your journey in understanding what has happened to you and your recovery.

There is, among the Arthurian sagas native to these islands, a tale from before the time of Arthur. The tale tells of a chieftain, a lowly, abysmal tyrant of a man, in league with dark forces, who grew envious and desirous for the wife of the Celtic king of Cornwall after seeing her at a festive occasion he held in his own hall. Having his men pose as a band of brigands, the chieftain lured the Celtic king and a retinue of his fighting men out from his castle to give chase. Then, using the blackest of black magic wielded by his sorcerers, the chieftain was transformed into the likeness of the Celtic king, and entered the castle while the true king was out chasing the brigands. He went straight to the chambers of the queen, where he raped her. She, of course, thought he was her lover, though she was taken aback by how coarse and rough he was being.

Unbeknownst to her, the chieftain had devised an ambush, and as the King of Cornwall and his retinue of fighting men chased what they thought was a small band of brigands, they were ambushed by a much bigger party, and all of them killed. In this way the chieftain took the place of the true king, and continued to rape the queen night after night. She had dreams that told her the truth, but she could not believe they were true. Eventually, however, the magic faded, the chieftain was exposed, and he fled.

There's a bit more to the story than that, and I cut the ending short, but that is the main gist I wanted to relate.

The abysmal male you have lived with this last 10-20 years has similarly stolen into the castle and raped you. The allegory is one of using menace to procure sex, with the women being fooled because she sees the man as her lover due to the projections in play that black out the menace.

The real lover is ambushed and killed, and in this way the deception lasts as there is no longer anyone to expose it.

Unlike the king of Cornwall, I was not killed, I fought back and survived, and what's more, I have pressed on and gone straight to the enemy, and am now pressing home my attack. I have fought every day for the last 11 years, I am winning back my life, and as I do so the monster you have lived with is being exposed for what he is. At the same time there is a power arising within you that will throw off the yoke of this cretin and the false Self that has manifested in you as your spirit was destroyed by rape, and that will open your eyes to the truth and bring growth and maturation, and freedom from this menacing rapist thug.

Where that will leave us I do not know, but that is where we are at. That is the mythos that is now unfolding. I tell you it as I felt it might help to guide you in what you are facing.

Love and solidarity,

Sonny x



PS I don't know if you've seen Rocky IV, but you have made your bed with Drago, not Rocky.

PPS This is the fighting spirit that, with my help, will develop in you now to deal with Drago.

