

Saturday 22nd February 2025

Dear Sharon

<https://www.youtube.com/watch?v=hNWrid9o--I>

The surf forecast today for Caswell Bay was decent so I decided yesterday that I would head down today for a surf session. The weather was great and it was the first time this year that it felt like summer, and the energy of the place was just amazing. Because it was a Saturday and sunny there were quite a few people down there, it was pretty busy, and that is not normal for this time of the year, though there is always a few dozen people at least. But yeh it was pretty busy, maybe 50-70 people and about 15 surfers in the sea. It was just such a beautiful sea. On the way to the bus stop this morning I was enjoying walking through the city centre with my board listening to the Beach Boys, the vibe was just great, and as I was thinking about this letter I would write later today I was also thinking of a song to send with it, and *Surfer Girl* by the Beach Boys was the one I thought I should send. I'll explain why in a bit. Anyway just now I was looking for a video on YouTube and I found the one whose link I copied above. It has a video of the sea in the background and the surf today at Caswell Bay was exactly like this, same size and power, and where I was the cliffs were just on the right so even the cliffs in the video are in the right place. So I thought this would make the perfect video to send.



A pic I took of Caswell Bay last summer.

If you check out the waves breaking in the video then you'll notice that after the waves break they turn into a wall of foam, and this is where I spend my time. I float on the board with the waves at my back paddling with my arms waiting for the wall of foam to hit and then I practice my pop up and see how long I can stay up. During the winter I only get 30mins to try as then I get too cold as I don't have proper winter gear, so I'm not really getting enough practice, ideally I'd want a couple of hours at a time, and I really wanted to stay in today for hours as it was so gorgeous and I just had this amazing spirit while I was there. So as soon as the wall of foam hits you you accelerate forward at what feels like breakneck speed, and then try and pop up to a crouching position and then slowly stand. It's not easy because you need your body to get used to it so it can balance but you generally only get a very short time before you fall off, so unless you have experience riding a snowboard or something like that it takes a lot of time. Plus I don't have the right board for a beginner as I have said before, but today I really felt that I was improving and bonding with my

board. I was regularly getting up without falling off straight away and also I just felt that little bit more experienced and was more confident as a result.



And another pic from last summer.

So the song I send today is *Surfer Girl* by the Beach Boys. Why would I send you a song like that – am I asking you to be my surfer girl, am I wooing you?

I say that because in my last letter I sent you that link to the LL Cool J *I Need Love* video and yesterday I seemed to get a really unpleasant reaction from you over this, where you seemed to think that I was some kind of ‘smooth operator’ and was writing all these letters to break you and your abuser up and was making it all up. I felt this energy hit me, it wasn’t that strong, but nonetheless it really disappointed me, and it hurt, I felt it in my heart, so ultimately it was a pretty nasty reaction to a genuine reaching out from my heart.

I mean, first of all I think it’s worth saying that, for me personally, I like to live in a world where people can self-express and talk about their feelings without it being ‘heavy’ or having aspersions cast. That is my world, and that is what I carry around with me. The other things is I’m not sure I do want a romantic relationship with you, but I still wanted to send you that song, and I still want to send you this surfer girl song. I’m not too sure why, I just feel like I need to send you them and so I do, and I feel like that is a good thing. I think these kinds of songs represent my own views and ideals around relationships, and I’d like to share that with you, and maybe you need to hear it.



Now let me take quick detour: I want to share this picture with you. This is the person that your abuser rapes, represses, abuses, has done

everything he can to destroy, because she would have absolutely nothing to do with a lowlife like him, because she has *standards*.

And this is how the earth is being destroyed Sharon, because these types of feminine archetypes are being captured by the orc-men and then systematically destroyed and debased and because these are archetypes of the earth mother, that has profound effects on the earth. So this is how you protect life on earth, not by giving yourself to these foul orc-men who destroy, poison and pollute everything in their wake, but by first and foremost protecting your indigenous feminine dignity, grace, beauty, intelligence and wisdom. This is what the world needs.

At present this part of you has had her mind smashed and her body debased by a rapist thug who dominates and terrorises you. I like to think that one day you can get back to health, and that is why I am writing to you, and also why I send you those music videos, because I feel you have lost touch with your heart, and what relations between men and women are supposed to be like. I mean, if I am honest, I do like to think that maybe one day we could be intimate in a romantic sense, but I'm not sure if that will ever be the case, and anyway at present I have made it clear that I'm not sure I would want to speak with you or meet with you or engage in two-way correspondence, I think that is still some way off as I do not trust you. What I mean is, I love and trust part of you, but there is a whole other side that I do not trust or love, and I am not sure as of yet that the part that I trust is in control. I think she is getting there, but she's not there yet.

So yeh, okay, I feel all things being equal that we would have been romantically inclined, I do love you and care about you, and I do like sharing love songs with you, but I wouldn't read too much into that, as I am very wary of you, and you have hurt and betrayed me and remain unconcerned about that, so all told I don't think you would make a very good girlfriend, and I would have to turn you down, but hey, maybe in the future you can make up for it all and I will feel differently. So no, wooing you is not the reason I write, I write for the obvious reason – to tell you the truth, and to make the truth known, and I do that for you and also for me. I deserve the truth to be known, and so does that little rabbit in you whose life has been destroyed by this depraved wretch. And I plan to hold your abuser to account for what he has done to me and to you, and, in all likelihood, to other women too.

The other thing I should add here Sharon is something about the pathway you are currently on. I got a vision of you and your abuser recently in a car that suddenly and unexpectedly crashed, and he was thrown out in one direction, away from me, and you were thrown out in a different direction, and towards me. In other words, that the assembled causes that are driving this transformation are driving you towards me, and that is something you simply cannot avoid. So I want to explain a little bit about why that is. I mean you might think you can decide for yourself where your life is going to go and no-one decides it for you, right? That would be a typical western attitude, but of course it is totally wrong. To take an obvious example, we don't get to decide what we like and don't like, do we? Yet what we like and do not like has a powerful effect on the pathway we end up going in life, and this is one example of an assembled cause. A cause may arise that changes your likes and dislikes, and this will have the effect of taking you in a completely new direction in life. You wouldn't say you were forced, would you, because as far as you are concerned you made a free choice, but did you really? You made a free choice to follow your likes and passions, but what determined those?

So this is the world of assembled causes that you study in yoga. The forces in our body that create likes and dislikes are known as 'shakti's', and they also exist in nature and beyond our bodies, and in yoga they are studied and in India they are also worshipped as goddesses and their blessings sought (my yoga is not religious). In yoga you dive a lot deeper into the mind and you study it at a

greater depth, and take a look at the assembled causes that can propel a mind along a certain pathway, because the goal is to have conscious control of your life.

For example, I know that the abuse that your abuser has heaped upon you is stored in your body, and that your body remembers, and that this level of toxic waste has reached such a crisis point in your body that it is going to burst into consciousness and you are going to feel overwhelming contempt for him and to regard him in an extremely poor light. That is one assembled cause that will propel you apart unexpectedly.

I also know that he will continue to try and use menace on you and that, because I have provided you with a security blanket, that that is not going to work anymore, and will only have the effect of driving you away more quickly. That is another assembled cause.

A third one is the fact that because I have provided you with security you are going to see him for what he is, you will remember things that before were 'blanked out', and things will start falling into place, and you will be truly disgusted with him, and this too will drive you apart.

A fourth one is the fact that as your repressed self emerges the projections that have confused you will be withdrawn, and the love you thought you felt for your abuser will return to where it always belonged – with me. That will not only drive you and your abuser apart, but it will also drive you towards me once you have digested it all and come to terms with it.

A fifth one is the fact that you will instinctively be drawn to me because you will feel reassured and protected, and this is a powerful instinctive force never to be underestimated, and this too will draw you away from your abuser and towards me. This is your inner little rabbit, the 'surfer girl'. She carries powerful instincts.

Lastly, and perhaps most importantly, is that over the last 15 years I have taken all of the abuse, neglect, exclusion, put downs and disdain that you have heaped upon me to please and honour your abuser, I took it all (I cannot even begin to describe what I went through, day after day for the last 15 years) and refused to succumb to hate or retribution, but instead fought to keep my love alive even when I thought I would never see you again. And to tap it all off, I have devoted myself to protecting you and doing everything I can to free you and support you. Because I maintained such a pure devotion despite the horrors I experienced from you, and still sought to help you and take care of you, *that has created very, very powerful causes for love Sharon*, causes that you simply do not have any control over. It is going to overwhelm you, and it is not my doing, but yours. In fact it is your abusers doing – by being abusive and keeping you locked up and controlling you and turning you into something that acted nasty and hateful to me he has inadvertently created powerful causes for you to be overwhelmed with love for me. And this is not a delusional or fake love Sharon, it is true love, the real thing, because that is what I have done for you – I gave you true love. I mean, that is what social justice really looks like, natural social justice. It is how karma works. Most people would be crushed by that experience though and it would be game over in this life, and the karma would be experienced in another life, but I'm not most people.

In my mind's eye what I see is a huge wave of love that is coming your way. This is all the negativity that you heaped upon me and that has been transformed by my yoga, not into hate, control, sexual dominion or power over you, but love. That is my yoga – to transmute hate into love, that is what real yogi's do, and that is why we study yoga and the nature of reality and the mind, so we can change the world into a better place.

Cool huh?

So there are some of the assembled causes that are building in you. The car has already crashed, you and your abuser are already being driven apart, and you are already heading my way, and what's more, by now you know it because you can feel it, you can feel the profound changes that are happening and so you know that what I have been saying is true, though you are still pretty flabbergasted by it all and somewhat in a state of disbelief or shock, or perhaps a bit of a daze, and as yet you still do not know what to make of it all. It will take time to digest.

So I tell you all this to make you conscious of what is coming Sharon, so that you too can be more conscious and learn about how the mind and reality works. You are going to fall madly in love with me. Sounds crazy, right? Well, maybe it does at the moment, but hopefully by telling you all this you will be able to surf that wave when it comes and not get drowned by it.

And that is also why I sent you 'surfer girl' as my song for this week.

Love and solidarity,

Sonny x

PS One thing I wanted to mention about your abuser again was his pathological lying. I am going through a bit of a Bruce Lee phase at the moment, watching all his films. I finished watching *Big Boss* yesterday, and there is a scene in it I wanted to relate to you.

So the basic plot is that Bruce Lee is working in a factory with his extended family, but unbeknownst to them the factory is a cover for a drugs operation. Two of the extended family find out but are murdered by the 'big boss' before they can tell anyone. Bruce Lee wants to find out what happened to them and so goes to see the big boss to find out, as he has suspicions that he had them murdered. The big boss welcomes Bruce Lee and falsely assures him he has contacted the police and is doing everything he can to find the missing men. The son of the big boss then comes in with a few men and tells the father that they have been out looking all over town for these men but can't find them (this was a ruse – the big boss had his son and men do this to convince Bruce Lee that he was sincere). At this Bruce Lee is satisfied that the big boss is sincere and so goes away. As soon as he has gone, the big boss, his son and the other men congratulate themselves for their impressive lying.

So your abuser is like this Sharon – he will lie and lie and lie and never tell the truth, as he is a wretched person who has built his whole life and persona around lies, at least as far as you are concerned, so he will not stop. You can literally write off anything that comes out of his mouth, and instead do as I do with people and read between the lines, sense out his energy, dive deeper, and you can find out what is really going on.

He will also pathologically deny. You will witness him using the black wolf on you, as you no doubt are, and yet he will deny it, and proclaim innocence. But just look at his face Sharon – look at the intentions written on his face, and you will not see anything at all resembling innocence, not a shred of it. You cannot channel an influence like the black wolf innocently, it is done with pure naked malice to subdue the other person, terrify them, and render them under your control. That cannot happen without conscious intention. He does not understand how it works, only that it does, and he will keep on doing it because he has always done it his entire adult life, that is who he is, that is how he gets his way in life, and now that you are growing you are able to see it and not be terrified by it. In fact you will soon get to the point where you will just be able to calmly face it and wonder how he ever had that power over you.

And remember, the use of the black wolf causes disassociation which in turn creates projections, including that of love. So you will also see all these projections slowly fading away, and his true face revealed, and that is something very, very ugly.

A quote to finish off with from another Bruce Lee film, this time *Enter the Dragon*:

Remember, the enemy has only lies and illusions, beyond which lies his true face. Destroy the image and you destroy the enemy.

The false image you had of him was held in place by his use of menace, but that does not work anymore, and so the enemy is being both revealed and destroyed at the same time.



It is like you now have a Bruce Lee in you protecting you from his menace, and that enables you to see it without being terrified and disassociated.