

Tuesday 8<sup>th</sup> December 2024

Dear Sharon

<https://www.youtube.com/watch?v=XL99wOyTkgY>

I have attached a short poem to this letter. It's based on a song, the link to which I have copied above in case you want to listen to it (*Creating A Dream* by Xavier Rudd). The song always makes me cry because of the hopes and dreams that were stolen from me. The love and life that I never got to experience due to the actions of others. I mean, when a jealous lover dominates his partner and prevents other relationships from blossoming and coming into the world, the hopes and dream of all those people involved are crushed, destroyed, stolen. Is that not the case? Is that not how you create pain and despair, and not love? It strikes me as the case, and seems odd to me that someone who is fighting for a better world actually causes pain and heartbreak and despair. That someone who is anarchist fights authoritarianism and oppression, actually kowtows to it and lives with it. That someone who claims to be about consensus actually blocks out and marginalises voices of those she herself oppresses and finds inconvenient. I mean it's crap Sharon, and lacks decency, and it hurts me that you don't even care about doing the right thing, because you used to. The Sharon I remember used to care a great deal about doing the right thing and being true to the heart, but now I think you have fallen to a state where you no longer care, and simply go through the motions.

I have an A5 notebook in which I write the songs that I sing and play on the guitar. I have written in about 100 songs or so. I'm not a great player or singer but I can express myself with the guitar and so I really enjoy playing, it channels a nice energy and keeps my heart alive, as in the sentiments of my own soul, and also when I am scared if I sing and play then often it dispels the fear.

One of the songs I have in there is a printed song that you gave me, the only one that you gave me actually: *The Lion Sleeps Tonight*. I love playing it, really simple chords and easy to sing as long as you don't try and emulate the amazing high notes that the lead singer of *Tight Fight* reaches, and the significance of it is not lost on me: the Lion is the terror and fright that comes with male or female menace, the menace that ugly people use to try and intimidate and control others around them, and the song expresses what it is like for people living with that fear when the lion is not around. The peace of mind, the sense of relief, of being able to relax and be yourself. The lyrics in the verses really express that, and I particularly like the last verse:

*Hush my darling don't fear my darling the lion sleeps tonight  
Hush my darling don't fear my darling the lion sleeps tonight*

Having lived under the tyranny and constant threat of male violence as a child at home, as a teenager growing up in prison, and as an adult living in rough estates and homeless hostels, I often sing these words to calm myself. I mean, I'm a tough guy and no-one messes with me, but you can't get rid of the fear or the fright or the threat or the terror. I can stand up to thugs and their threats and face them down but you can't get rid of those feelings, so songs like this always bring me peace of mind when I am frightened (which during the winter is every night. I feel frightened every night).

The fact that this is the only song you ever gave me is also highly significant, because you too live with this fear, you live with a lion, and though you may not feel the fear everyday, it is always there nonetheless, and as long as that is the case you can never be yourself, but can only act out the part and live within the parameters you are allowed. Something in you knows the truth, and that part of you gave me this song. No other song, just this one. In fact, I think the part of you that knows the truth is also the part of you that refused to marry Ian. She is the one portrayed in the *Take On Me* video, and she refused to marry the orc-man who forcibly took her and abused her. She is the one who also carries 'perceptor', that inner light of knowing and perceiving that which is otherwise hidden from view.

Do you know that except for one or two exceptional occasions, such as helping me to move my belongings onto the Chuckle Bucket, that you never spent any time alone with me? Even though you liked me and we got on really well, even though we had a lot of affection for each other and you were attracted to me, and even though we could talk together forever and shared loads of identical interests and passions, you never spent any time with me and you always ignored my offers to do so, even though they were given out perfectly innocently.

What is it you were so afraid of Sharon, what is it that Ian would do that made you so afraid that me, a member of your own affinity group, a key organiser within the Cumbria and Northwest anarchist scene, a member of your own affinity group, someone you got on with really well, that you never dared to spend any time with me, despite open displays of love and affection and expressing strong attraction to me and the fact we always got on so well? And never mind the passion for activism that we shared, and that should have

been something we did together as we would have been great at it and accomplished a lot. And never mind the fact that by 2013 I was desperately in need of support as my mind and body broke down under the accumulated oppression I had experienced, and I fell into homelessness, crime, drunkenness, and lived without any money and had severe and chronic mental health issues.

Despite all that, Sharon never spent any time with me or gave any support to her friend and spiritual companion.

I mean, let's be honest, that's not loyalty. It's not an expression of loyalty to Ian, because if your relationship was worth a damn... any relationship worth a damn is based upon trust, and if there is no trust then there is no love, and if there is no love then what is there? I can tell you what: *fear*. If there is no love then there is fear, and you were afraid of Ian. You push away that fear and tell yourself that you don't spend time with me because *'you belong to Ian and must show 100% loyalty to him'*, but can you hear yourself? What mature woman in a mature and loving relationship speaks like that? The answer is none. The only people who speak like that are people who are controlled and living in fear and who deny it and pretend otherwise, and confabulate other reasons for their actions.

People in relationships can have friends they love and spend time with, in fact that is perfectly normal. That is what a real relationship is. That is what healthy people do, real people, real human beings. But people who live with orc-men can't. Instead they live in fear of what the orc-man will do and so they have to toe the line and not step out of line and do exactly what they are told. And of course what they are allowed to do doesn't have to be spoken out loud and written down as rules to obey, it rarely is, instead what they are allowed to do and not do is communicated passive-aggressively by the lion, because that is how the monsters work. They can't openly dominate, so it goes underground where it is issued as a deadly threat that causes terror and fright and panic and acute anxiety that eventually causes a breakdown and the replacement of the individual with an obedient stepford wife.

You are and always have been dominated by an orc-man and you continue to pretend that you are not. And if you ever have the courage to face up to this then start with why you are such a mindless slave to the whims of Ian? Look within Sharon, beyond the confabulated tales of how fabulously loyal you are and what a wonderful partner that makes you and how 'improper' it would be to behave in any other way than to please Ian. All bullshit, just the nonsense that women who live in fear tell themselves so they don't have to face up to the threat and menace. Look beyond that, because beyond that is where you will find the monster, and the real Ian. Not a beautiful soul, but an ugly one who f\*cks you and controls you and dominates you.

What an absolutely disgusting relationship it is that relies upon the heartbreak of others, of the crushing of their hopes and dreams, and on the destruction of their lives. What a disgusting relationship it is that destroys the life of someone fighting with all his heart for peace, justice, for life on earth, and who should be supported and loved by his friends and especially those he loves and who love him, and especially when he is breaking down from oppression and the callousness of those who should be there for him, his own affinity group and his own activist friends. What a truly disgusting relationship it is Sharon. Ugly, foul, typical of orc-people. Their 'relationships' spread nothing but pain and sorrow because they rely upon the destruction of real love and relationships in order to happen.

I'm going to cut this letter short there as I have attached other things that I would like for you to read. I live in hope that you can find yourself Sharon, and reclaim your dignity and your decency, and your purpose. I'm not going to give up, because I have dedicated myself to fighting for justice, social justice, and there has been a grave crime committed against both you and I by Ian, and I mean to bring that to light and address it.

I have attached a summary which includes a few other details that you should familiarize yourself with. I hope you do as this is all going to come to light and it is better if you are informed about I beforehand rather than it all happening without you realizing. Understanding causes and assembled causes is really important, and the causes that have assembled behind this are too powerful for you or Ian to stop. The truth is emerging and I know that you know it and feel it emerging, even though you are still fighting it.

Love and solidarity,

Sonny x

## Summary

I thought it would be useful in this letter if I did a summary of what I have said so far. I guess I have been getting mixed feelings from you and so I thought some clarity would be useful. I'm not suggesting you should blindly believe what I say, I am just asking you to think about it, that is all.

So here goes.

- Children who are exposed to frightening energies at a young age (such as threat, menace, intimidation, shouting, aggression, witnessing violence regularly, or experiencing violent or sexual abuse) develop what is known as 'selective attention'. In order for the personality of a child to develop and grow up it needs to feel safe, and so if it is threatened what happens is that the unconscious screens out the threat so that the young, fragile, developing ego does not have to deal with it, because if it did it would break down as it is not strong enough. As the ego matures into adulthood the selective attention continues, so that the adult person still goes through life not being able to see the threat and danger they face. This will continue until the ego is strong enough to face the threat that it experienced when it was a child, and often that happens around midlife.
- Adults who have this selective attention operating due to childhood trauma are *vulnerable adults*, as they are vulnerable to predation by others who take advantage of this weakness. So, a woman, for example, with childhood male trauma and with selective attention operating, is vulnerable to dominating and predatory males who will use threat to dominate and abuse them, and to 'keep them'. The woman does not perceive the threat due to the selective attention mechanism in play (recall the 'gorilla' experiment), and cannot deal with the threat/menace that the male directs at her as this triggers the trauma in her, which threatens a complete psychic breakdown as the personality is not strong enough. As a result the mind instinctively responds with a forced loyalty and sexual obedience to the male in order to nullify the threat. This happens instinctively, and it is not until the ego is mature enough to deal with the childhood trauma that the woman will start to realise the threat and abuse she has been getting from the person she thought was her loving partner.
- This is what is happening to you now. Ian has been using fright and the vulnerability in you that this triggers to dominate you and to abuse you sexually. This is the reason you instinctively blocked me out of your life, in order to placate this threat as he was jealous of me and wanted me gone and hated the fact that you not just liked me, but looked up to me and fancied me and that we got on really well together. As long as the selective attention is operating, you will think that this is just nonsense, but certain things will make sense, and every now and then you will get glimpses, and these are the things to look out for, and I know you have seen the truth Sharon, at least glimpses of it, and I also know that certain things I have said have immediately registered with you, though you then dismiss it all as ludicrous.
- You may think that your sexual behaviour is your own, and that you choose to do it, but this is not true. It is a *forced* sexual behaviour brought on by your vulnerability and by the menace you are under. It is not natural, it is not how you would normally behave sexually. I have seen men do this time and again, it is called '*putting the frighteners on her*'. I have mingled in prisons and in homeless hostels and in rough estates with the worst elements of society, and they talk, and I listen, and I observe. The thing is though, this happens all across the board of society, in all walks of life, men do this, and they seek out women with this vulnerability in them, and they 'test out' women they meet in order to find out if they have this vulnerability, and when they find them, they pounce. The world is full of men like this, and also men who frighten young girls in order to sexually abuse them. I know first hand from my own experience that if you frighten a child (and I'm talking terrify them) and then abuse them then they will not remember the abuse as their unconscious mind will block it to prevent a catastrophic break down, as their young fragile minds are not strong enough to cope. This happened to me, and that is why I know a lot about it. Once that has been done it also means that they are vulnerable throughout their life to predation by men who menace them and trigger this primal trauma, and thus cause the 'stepford wife' reaction which allows them to get away with basically holding them prisoner and raping them. I know that sounds extreme, but that is exactly the situation you are in. This is what you have been becoming aware of though I sense that you are again pushing it out of mind and deciding not to face up to it.
- You may wonder how I can know anything about your sexual activity. The fact is I don't, but I do know what is in your energy body, and that energy can only come about through certain types of sexual activity. Also, when I connect with you sexual energy is often exchanged, and I can also sense from this the type of sexual activity that you have become accustomed to. This is not a

natural sexual energy. I won't say anymore for I don't wish to embarrass you, but that is how I know you are being raped and abused. Strong words, but those are the facts: rape involves the use of threat and force, and then 'fucking' the woman, all of which leaves a very powerful energy signature. The threat and force in your case is caused by the fright/terror within you that Ian is taking advantage of, and the instinctive response to placate him by producing exactly what he wants sexually and by giving him your complete loyalty and devotion. I am not expecting you just to blindly believe this, you will come to your own realisation of it, what I am doing is explaining it all to you so that you understand what is happening, and can make more sense of it. Otherwise it is really frightening and can cause a lot of confusion.

- I am working with your energy body to protect you against this threat. Basically providing a lot of love and reassurance to help you to overcome it and also using my limited abilities to absorb the menace in your energy body and protect you against it. I do this on a daily basis now. I am also transferring energy to you during my meditations, which will have the effect of raising your consciousness, so that you can perceive your situation directly and understand how it is happening. Finally, I am writing to you, in order to explain to you in as many different ways as I can your situation, as I know how difficult it is to understand.
- Why am I doing this - because I love you and care about you. No other reason.
- How do I know this? I sought to understand first of all why you abandoned me and blocked me out, given that the person I knew was not like this. It was as though someone else, someone completely alien took over. At the same time I also made great progress in my yoga, and developed some modest psychic abilities and also overcame a lot of blockages that kept me trapped and that prevented me from speaking out, and I also overcame my own childhood trauma and developed a lot of expertise in psychoanalysis. Due to the level of oppression and terror I was under, and the lack of support from anyone, plus the terrible circumstances (homelessness, no money, etc), this took me 10 years. Now here I am, I never forgot you, I never stopped thinking about you, and I never stopped in my determination to do something about what happened. Now I am doing my bit to make this process as easy as I can. We may never meet again Sharon, but that is not my concern. My concern is doing what I can to see you safe and well.
- The other thing about this that you need to know is that it is not driven by me. I am not the cause of it, though I am an important element in smoothing it out and making the process a lot easier. You have given your devotion to protect life on earth, and now, with Pluto ingressed into Aquarius (the planet of spiritual power in the sign of liberation, illumination and freedom), something that only happens every 250 years, your own intentions to protect the earth and her biodiversity are coming home to protect you, and your own natural biodiversity which has been taken from you and replaced with something forced and unnatural. This is what I attempted to explain with the 'Take On Me' mythos, and the 'orc men' who have overrun the world and are destroying female biodiversity and replacing it with a very different form of women – the Stepford wife woman. This is mirrored by these same orc-men destroying life on earth and replacing it with something unnatural. Just as the earth has been colonised by orc-men and women, and its biodiversity converted to money, so too has your own body been colonised by Ian, and its biodiversity converted to a loyal and sexually dutiful Stepford wife. Exactly the same thing.
- I have tried to explain to you what in yoga is known as 'throwing karma'. The assembled causes behind the process that will bring this awareness to you are so strong that I don't know that anything can stop it. For example, you don't know it yet, but the loathing and contempt in you for Ian due to what he has done is so great that it will compel you away from him for the rest of your life. You may not remember it all, or any of it, but your body does, and every foul deed he did against you is stored in your body, and it is going to come up and cause severe hostility in you towards him, so much so that you may even get violent. Ultimately the force of it will propel you away. This is just one of the assembled causes that lie behind this 'throwing karma'. There are others. There is, for example, your devotion to protect the earth from the abuses of the colonisers. Your own body is the earth and it has been colonised by Ian, and so the accumulated energy of your own intentions, now that Pluto is in Aquarius, will now act to free you from him. Yet another assembled cause is your love for me – the person within you who was denied her relationship to me and all the experiences we would have had together. She has not gone away, she is still within you as an assembled cause waiting for the energies to shift in her favour, as they now have, at which point she will unfold again. Another assembled cause is the fact that what was done to you was an injustice, and that you did not give your permission. That means the truth must out so that you can make a conscious choice about your future, as that is how human lives work, that is the purpose of consciousness – to decide.

If you decide that what Ian did was fine, then you have basically given permission for others to use force against you to change you as they see fit, and that will mean you (the current personality) no longer choose to have conscious agency. That will then mean your own energy body will shrug off Ian regardless of what you think as it seeks to restore itself to its natural state. And if you decide that what Ian did was wrong, then you will leave him. Either way the result is the same. Do you see what I mean by powerful assembled causes that will propel you from A to B whether you like it or not? It is important to be aware of causes for that reason, especially when they build up like this, otherwise we are just thrown about by life without knowing what is happening. This is the wisdom that yoga brings. There are always consequences to our actions, but they take time to ripen, and in your case you have a whole cast of assembled causes that are now coming to fruition together and will totally change your life and your consciousness.

- Also, you should know that when I connect with your energy body, the overriding visual I get is you vomiting. I don't think this means that you are physically vomiting, but rather that your energy body is purging itself of something disgusting, and that is what Ian has done to you sexually, the accumulated abuse and foul intentions he has poured into you over the last 10 years but which you have been oblivious to (there are also other things, most notably what you have been doing to me, which is disgusting). I'm not sure how you will experience this consciously, but I do know that as it continues, so you will start to become conscious of him doing it to you, and you will start to feel more and more ashamed and disgusted with yourself for what you have done to me.
- The philosopher Schopenhauer is credited with saying that all truth passes through three stages: first it is ridiculed, then it is violently opposed, and lastly it is accepted as self evident. You are no longer ridiculing this, but you have started violently opposing it – for example I had a rough night last night due to all the bad energy you have been generating towards me hitting me and causing anxiety etc. This the lunatic stepford wife in you. But the assembled causes, like I said, are too powerful, in the sense that the combined energy behind all the assembled causes is probably more powerful by a significant margin than the energy that animates the stepford wife, and if this is true (I think it is), then regardless of your wishes, lastly will come the direct perception of this for yourself, and your realisation of it as self evident. You will finally see Ian for what he is: a monster, and you will also see what you have done to me.

Love and solidarity,

Sonny x