

17th November 2024

Dear Sharon

I want to talk in this letter about the patriarchy. For this conversation you will need to have your 'perceptor' hat on as we will be taking a dive below the surface of appearances.

Science in its folly tells us without evidence that the world is materially real and nothing exists except matter. Native traditions tell us otherwise, that the world is psychic in nature, and that psychic vibes, like thoughts, intentions, feelings, are objectively real and have an objective effect on the world and on living things. My own native tradition is that of yoga – my father is a tribal Pashtun from the Himalayas of northwestern India – and I practice an ancestral yoga, and such teachings are certainly true of yoga, where you study the nature of reality and devote yourself to the greater good in order to raise your consciousness and also attain what are known as 'siddhis', or 'psychic abilities' which enable you to perceive reality directly (an attainment known as 'direct seeing').

Did you know that sex changes people? The understanding of reality that yoga provides is sophisticated, you've probably heard of the subtle body, the chakras, the aura and so on. Probably you've also heard of the Kundalini that travels from the base of the spine to the head and causes transformation of the mind, body and consciousness. Sexual activity is an energy like this, during sexual union an energy goes up the spine to the head and causes wholesale transformation of the mind, body and consciousness. In healthy sex, for example, these changes will bring bonding, love and intimacy, and will raise the vibration of the couple, whereas in unhealthy sex it will lead to less palatable results. If a man seeks to dominate a woman, for example, then having sex with her with this intention in mind will lead to her mind, body and consciousness being dominated. If a man seeks to 'fuck' a woman during sex, then this can lead to a degradation of her spirit, her sense of wellbeing, her true purpose, and in time a breakdown of the personality as a new personality arises that is based in sexual obedience and loyalty to the male (women can also do the same to men).

I remember a friend of mine who had a dream that her partner was stabbing her in the stomach. She interpreted it as meaning that she was going through an initiation, and in a way she was correct, but it wasn't a good initiation, but rather a devilish one. What she did not understand was that her partner was 'fucking' her, having sex with malicious intent, mainly because he did not like the fact she was hanging around with me and he was hateful and jealous about that, and so responded by 'fucking' her during sex. As the dream suggested, this was destroying her spirit, the part of her connected to me. There were other dreams she had too that indicated the same, and within a few months she had a breakdown. After that she stonewalled me out of her life and devoted herself to her partner exclusively, coming totally under his control. She lost her spiritual aspirations, her drive to work for the greater good, her lovely natural vibe, and became quite coarse and of a low vibration, and more under the control of her 'partner' and submissive to his sexual 'needs'.

I recall another dream that a woman related to me. In this dream she was in the front room when several men came in. They were intimidating and she was scared they were going to rape her. As a result she mounted one of the men and started having sex with him. She related the dream to me and asked me what it meant. I explained that she was clearly surrounded by hostile men, and that she was reacting to this threat and the panic, dread, fright and anxiety it produced in her by trying to take control and give the men what they want, thereby placating them and their threat whilst also having some power over them, and not feeling so vulnerable. This woman is still in this situation, being sexually abused by men who are basically rapists who use menace and threat to intimidate women into sex. But this woman still thinks she is empowered and is wanting the sex and has shut out the threat and menace (and the resultant panic, anxiety, dread, fright etc this produces in her) because it is too difficult for her to face up to.

It is common for people to shut out threat and menace in this way. Psychologists call it 'selective attention', whereby the mind automatically screens out the unwanted content (such as menace/threat/intimidation) and presents instead a totally different picture. If you've never heard of the 'Gorilla experiment' then I urge you to watch it to see this mechanism in action (see e.g. <https://www.youtube.com/watch?v=vJG698U2Mvo&t=45s>).

The key dynamic when someone is under this kind of threat is what I refer to as the 'Stepford wife complex', or the 'Juno-loyalty dynamic'. In this situation the response to male threat is a loss of autonomy and its replacement with a forced loyalty, whereby the woman screens out all men that the partner consider a 'threat' and makes the partner the sole focus of her life in order to placate the threat, and confabulates to herself that she is doing so because she loves her partner and he is the greatest thing ever and so deserves all her love and attention (one of the side effects of selective attention are delusions like this). This happens instinctively, not consciously. The threat is not directly perceived, as it happens passive-aggressively – it's felt but not seen - but it is nonetheless experienced, and it is experienced as intense states of fright, terror, dread, anxiety, panic etc, exactly what you would feel if your life was under threat, say if a lion suddenly entered your living room, and exactly the kind of mental health problems you had when I knew you.

The term passive-aggressive is not a very good term in my view as it conveys the sense that it is relatively harmless, when the absolute opposite is the case: these energies are experienced as extreme terror, states of anxiety and panic, dread, and so on. They are truly awful, and as I said you have experienced these states before when you have had what you thought were 'mental health episodes'. They weren't mental health episodes – you were experiencing passive aggressive energies. Men who seek to control women but who can't get away with using open threat and violence, will go underground and generate menace, threat, intimidation, which will produce in their female partner states of panic, dread, fear, acute anxiety, and so on. What is happening is that the personality, which is a creation of the psyche and so affected by psychic emanations, receives these threats and becomes frightened as these energies if sustained will kill her (the personality). So she reacts instinctively with shows of excess loyalty, whereby all other men are excluded from her life in order to placate the threat from the monster. This is often followed up by acts of sexual gratification as the personality seeks to ensure her survival and to please what has now become her master, and no longer her partner.

This dynamic can only be stopped by the personality becoming conscious of what is happening, at which point a conscious intervention can be made and the monster challenged, and the female can then take steps to protect herself and deflect and mitigate the psychic threat to her personality and being.

You made no secret of the fact you fancied me Sharon, that you fancied me a great deal, and that you really admired my activism and considered me a bit of a hero. When I sent out the email about my sexual abuse in 2013 you were the only person to respond and you came to visit me to hold me and be with me. I had great hopes that this support and love would continue, but it suddenly stopped, and from that point on you stonewalled me out of your life, all the way until 2018 or so when you blocked me completely.

The reason this happened... well, you know the reason, I have already explained it above. Ian was jealous, hateful, possessive, murderous, and he generated the energies that caused your crisis, and from that point on he has continued to control you. These are not the actions of a lover, and this is not love. He did this throughout the 2008 – 2013 period I knew you but it came to a head in 2013 after you visited me and we cuddled on the couch. After that I never saw you again and you never spent time with me or had much to do with me at all, all the way until 2018 when you capitulated

completely and totally blocked me out. The panic/fright/terror you felt were the murderous intentions generated by Ian and that eventually caused a breakdown in you, possibly multiple breakdowns (I don't know the details of your mental health after 2013), and after each breakdown you became more and more under his control, more loyal and submissive to him, and had little to no time for anyone else, such as me.

I can feel your response to this already Sharon: as soon as you hear it part of you will know it is true, and many of the events of your life will suddenly make sense, but another part of you – the Stepford wife suffering from the 'Stockholm syndrome' - will reject it out of hand, a denial mechanism will be triggered, and instead you will tar and feather me. I will once again be demonised as 'the evil one' and be cast out, whilst the true monster lives in your own home and even shares your own bed.

The truth, however, has a power of its own once it is spoken.

Love and solidarity.

Sonny x

PS I'm really in need of emotional support Sharon, and you're probably the only person who might give that to me. I hug my pillow at night when I sleep, all night, and pretend it's you. It prevents me from breaking down. Feels like I connect to you, feels real. I think it is real, I think it does connect me to you at a deeper level. You provide a lot of support to me in this way but your presence in my life would make a much bigger difference.