

Sunday 15th December 2024

Dear Sharon

I've been busy with developing my new business and so have been intensely focused on that the last couple of weeks. I tend to work in the central library as it's a public space and so I don't feel so isolated as I do if I work at home. In Swansea the library is right by the sea, which is cool, but the last few days I have been eyeing the sea and wanting to get out there on my iSUP. The conditions two days ago were absolutely stunning, a really unusual seascape, and then yesterday it was pretty choppy, the conditions I like the most, and so I felt some particularly acute pangs, though the wind was a bit too strong. So I have decided to head out tomorrow. The weather looks okay, it might be too windy but maybe not, hard to tell. The weather says 11mph winds but on the coast I have found the standard weather forecasts to be very unreliable, so I will have to see. High tide is at 7pm so I will aim to be on the sea for 4pm, which means I will probably be getting back in in the dark, which I quite like. I'll only be out for an hour or so, and what I do depends on the conditions. If the sea is flat then I tend to head straight out and then head either left or right and cruise down the coast, practising my stroke. The difficulty there is you are broadside to the oncoming waves, and that is a difficult challenge on an iSUP as it makes it very unstable and you have to really focus on balance. If the sea is choppy however then I tend to go straight out for a few hundred metres directly against the oncoming waves, which is really fun, then do a 180 turn and head straight back to land, trying to catch the waves and glide as much as possible, and I will do that about 3 to 5 times. That is a skill I am still learning, but it's a lot of fun and where the real challenge is. Plus heading directly out against the incoming waves when the sea is choppy is also really fun and also very challenging, and it requires total focus all the time, and even then things can just come out of the blue and send you flying, which is always a bit embarrassing as people are usually watching from the shore as the coast adjoins the city centre so you get lots of people on the promenade. Anyhow I'm hoping for choppy weather tomorrow so I can practice my glides and catching the 'bumps'.

Anyhow, in this letter I want to explain to you what a projection is. It's a concept from psychoanalysis, and is probably most well known as part of the Jungian system of psychoanalysis, but actually it was Freud who coined the term. A projection is a type of illusion, where you see someone as something that they are not. Projections have a very definite aetiology, which is as follows: let's say you are a really miserly person but you like to think of yourself as generous. In this case you ignore all the times when you are miserly and only remember the times when you are generous, even though that is not very often. In this way you push out of consciousness all the times when you are miserly, and this act of repression is the crucial part, because it has a dramatic effect on consciousness. It will cause the miserliness to appear elsewhere, projected onto someone else, such as a work colleague, friend or neighbour. You will perceive them as being really miserly, and will start to feel a lot of anger or annoyance at them for being so miserly. This of course is an illusion caused by the fact that you have repressed all instances of your own miserliness and refuse to admit it. The contents of our mind are made of an energy known as libido in the psychoanalytic tradition, or as chi or prana in the east, and so when you repress your mind you are repressing this libido, and so it will pop up somewhere else as it has to go somewhere.

Sound harmless but it is not, as projections are the basis for war and discord the world over. Carl Jung is famous for saying that the most pressing need for the human race is to deal with its shadow. What he meant by the shadow is all of the repressed content of the mind that is sent into the unconscious, as this is the basis of the projection mechanism, and that in turn is the cause of most of the wars and conflicts that we see in the world.

The things people repress about themselves or others tend to be deeply unpleasant things, and so this means that the deeply unpleasant things that we repress about ourselves or others are what get projected onto others. So we will tend to perceive others as hateful or threatening or greedy or troublesome or as perverts or as 'evil' because these are the qualities in ourselves we tend to repress

and turn a blind eye to. So the net result is that we see these qualities in others, and then we hate them for it, and this hate is what causes the discord and wars, as projection is not just something one individual does to another, a whole population can project onto a whole other population in what are known as collective projections. The way that white people perceive Muslims as evil or as sexist is a projection on the national scale, or the way that white people perceive blacks as primitive is also a projection. The fascism that arose in the 1930s and that gave rise to Hitler and Mussolini was also the result of national scale projections. So you can see why Jung said what he did, after experiencing two world wars that devastated the globe and that were basically fuelled by projections. Dealing with the shadow and our projections remains the top priority for the human race, but of course you will never hear that being said by activists, whether environmental or peace or anything else, as they are generally driven by hate, not love, and so discord, not rapprochement and healing, are what they bring into the world, and because of that they never realise the true wisdom that the world needs.

Of course, it may be the case that your neighbour is miserly, or that one group of ethnic people are greedy, or primitive. It may be the case, but the point is, so what? If you are a healthy person then you either deal with it, and engage the person or ethnic group or whomever in order to address the problem, or you accept them as they are. Either way, it is not the basis for hating them back, as there is no reason for it to trouble you unless they are attacking you directly. When it is a projection it is a different matter, as then you cannot stand the fact that they are miserly or greedy or whatever it is, and hate or jealousy is generated. These powerful negative energies are caused by the fact you are repressing your own mind, and thus causing this strong negative reaction which is experienced projected onto the other person.

I am mentioning all this because you are in denial about Ian and always have been due to the fright he can instill in you. You are in denial of the fact he is a thug and a pervert and so this is projected onto others, such as me. I tend to get all the negative qualities of Ian that you deny because you are too afraid to face up to him. The problem is Sharon, that this projection is no longer going to be able to be maintained, and so you are going to see Ian for the perverted thug that he is. I think this may already have been happening. As time goes by it is going to become more and more obvious, and eventually a crisis at home will ensue. Ian will no doubt wield fright and terror, and then you will be forced to confront it, as you will no longer be able to hide from it and pretend Ian is a loving partner and project all the crap onto me.

Why will the projection no longer be maintained, and how do I know this?

Good questions, and here is the answer:

As a child growing up I experienced a lot of violence, sexual abuse, terror, etc. This is all loosely described as 'trauma', and the effects of trauma are loosely described as 'oppressive' and 'deformative'. Oppressive in the sense that, if you have been terrorised say, which is an example of trauma, then you may be too afraid to go out or take part in life, and the net effect is that your life is taken away from you. It is like you live under a great burden, like an oppressive weight, one that is too big for you to deal with, and that crushes your life.

So that is the oppressive part of the effects of trauma, then there is also the deformative part. The best analogue for that is plant growth. If plants are exposed to a harmful chemical as they are growing, then the plant still grows, but the leaves and stem become somewhat deformed, and don't grow correctly. There is a similar process involved with childhood trauma, except we are not talking about physical growth in the case of childhood trauma, but emotional, social, sexual, spiritual, psychological growth. Trauma can have a very serious deformative effect on these unseen elements of human biology, and that too can have a very severe impact on the person's life.

Now let me put aside the deformative aspect of the effects of childhood trauma, and focus in on the oppressive aspect. In psychoanalysis there is a deeper perspective on the oppressive aspect of childhood trauma that I will share with you as I want you to understand something important. Childhood trauma, such as sexual or physical violence, terror etc, can place energetic blockages in our body. For example, let's suppose you were terrorised as a child, as I was by a psychotic mother. Then what happens is that terror stays in your body and it blocks part of your development. In the example I gave, someone terrorised in their childhood was too afraid to leave the house as an adult, and so clearly this has a dramatic effect on their life, basically severely curtailing it. But the psychoanalytic view makes clear that actually what is happening is that the natural pathway of development that would have led to the individual having a healthy adult life in the community and in the work sphere has been blocked by the terror she experienced, which is still in her body and preventing this adult growth from happening.

It's a slightly different take on trauma, but an important one, because it leads to treatment, as what needs to happen is the individual needs to re-experience this terror, in order to remove it from their system (a process known as *catharsis*). Once that is done, then the growth that has been trapped is now free, and the individual's life will start unfolding again and they will live a much more complete and happier adult life, and not be stuck indoors frightened.

So the psychoanalytic tradition has a better understanding of trauma, one that actually leads to treatment and a cure.

So let me pause there and say this to you: you have something akin to terror in you from your childhood that you are unable to face, and that blocks your healthy development as an adult. Ian is a key part of that, in fact he is that blockage made manifest, as it is his use of menace to trigger the trauma in you that basically holds you hostage. You need to face up to that terror within you Sharon, and that is something that is going to be happening now whether you want it to or not, and when you do, you will realise that your relationship with Ian was a manifestation of that trauma, and not a real relationship at all. This is how you are going to experience the terror that is in you energy body, by standing up to Ian, and when you do you will boot him out of your life and you will experience rapid growth on the emotional-psychological-sexual-spiritual level.

Okay let me carry on.

Yoga has an even more advanced understanding of trauma, and I want to relate that to you even though I know you will find it hard to accept. Still, I think the truth has a power of its own and so it is important to speak it.

In yoga, energy blockages in our body such as childhood trauma are recognised, and many practices, such as the yoga asanas that are so popular in the west, have been developed over thousands of years to remove them. But in yoga it is also recognised that everything is a form of energy, known as prana or life-force (or chi in the Chinese tradition). Our life manifests from this prana, and when we have energy blockages in our body, this prana is blocked. In yoga it is recognised that malevolent occult forces can place these energy blockages in our body via trauma as a child, and then use those blockages to siphon off the life-force as it enters our body to manifest our life, and channel it to another person. In this way the life that the traumatised individual would have had is diverted to another person, who then experiences that life.

So in this understanding of the effects of trauma, not only do we have energetic blockages in the body, as the psychoanalytic tradition recognizes, and not only do we have the person's life curtailed, as normal trauma understanding recognises, but we also have the life that the person would have lived, all those experiences they would have had, going to someone else because the life-force that would have manifested that life is blocked and channeled to that other person.

Sounds too crazy, right? Yet your relationship with Ian is my life-force channeled to Ian by malevolent occult forces that Ian is a manifestation of. Without my childhood trauma, we would have had a life together, and would have been heavily involved in activism together, but due to my childhood trauma, the life-force that would have manifested that has gone to Ian, sent there by the devils that manifest him and that brought about my traumatic childhood.

Not only that, but you saw Ian as this peaceful, sensitive, emotional, loving male, which he is not, and you saw him that way as he was cloaked by my life-force. You saw him as me and me as him.

Crazy right? You no doubt think so, but the fact is that this state of affairs is now coming to an end, as I have been steadily removing these energy blockages, and that means you will not only see Ian for what he is, but you will begin to see me as I actually am, and not the illusion you have hitherto perceived.

So that is the answer to the question *why will the projection no longer be maintained, and how do I know this?*

So that is the only reason I relate all of this to you, so you can maybe make sense of it. I think you are naturally intuitive, or at least you were, so perhaps this will make sense intuitively. I think it will. I think you will immediately grasp the truth of it.

I mean, take the COP at Copenhagen as an example. We should have been spending loads of time together at that, talking, discussing strategy, making connections with the anarchist scene there, bonding, but instead you spent no time with me at all, because all your time was spent with Ian, who has no interest at all in activism. The same is true for EF! gatherings or climate camps or pretty much anything else. Your whole activist life was stalled and blocked, and our relationship blocked, and instead you spent your activist years with someone who doesn't care less about activism, a better world, peace, liberty, but who just hung around to control you. Ian does not belong in these scenes, he is not one of us, he is a manifestation of very different influences as I mentioned earlier, influences that are truly evil, but he was living off my stolen life-force, and you perceived him as something he was not: me.

As a result your activism has gone down a vacuous line, with you just going through the motions at Seeds, paying the mortgage, but not really doing anything of any import or learning anything, just rote learning the standard Seeds stuff and parroting it out here and there, and enjoying the status you get as a result. But it is a fake status Sharon, because you haven't learned anything, and you never will at Seeds, because Seeds is just a wage earning enterprise. Your real path of activism was with me, and this is what is going to be manifesting as you deal with Ian and your childhood trauma at the same time.

I think you have already experienced enough to know that very real and very big changes are underfoot, and that the pace of that change is going to quicken. I can sense that you are no longer ridiculing what I say, and though you are still fighting it it has become clear to me that the truth is beginning to be made manifest before your eyes. Personally, I find it exciting, but I know for you it is going to be a very difficult and trying time, and a dangerous one, so my hope in

writing these letters is just to offer you some kind of stability amongst it all, maybe even reassurance.

Love and solidarity,

Sonny x

PS As an example of fake activism, how about an affinity group in which one of the members breaks down under the weight of severe compounded childhood trauma and falls into homelessness, crime and drugs. Without any money, and having to shoplift every day, you offer the individual a tupperware box of rice and lentils once a week, and otherwise ignore him.

Now, let me tell you what I would have done if that were you Sharon. I would have gone to you and ensured that I did everything that I could to ensure you were safe and looked after. I would have called people together and held meetings about how we would support you, and where you would stay, and how we would feed you, and I would never have stopped doing that. I would have held those meetings weekly or monthly and continued for years, and harangued people if they did not turn up or show support. I would have spoken to you and told you that you were not alone, and that we were in this together, and that everything I had I would share with you, and that everything you went through I would go through with you. I would have ensured I met with you on a weekly basis and spoke to you on the phone or by email several times a week at least.

Radical difference hey? But then that is because my activism is real, it is heart based, but yours isn't, it's total bullshit, like everything that Seeds does. Just a wage earning enterprise that looks like activism, for people who want others to think they are activists but who aren't real activist at all, because they don't actually give a shit about other people, or about social justice, even though they earn a wage everyday in an organisation that states plainly it is all about social justice.

A song for you: *Mexico*, by Incubus. I think this sums up what I have just said really well, and it is exactly how I feel when I think about how you treated me when I needed you.