

Sunday 26th January 2025

Dear Sharon

I just popped out to the seafront before starting to write this letter as I caught a glimpse of Saturn and Venus out of my window. They conjuncted on Saturday 18th but it's been cloudy every night since then so I haven't had the chance to see them in the sky, which I feel is important to do. So I went out and managed to see them tonight, as well as Mars and Jupiter, which was pretty cool. It was pretty cloudy and so there were only a few other stars visible, Capella and Aldebaran, and two or three others whose names I don't know, but the planets were bright enough to be seen through the thin cloud, except Mars and Saturn which aren't so bright but they came out with an opportune break in the clouds.

When I lived in Manchester I was opposite a small park which had a lot of trees in it so it was basically a small woodland. I used to go out late at night there before going to bed all the time and spent a lot of time looking up at the night sky and connecting with the trees (prefer to do that when no-one is around). I mostly knew all the constellations so I started learning the names of the stars and where some of the other interesting objects are, like galaxies, nebulae, star clusters and so forth. I used to get a lot of comfort from it, and felt like I had a relationship with the night sky, like it was an old friend, which I think it is. It has an energy which you can relate with just like a person. I mean a person does not have to speak in order to be able to relate with them, and it is similar with the night sky I think. Everything radiates life-force and the night sky is billions of years old, very ancient, so I feel like there is living sentience up there that you can pick up on. Anyway it was an important link for me as comfort can be hard to find especially when you are isolated and suffering from childhood post-trauma that leaves you with acute anxiety and dread and so having that time with the night sky was really soothing for me. When I got to Swansea in late 2020 however I was in the city centre and so the night sky was not so easy to see, and there wasn't a convenient park right outside, so that all fell away and it is something that I have always missed, and I hope one day I can move somewhere where I can renew that relationship again as it feels important to me. Be great to get a telescope one day too.

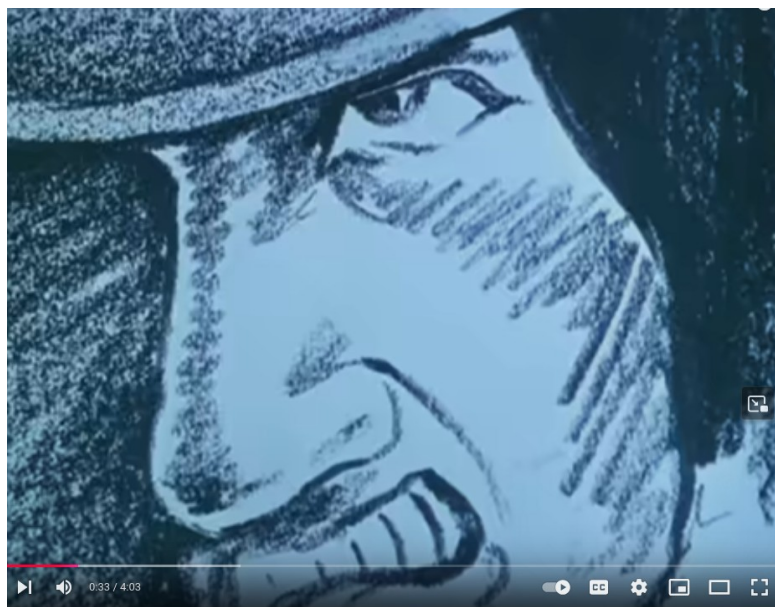
So I feel like the last week has been a pretty big week with a really significant shift. I'm not sure what caused it but I feel it has something to do with the fact that you are now more supported at the Seeds office, and maybe you all had a talk or conversation about your domestic abuse situation. That would explain the shift as that means you now have more support, the authentic you has more support, and that is really what I felt, that the authentic part of you was now more supported.

Something else I picked up however was that you were feeling like I am trying to split up you and Ian, or perhaps that is what you told Rebecca and Anna was the reason why Ian was being abusive. I feel like this was the Stepford wife in you trying to defend Ian's abuse and also hiding from the truth and pretending everything is fine and putting it all down to me. That is not a nice thing to say and it is also a lie. I'm not in this to split you and Ian up, and I am not telling lies, I am enlightening you Sharon and telling the truth, and I am confronting Ian and telling him the truth, and making sure he knows that his rape and thuggery is being witnessed and that there are going to be consequences. I am doing that to protect you, and of course the net result will be that you will break up with Ian, but it is you that will do that, not me, all I am doing is providing you with the help and reassurance you need to do that. If Ian was not using terror to dominate and abuse you I would not be writing to you at all, so I think we need to be really clear there: I am intervening because Ian rapes you and dominates you and uses terror to keep you subdued, and has done for as long as I've known you, but it is only now that I have been able to do anything about it. I would not have been able to send these letters prior to last year when I started, for reasons that I have explained in previous letters to you.

You can't put someone in a state of fear and then have sex with them and claim it is consensual, it isn't, that is rape, and rapist thugs call it 'putting the frighteners on her' as I have heard them talk in prison. That is what Ian does to you. Rape can happen through the use of physical force or through the use of terror, or through deception. I am not slandering Ian or causing trouble, I am speaking the truth and I am doing so to help you, and you are being helped. So it is not true to say that I am trying to break you up. I think Ian is a disgusting individual, a truly disgusting individual, and a depraved bastard. I don't just think it, I know it, and you are starting to realise it too, but you are too afraid to stand up to him and unable to see him for what he is (though that is changing now), and instead you see a delusion. Your whole relationship is based on a delusion that Ian is some kind of sensitive loving soul, a hippy, a beautiful spirit, when the truth is he is nothing like that at all. You are in a state of fear and trauma and this delusion about Ian is the *Truman Show* world that you live in, but it is not reality Sharon and you know it, because you have glimpsed the truth but then Ian terrorises you and you go back into hiding and to living in the *Truman Show* world where the Stepford wife lives. I buy Clipper tea bags and on the front of the box it says 'an organic comforting infusion'. I feel like your image of Ian is like that, a comforting delusion, and instead of facing up to what he actually is and dealing with all the fear, you instinctively draw back to the comforting delusion that he is a sweet and sensitive soul, and because you deny the truth of what he is it gets projected onto people like me, and I get branded a the villain when in fact I am the sensitive and loving soul. As long as you are living this lie your whole world and relationships get distorted and you end up in a fake world like the Truman Show.

But you should at least have the decency to tell the truth and stop slandering me with lies. I am nothing like Ian. I don't use thuggery, I don't rape or sexually abuse women, I don't lie or deceive people, and I am not an asshole. Yet you continue to pretend Ian is wonderful and you slander me, the person who is trying to help you. I mean, the Stepford wife in you does, but I know that there is more to you than that, but you need to fight her, and not just give in. We are entering the *danger zone* Sharon, things are going to get difficult, Ian is going to use terror again and again now as he desperately tries to maintain his domination and reign over you, but you are going to be okay and this is going to work out fine, you need to trust me on that, that I know what I am doing. I have expertise here, more than Seeds or the NGOs or the police or the courts. And at the end of it Sharon you will be really relieved and grateful, I mean if you are honest with yourself and look within you will find that you already are, but at present I think you repress your true feelings and so they remain latent.

We do have a relationship, something that Ian has done his best to destroy and crush out of existence, and he still is, because that is what he does – he controls, he dominates, he destroys, he is envious, he is possessive, he fights dirty, behind your back, he is a nasty piece of work.



So we do have a relationship to recover, and that relationship is something that we are going to revitalise once you are strong enough to overcome Ian, but what that relationship will look like I do not know. You have abused me pretty badly for over a decade and so you have a lot, years, of work to do to heal that damage. I mean, there is a lot of damage to heal, and so there is no quick fix, I am not about to suddenly trust you and let you into my intimacy just because you have stood up to Ian and given him the boot. That's not how it works Sharon. You need to regain my trust and my intimacy, and that will take years, although I am aware that this process of you overcoming Ian and then relating your experience is going to help bring us together. Ian has devastated your life and the important loves and friendships that you should have had, and that is something you will have to come to terms with in your own time. For my own part, I can't force you to do that, but my reason for intervening is because I love and care about you and I am not going to sit here and do nothing or leave you in this situation with an abusive asshole like Ian. I am really, really determined about that, at present that is my total mission in life and I am not going to stop until I am satisfied that you are no longer being dominated or abused. That is my soul commitment to you, and that is what I am about, and those intentions are far more noble and pure than 'wanting to break you and Ian up', which is just a totally crass intention that I would never cultivate or act on.



Here is another peek into the underworld. This is the poster for the film *The Running Man*. Check out the face at the top of the poster – this is the real face of Ian, like the face from the *Take on Me* video. This is his mind, this is how he plots and schemes, and this is the face he hides from you, and this is the face that generates all the terror and fright and the domination and sexual abuse of you Sharon. This is the face of your captor, and helping you to become conscious of that is one of the main reasons I write to you.

I want to get back to the changes that I felt in you over the last week, as they were really profound, and have led to some really amazing experiences with you, two of which I will relate. The first is that I have an image of you that I use to connect to you with, a really tiny image as it was a group shot that I cropped, but it's the only one I have of you. I noticed last week that I was getting loads of reassurance from you whenever I connected to you using the image. Like, loads, my fears and anxieties would just evaporate and I would feel really reassured, so I knew that something had changed. The other thing that happened was one night I awoke in the early hours, I think maybe

Wednesday or Thursday night, and I felt you lying beside me and I was enveloped in this really beautiful loving energy. It went on for about half an hour and I remember feeling wowed as it is not something I have ever experienced before. It was a really nice connection, so I felt that something has clearly changed as I've never had anything like that from you before, or anyone for that matter, and maybe the first time I have ever felt love from someone. I could really see your face in my mind's eye as well and you were really happy about it, it makes me laugh now thinking about it.

We all come into this world as part of a soul group. As time goes by and we reincarnate over and over again people make bad choices, and through one way or another their soul relationships end up destroyed. Ian is one person who has destroyed his soul relationships through bad choices, and now what he does is to steal the dreams of other people, he steals their soul mates and people from their soul group, like the way ranchers steal wild horses from a herd. Ian is not part of your soul group Sharon, I am, and he is like a cuckoo, who steals into another bird's nest, throws out the eggs and lays her own there. The cuckoo grows up fed by the other mother bird whose eggs were stolen, and even though the cuckoo gets bigger than her, she keeps feeding it because her instincts have been fooled. So here Ian is the cuckoo and your instincts have been fooled, and so you think Ian is a lovely loving being, but in reality he is a bastard who has destroyed his own soul and now plunders the souls of others. That experience I had with you during the early hours was your instincts returning to me Sharon, you will no longer mistake Ian for me, but now you will recognise the cuckoo. Can you imagine what the mother bird would do to the Cuckoo if she found out what had actually happened? That is why I can say with confidence that you are going to leave Ian.

The other thing I will say to finish off that relates to the changes I felt in you this week, was your perceptor. You have a really powerful lunar intuition Sharon that with Ian has atrophied and gone unused, but which with me will come to life and really develop in ways you never thought imaginable. I sensed this week that this faulty is awakening in you now and springing back to life again and will start growing, and is one of the ways that you will recognise the Cuckoo. The patriarchy destroys the perceptive abilities of women, and then it ridicules them so that no-one takes them seriously. It has to in order to keep women oppressed and subservient, but now this faulty in you is awakening and it is going to grow in a way you never imagined, and I'm going to help you with it. It is not something I anticipated but when I realised it and got a gist of how this will develop... let's just say I was really excited about it as it brought us together in a way that nothing else could have, as we both share a rare clairvoyant, psychic gift and at present I am alone with it but when yours develops too, I won't be alone anymore and will have someone to share and talk about it with, which is really cool.

That's all for this week.

Love and solidarity,

Sonny x

PS below: the mad evil Cuckoo eats the babies in the nest and lays its own egg. That egg hatches and is fed by the mother of the dead babies whose instincts are fooled, even though the Cuckoo is a huge brute. Similar processes take place within us that fool our instincts, and Ian is a child of the mad evil Cuckoo (known as *Kali* in India, or the *Dark Mother* in the west). Kali stole my heart as a child, and inserted Ian into that nest, and with that she has fooled your instincts Sharon, until now.

