

Tuesday 18th March 2025

Dear Rebecca

<https://www.youtube.com/watch?v=8mo8b7XXxCY>

The link is to a musical piece that came on the radio on Saturday morning while I was still lying in bed half asleep, and I found myself really connecting with you emotionally while I listened, so I thought I would share it in my next letter. It speaks of a delicate emotional unfolding I think. I mean, it's a waltz, so I guess it is an emotional dance between two people.

Will you let yourself feel it, I wonder, or would it get immediately repressed? The part of you that represses these feelings is the part of you complicit in the status quo, as I will explain later in this letter.

Friday 22nd March

I found myself pondering in bed one morning how ironic it is to be ignored by someone who supposedly works to promote consensus, conflict resolution, peace, cooperation, and so on. It is the case is it not that one of the problems with solving the ecological crisis is that people turn a blind eye to it. People turn a blind eye to the suffering of chickens and pigs in factory farms, they turn a blind eye to the harm that imperial wars cause, they turn a blind eye to climate change, and you turn a blind eye to the suffering and abuse you rain down on me, and the harm that causes. It is exactly the same mechanism, exactly the same: authoritarianism.

You often hear green anarchists talk about how anarchy is the solution to the ecological crisis, but they never really explain why. I mean they do but I have never been satisfied with their explanations at all, and their explanations are often political, which does not excite anyone nor lead to any personal insights or revelations. My anarchy has always been part of my yoga, so in my case it is a very personal anarchy, one rooted in understanding people and authoritarianism in social relations, as the state and other large-scale manifestations of authoritarian power are in my view collective forms of commonly enacted inter-personal relations. In other words, if authoritarianism was not routinely legitimised within the social body through inter-personal relations then it would not be possible for societal scale authoritarian structures like the state to exist.

I would like to start out this letter with explaining why anarchy is the solution to the ecological crisis because that also highlights exactly why you turn a blind eye to my own ecological crisis and your formative role in it. Apologies if I repeat myself a little, as I have spoken of these matters before, but I'm doing so now with a different aim in mind so a little revision will be useful.

One of the effects on the mind of authoritarianism is disassociation, whereby the mind becomes split and part of it repressed, leading to the classic neurotic symptoms of projection. It is the presence of projections that causes the 'black out', so that, in effect, a 'blind eye' is turned towards certain elements of our conscious experience. This may be a lover, or the suffering of factory farmed chickens, or the harm that ecological damage does. This 'black out' or 'blind eye' is often referred to as 'selective attention'. It is not a conscious thing, but happens instinctively at the unconscious level.



Portraits of three Sisters, full face and profile, with the corresponding Composites.

On the left is an example of a composite photo which was first pioneered by Galton in the mid 19thC. In the centre are the two composite photos, created by combining the photos of the three different people in full face above and the three different people in profile below. Our personality is like the composite images in the centre, it is a composite of many different persona's, each of which are psychic in nature. When disassociation occurs due to trauma, such as the menace and terror that authoritarians wield to dominate others, what happens is various personalities within the individual become repressed. In effect the traumatic energy forms a barrier that prevents these personalities from merging with consciousness. Usually the personalities that are repressed represent the best parts of the person, as these are the parts that would otherwise resist and fight back. So these parts become repressed and what remains are the parts that are compliant with the wishes of the authoritarian, which is why they wielded the terror/menace/fright etc in the first place.

One of the flaws in our make up is that the menace/terror etc that the authoritarian wields to disassociate our minds and hold us in subservience no longer becomes visible, because it is now 'blacked out' by the projections. Instead they are seen as loving and benevolent, as friends and dear lovers, while the true friends. Lovers etc are seen as the evil menacing ones, the sexual abusers and so on. The world becomes unreal and things are inverted. Witness the populations who worship their beloved dictators, for example. Dictators are well known for wielding terror and menace on the population at large, and this causes widespread disassociation and all of the symptoms I have spoken of, one of which is no longer perceiving the true, menacing face of the dictator but instead he or she is viewed as, well, almost as a holy divine being. Armies and states routinely use terror and menace on populations for that reason, just think of the mass bombings during the second world war and all the bombings since, and the sheer terror and fright this causes in the millions of people who experience it. These are literally terrorist attacks as they are designed to inflict terror on the population at large. They are not necessarily conscious of how it works, but they know that it does work and that it serves to pacify and control the population.

This does not work on all people, but on most. Some people are courageous and will refuse to be overpowered by the terror or threat, and will continue to resist and fight. Others simply won't have the strength to, and others will be too frightened, while yet more will be vulnerable due to childhood trauma and so will remain unaware that they are being controlled in this way, as they have been in a disassociated state all of their adult life and the mechanism is now deeply instinctive and unconscious.

Sarah is one person who wields terror/menace/fright/anxiety to control you, and she does so in part because you would be with me if she didn't. You only stick with her because you perceive her under the lens of projections, wherein she appears to you as some kind of feminist, EF! Egalitarian activist, none of which is true, and also because the parts of you that are repressed are the parts that are attracted to me. Sarah is also intensely jealous of men, to a degree that can only be considered outright evil. So that is why I am in your blind spot, why I am 'blacked out', not just because of the

disassociation that occurred in your childhood, but also the additional disassociation that has occurred from authoritarian Nazi's like Sarah.

There is widespread authoritarianism in our culture, and people are exposed to it as children, and this means that disassociated states of mind are the norm, not the exception, and that is the reason, or one of the principle reasons, why little to no action is taken to resolve the ecological crisis despite the fact that it is clearly in all of our interests, regardless of political leanings. The problem and in particular the harm it causes are simply blacked out of consciousness by the disassociated state and the projections that result. People do not empathise with chickens in factory farms because their plight is blacked out, and instead the authoritarians in our culture are held in great esteem and loved by many, and perceived as wonderful. I mean there is a limit to how much authoritarianism can be accepted, and that limit will vary with each culture, so that those who are more authoritarian than the average will still be perceived by most of the rest of the population as awful and oppressive, but those around the average will be held in high esteem, and those who are low on the authoritarian scale will likely be despised and shut out.

So in overcoming social authoritarianism you are directly acting to solve the ecological crisis, and in fact until you overcome social authoritarianism you are actually part of the problem. It is the force exerted by the authoritarians that prevent action from being taken to resolve the crisis, not just due to the black out mechanism, but also because to resolve the crisis the black out mechanism must be resolved, and this would then expose the authoritarians and lead to them being dealt with by the larger social body, and so for this reason any attempt to solve the ecological crisis will get fierce resistance from the authoritarians within the social body.

These things need to be contemplated and thought upon to really digest them, but most of all they need to be experienced for real. I spoke to you in my last letter about how there are certain conditions that need to be met in order for the disassociated mind to start healing itself. The healing is a pathway that takes the person from A to B. Remember I talked about pathways before, and that they can compel people from A to B even though they do not wish to go there initially? I mentioned things like assembled causes. Well, the healing of a disassociated mind is one such pathway that will propel a person from A to B regardless of whether they want to go there or not, but certain conditions have to be met, and these are the assembled causes.

I will refrain from mentioning the conditions, but suffice to say that in your case they have been met, and your disassociated mind has begun the healing process. In fact it started months ago when I first got in touch. Sarah has been responding, like the way Sharon's abuser did, by upping the levels of menace, terror, control etc and defaming me in order to prevent themselves from being exposed. This is instinctive – they are instinctively nasty people, and instinctively wield domination as it gets them what they want. Any love that you have for me is a direct threat to Sarah, because that love comes from the repressed parts of your disassociated mind, and these parts, should they surface will bring with them the truth about Sarah, as they carry the memory of what she has done, and is the reason why her domination and abuse of you remains largely blacked out, though I am aware that you have been becoming more and more aware of it but as yet continue to revert to being submissive when in her company.

So Sarah will always act to block and destroy any feelings in you that arise from me, and she will instinctively sense when that is happening. She has done it before and she is doing it again, but this time it won't work, because this time she cannot stop it as the healing process has too much power behind it due to the assembled causes.

You need to start consciously resisting Sarah. She is an eco-fascist (actually an oxymoron for the reasons I have given), a lesbian Nazi, a thug, she is a Franco, a Mussolini, she always has been, she

is disgusting. You need to stand up to her. I know it is hard, and frightening, she literally controls what you say and do, and though you may decide that you are going to stand up to her domination, when you're with her you revert straight back into your submissive and obedient role.

All of the things you think she is and that attract you to her, are in fact likely to be my qualities and not hers, and you only perceive them projected onto her due to the disassociation that rises from her menace and the menace from your childhood. As I said, that is why I am blacked out, when in fact the natural state of affairs would be that you would exclude her from your company because of how abusive and oppressive she is. She's no anarchist, freedom fighter, or earth protector, but a wolf among sheep, she's a really nasty person and she brings out the worst in you.

So this is where you become a real anarchist, by standing up to this lesbian Franco, and not just be part of the in-group subculture which does not do the real anarchist work of overcoming authoritarianism. This is where it gets real, and you actually start to fight tooth and nail for your own liberty and autonomy, and where you start to experience real growth and maturation.

Authoritarianism is first and foremost an instinctive force, and instincts operate unconsciously, below the radar of consciousness, and below that radar instincts talk and plan and work together, because they are connected in a non-local fashion like the way entangled particles are. About 90% of human interpersonal communications occurs at the unconscious level, through body language, micro-facial gestures, tone, etc. A good question to ask is who is it communicating if it is not the conscious personality? It is the instincts, and the instincts are organised as archetypal complexes, the kind of archetypal forces that we see depicted in mythology, sagas and legends, and that are described in psychoanalytic theory. These instinctive forces operate socially, and have always operated to isolate me and to render me ineffective* because I am one of those people who refuse to submit and who fight tooth and nail and am very effective at it. These instinctive forces have moved various chess pieces into position on the social chess board to isolate me, and foremost among those are people like Sarah, Sharon's abuser, Stacey's abuser, because you three are the key sources of support and also the three who are not complicit with the authoritarian regime but who have been waylaid due to childhood trauma which has been too strong for you to overcome, until now.

*(In one of my journals I wrote recently of *'the hurt and pain of constant rejection and being ignored everywhere I go'*. That is the price I pay for my resistance, a price that these instinctive authoritarian influences that dominate this culture impose upon me in order to break me and to limit and restrict as much as possible my social activism. It is similar to the way Assange was isolated by the US regime because of how effective he was at dispelling the war propaganda, but in that case the instincts operated consciously, whereas in my case they are operating unconsciously.)

Why Now? Well, those are the assembled causes that I am remaining silent about for tactical reasons. Part of you, the part conditioned to the abuse and the Stockholm syndrome that arises, is now complicit in the status quo, just as the rest of the population is complicit in the status quo that allows the ecological crisis to carry on unchecked. So I am always mindful about that and take care in what I say. But yes, part of you is complicit, but this part of you is not going to last, it is, week by week, month by month, being eaten up by the repressed parts of your personality that are more and more emerging from the shadow and into the light. You can feel it, but like I said, for now you are still complicit in your own abuse and domination and so serve to maintain the status quo rather than fight it. But inside, you are more and more resistive, and more and more wanting to fight back and break free.

I recently put my workshop programme online: <https://social-change.org.uk/Workshops/>. You've read them already but over the next month or so I will be adding more detailed explanation about

each one. So I don't plan to do anything just yet as I still have to write out the details of each one, but I told you some time ago that I would get back in touch with you around the spring equinox to talk again about the workshops, so that is why I am now bringing them up.

Nearly 1am now so I am off to bed. I was planning to go surfing tomorrow, and the surfing forecast was good, but when I just checked it as looking pretty pants, so not sure what I will do tomorrow now. I'll have a think about it in bed before I go to sleep.

Love and solidarity,

Sonny x

PS I thought I would insert a few pics of my flat just for a bit of interest. One of your Yucca's is on the far right of the image below I think. I had to cut it back last year and you can see the tops regrowing at the base as I cut them off and then rooted them and replanted.



The pic above and below is the living room seen from either end.



The living room is where I sleep and in the first image the settee by the window is a futon which I pull out at night to sleep on. I don't like sleeping in the bedroom as it feels too lonely so that is just a spare room with a bit of furniture in.



This is the hallway, which I think is the best feature of the flat. The kitchen, bathroom and bedroom are all off the

hallway one after the other on the left of the pic. Another one of your Yucca plants at the far end of