

Monday 17th February 2025

Dear Rebecca

<https://www.youtube.com/watch?v=mlFK2MpKnJU>

I include a link to a music video from the 80s that really expresses I think how I have always felt about you (*Close to You* by Maxi Priest). I mean the lyrics in the verse don't always resonate but the chorus and the vibe of the whole song does. So I wanted to send you the link so you could listen, but wow, I feel so embarrassed in doing so that I find myself umming and ahing and thinking *oh my god no don't send it she will laugh and take the piss and ridicule you to others or oh man don't send it she will call the police and accuse you of sexual harassment* etc etc. I really get a lot of fear coming up, yet in reality it is such an innocuous thing to do, to send someone a music video that expresses something of how you feel about them. But with you there is so much fear and judgement involved and it is really oppressive, and I really feel that that is something you should think on, because it comes from you and your attitude towards me, rather than from me.

I mean I feel like I've always wanted your love, friendship, intimacy, and that I've really needed it, but that I have always been shut out, treated with disdain, ridicule, even outright hate, and it's never been clear to me why.

On your part, perhaps you don't feel the same and are annoyed by my interest, like the way male pigeons constantly pester the female ones with their courtship displays. If I thought that were the case then I wouldn't bother you, but actually I feel, as I have said in my previous letters, that it is the forces of social authoritarianism that create the barriers between us, as well as your own history with males and your prejudices that you have against me. These are the reasons why I feel that actually you have natural feelings and desires for me (actually I know you do, but for other reasons) but that these are internally constrained due to these oppressive factors. So it is those oppressive factors that I seek to help you to overcome. Perhaps you feel resistant and don't want to overcome them, and want things to remain as they are, including shutting me out. But then I would say that this is the conditioned version of you that has internalised and legitimised all those forces of oppression and prejudice and that also feels afraid of revolutionary change.

As social activists we seek behaviour change in the wider social body in order to create a culture more in harmony with life, and to do that we need to overcome the forces of oppression and prejudice in people, forces that have conditioned them into certain ways of being. So it is the same with you, that if we seek to create social harmony and social justice then we need to work within the social body to overcome those forces, and this is what I am inviting you to do with me. Well, this is what I have begun but as yet these internal and external forces still hold sway, and I remain stigmatised and shut out.

You haven't learned to distinguish your true self from the parts of you conditioned by the forces of oppression you have experienced within the social body and that have been internalised, and especially the 'anarchist' subcultures you have been part of and the social identities they impose on others as a condition of social acceptance, which is what you seek. Yet these conditions require people like me to be ostracised as I do not meet with the requirements of such oppressive subcultures. That is socially unjust, and this is my complaint, that you have sacrificed me on the altar of acceptance within these self-styled anarchist subcultures. In other words my complaint is that it is not the case that you don't like me or are not attracted to me, but rather that pursuing friendship and intimacy with me clashes with your goal of acceptance within the queer/anarchist/vegan/radical feminist in-groups you want to be part of and that require me to be excluded in order to grant you acceptance.

This is the truth that my letters have been building towards helping you to understand in order that you can make a more conscious choice as to the path you wish to walk. If you wish to choose the path of true social justice and democratisation then you need to leave these immature in-groups and their exclusive politics behind so that you can mature beyond them, and part of doing that is to pursue a relationship with me. I'm not saying it has to be romantically inclined, I am just referring to a friendship based around the pursuit of the common good. If you wish to choose the anarchist in-groups then that requires the continued exclusion of me in order to remain accepted, and it also means you will not mature in your activism and also as a person. Willingly accepting the oppression of another and of yourself for the sake of social acceptance is unjust to me and to yourself, but I can understand if you choose that option, though as I will explain, you do not actually have a choice.

But yes that is terribly unjust on me, and has had and continues to have a devastating impact on my life. It has and continues to exert a massive toll upon me, and this is the last point I wish to make: that when it comes to addressing the toll that abuse and exclusion has exacted upon someone, what choice do you grant to the abuser? *What I mean is, when it comes to addressing social injustice, do you leave the choice of how to address it down to the person who committed the social injustice?* The answer is no, you don't. You engage with them, explain to them the social injustice and the harm it has and is doing, how they enact it and why, and then you have a discussion about the way forward, with the oppressed leading that discussion. But if they continue to insist on oppressing you and *building a life for themselves that requires your oppression*, then revolutionary force must be applied.



The social price of privilege: this was the horrendous cost to me, emotionally, psychologically and spiritually, of your social exclusion, stigmatisation and disdain. This needs addressing, and it is my suggestion that we work together on some of the workshops I have proposed to do so.

I have done all of the above with you, and you still continue to insist on maintaining a life that requires my unjust exclusion, repression and stigmatisation. So I bring this all to you so you can see it and judge for yourself the reality of where we are at. I hope you choose social justice and not the path of privilege and oppression, but if not, then you will find yourself being dragged along against your will as the revolutionary forces – the assembled causes – are too powerful.

I have not spoken to you about assembled causes before, but this is a concept within yoga, which is an indigenous, revolutionary discipline that has been practised for thousands of years mainly on the Indian subcontinent. I am half Indian and I practice an ancestral yoga – the yoga of my ancestors. I've become very accomplished and would describe myself as a highly attained yogi, but I know that doesn't mean anything to you. Anyhow my point was to explain assembled causes. These are internal forces that are built up and which are then unleashed at some moment and propel us from A to B whether we want to go there or not. An everyday example might be falling in love, something we have no conscious control over whatsoever and which can radically change our lives and propel us from A to B (meaning from one life to a totally different one, or from one state of mind to a totally different one). But there are much deeper causes that can arise also and that are not so obvious. For example, you may decide you want to give your time and energy to protecting life on earth from ecological catastrophe, as you do. This is known in yoga as a path of devotion, and paths of devotion assemble very powerful causes, and the purer the path of devotion, the more powerful are the causes that assemble. It is a bit like charging a battery – the more powerful the current and the longer it is running, the bigger the charge that is assembled and thus the greater the amount of revolutionary transformation that can occur.

You have generated powerful causes due to your devotion to life on earth, which in yoga would be recognised as devotion to the earth mother (or *an* earth mother to be specific as there are lots of them). This is now ripening and is causing your energy body to go through a process of purification and transformation, which is what you have been experiencing over the last few months as I have been writing to you. So this is one of the assembled causes that will be propelling you from A to B. And note that you do not have a choice – you yourself laid down the causes of this by setting your intentions and dedicating yourself to protecting life on earth, and that has laid down such powerful causes that you cannot stop them now even if you tried your hardest. These causes will change your life in ways you did not anticipate, such as causing you to split with Sarah and others, to move to a different part of the UK, to have new friendships and lovers, and to have your activism go in a totally new direction.

You also gave your devotion to social justice and democratisation within movements, so another powerful assembled cause has arisen due to that, and that will also propel you into working with me to repair the social injustice you have done to me and to address the causes of social injustice generally. Another assembled cause is the fact that I love and care about you, and so want to help you overcome the forces of oppression that hold you prisoner and constrain your life and your growth, and are now able to do so due to the maturation of my ancestral yoga.

So in yoga there is this notion of assembled causes, and one aspect of yoga is to study the mind and reality in great detail in order to understand these causes as they are the chief causes that not only propel and create our existing life, but also our future lives, so they are very important to understand, and as you go through life you need to know what causes you are creating that will potentially have an impact on you in the future.

The west is ignorant of such things, and so people blindly go through life being propelled by forces they do not know or understand. I had a vision once where I saw the mass of humanity being propelled by an uncontrolled giant wave that was causing all manner of devastation, and I saw myself splitting off from this wave on a surfboard and riding to safety. This vision was all about assembled causes – I understand them, and the mass of humanity doesn't, and so the mass of humanity is propelled from A to B regardless of their own conscious choice due to the causes they have unwittingly created*, whereas I am able to surf my way out due to my own practice of yoga and knowledge of assembled causes (represented by the surfboard and my ability to ride it).

*(One such obvious one being eating factory farmed food. People think they can do this without consequence to themselves, but they are very, very badly mistaken. If they honoured and respected indigenous wisdom then they would know that anytime you kill an animal you must respect it and honour its spirit by propitiating it with rituals, otherwise you will generate a powerful wrathful spirit – an assembled cause that can propel your life and mind from A to B against your will and introduce significant suffering and pain into your life. With this understanding you can imagine then what factory farming is doing, the kind of unseen causes it is creating, and what those who eat this stuff will be heaping upon themselves.)

The world is living, it is psychic in nature, it is not as described by western science. The world has a memory, it knows you and remembers you. Places know you and remember you. The world contains many bodiless minds and influences – spirits. Ancestor spirits, animal spirits, friendly spirits, powerful spirits, evil spirits, forest spirits. Everything we do affects all of this unseen life and creates causes that will at some point have an impact on us. Various influences in nature will seek to get human beings to help. The forest guardian spirits will send out their vibes for people to help protect them and people will respond, and in this way those who protect the earth's forests give devotion to these living influences, and in return these forest spirits will safeguard that person and transform them so that, like me, they are able to escape the devastation and suffering that the mass of humanity is creating for itself.

So you have given your devotion to one of the mothers of life on earth (actually an agricultural mother goddess like Ceres, from whom the word cereal comes from), a powerful spiritual force, and now she is transforming your mind, life and energy body so that you become part of her, and not part of Britannia – a malevolent spirit goddess whose power base is this island we live on. It is Britannia that developed the causes within you to shut me out and abuse me, and that heaped disdain upon me, and she is now going to be purified from your energy body because of your devotion to the earth.

So these are examples of assembled causes, and as I said you have many powerful assembled causes behind you now that are swinging into motion to transform your body, mind and consciousness (there is a reason it is happening now, but I won't go there yet as I am already stretching the limits of your credulity and introducing astrological causes might cause you to blank out completely). You are already feeling it, and you already know that things are changing and that you are involved in a process of change. But you are still locked in to the old you and the old life, and so part of me telling you all this is to say hey, you need to let go of all that and trust in this.

And I know I have not spoken to you about this before, mainly because I know that you are disdainful of indigenous traditions. You may find them of interest but you do not take them seriously at all and never have done. You similarly have never taken psychic or spiritual matters seriously. I recall a conversation with you once where you said you looked in to religion when you were a teenager and didn't think much of it, that you dismissed it, and I think you have lumped indigenous traditions and perspectives in the same basket, but they are radically different.

So I have not spoken of these matters to you before for that reason, but perhaps I will do more often now, as I feel that now you are becoming conscious that you are on this journey of transformation, one that you have not consciously chosen but that has come upon you nonetheless through your devotion to spiritual influences, you will be more open to it.

So the revolutionary forces that are propelling you and that will build in strength and power are these assembled causes, of which I have named only a few. So we are going to be brought together by these causes*, and that is why I am continuing to write to you despite being blanked out.

*(And please do not equate some of these causes – such as that of an earth mother - to the religious notions of deities, as that would give you an incorrect and infantilised conception of them. They are much more akin to the Jungian notion of archetypes.)

Okay I will stop there. I am sure you find this all interesting and that you do not dismiss it out of hand because you know that something is going on, yet at the same time you are not sure. But I have spoken enough and so will bring it all to an end for now.

Love and solidarity,

Sonny x

PS I shall say again, that I do not hold you fully responsible for the injustice meted out to me as I recognise that you yourself were oppressed and acted under significant duress. There is a distinction to be made between people who would not ordinarily oppress others, but who do so because they are themselves oppressed and have little choice (e.g. you threaten them with social exclusion and ridicule, or you sexually abuse them as young girls so that they grow up hating and distrusting men and thus instinctively act abusively to them), and those who oppress others out of choice, because they gain an advantage from it. The latter you cannot work with, but the former you can, and you are one of the former, but e.g. Sarah is one of the latter.

PPS One more thing about assembled causes, and how these can propel us against our will: I had no desire to give up sugar, for example, but was propelled to do so by powerful inner forces that compelled me as I had given such devotion to the earth that I had set in motion a powerful transformation of my energy body, one that began in 2011 and is still ongoing. It is a Kundalini transformation, something you may have heard of (though pretty much everything written about it in the west is wrong – the west has serious problems with misappropriation of the traditions of other cultures). So I had no desire to give up sugar for example, but sugar corrupts the energy body and introduces malignant archetypal influences like Britannia that will cause humans who eat it to act badly, breed like rabbits, and despoil the land. So due to my devotion to the earth I was propelled to give up things like sugar as I had set my goal to protect the earth, and this meant eliminating sugar and the influence of Britannia from my energy body. It is a curious and somewhat unpleasant, often distressing, thing to experience, as I would not have been strong enough ordinarily to give it up as it was my main source of comfort and I really needed it, and in fact the thought of living without it caused quite a serious emotional breakdown, but my devotion to protect the earth was so strong that the causes generated acted like a kind of carriage that just propelled me along and I was not able to stop it. So you will find yourself in a similar situation with regard to me – the causes you have created to protect the earth will propel us into working together whether you want to go there or not. I mean, it's kind of funny, but at the same time it's not, as it can be difficult to experience as I have said, and also of course it is extremely disrespectful to me that you feel that way, but the mind that currently has such disdain for me or loyalty to Sarah or to your in-groups will not survive – you will find yourself simply maturing beyond them as this transformation propels you into a new life. That is why assembled causes are so important to understand and be aware of.