

Saturday 23rd August 2025

Dear Becky

I wanted to send you a letter as well as the shared video message as there were a few things I wanted to mention to you. Firstly to say that I feel that you are really starting to get to grips with what has been happening. I have felt that you have broken off with Sharon's abuser and with Beau, whether this has been actual breaking of contact or just emotional/psychological distancing I don't know, but I have felt this happen as a result of you starting to fight back and assert yourself, something that I found really heartening and encouraging. Abusive males do not just give up, they will respond, they will harrass, they will threaten, they will emotionally manipulate, and they may just invite themselves around and abuse you. I guess you know that though.//

You know, I would love to teach you self defence. There are some really basic moves you can learn to quickly render a threatening/harassing male insensible. Plus I think the time spent with me would be really valuable to you, as you would get some of my ferocity and fighting spirit, which I do think you need, You are still far too complacent about what has and is still happening, and this is because the threat and emotional violence around you is still sky high and causes your natural instincts to be repressed. With me the opposite would happen, and these instincts would come to life. Plus I think this would be a good way for us to reacquaint ourselves with each other. You are I think realising that you never really knew me, or that I have changed and you no longer know me. I have felt this from you, but the fact is I am the same person I have always been, though my energy has shifted to a higher vibration as a result of my yoga, and I have overcome a huge amount of oppression, which means much more of me is visible and I am much more open and expressive. But anyway, something like this would help us to reacquaint and you would benefit a great deal from it. You have probably been to self defence classes before, but this would be very different. It would be personal, one on one, and it would be as much about unlocking the ferocity in you, your primal instincts of nature, as much about learning how to hit hard or drop a man quickly and effortlessly. Self defence classes do not do this, as they are generally not run by people with natural fighting instincts. Though the instructors will no doubt be far better trained than I am, they will not have natural fighting instincts like I have so they will not be able to reconnect you to them. Instead they will be trained and conditioned fighters, wielding conditioned energies and not natural ones.//

Can I move on for a bit and talk about something I picked up today on the way to the library? I felt a connection with a part of you that identifies with being abused and going out with hardened thugs, and who was mocking me for coming up, as though to say it's amusing that I think I am coming up to 'rescue you', as though the idea was ridiculous and something delusional. I'm aware that part of you identifies with the sexual abuse and considers it consensual and even desirable, and thinks that she is tough because she is able to mingle with rapist thugs. But this is not the real you, this is the part of you that is compliant to the demands of the patriarchs who wield threat. At times, and perhaps most of the time, especially in the past, you may have completely identified with this part of you, but I do not think that is the case anymore. I think now you recognise that you are under threat and menace, that you are being dominated and raped and abused. That compliant part of you nonetheless hangs on as an outer shell (which is, if you recall from my last letter, what compliance is - it is merely an outer shell of conformity), but underneath that there is a growing tide of awareness that you are being systematically raped by menacing and abusive males, that you are stuck and can't get out, and that the wider social circle in which these males are embedded is toxic and of little to no help to you, as if you were to speak out you would likely be isolated, ridiculed, disbelieved, as they probably wield

significant social power (I am aware also that you too have considerable social power, so this is a somewhat more complex situation).//

I have the sense that you also have pride, and that your pride stops you from coming out with the truth of what is and has been happening, as you feel it will make you look weak and foolish and you have set your stall on being considered a strong and independent feminist who would never be cowed by male threat. But you can see I hope how misguided these kinds of personas are, and what a folly they are to construct, as they act as a prison behind which you end up trapped and unable to speak out, and thus vulnerable to predators. All of us are vulnerable to male threat, men can be extremely frightening and intimidating. No-one is immune. So you need to let go of this persona, and construct a new persona, one that is based upon anarchy, liberty, women's liberation, courage, real courage, the courage to admit your faults and weaknesses and follies and to speak out about what has happened in order to help yourself and others. Start constructing this persona, and drop the the fake one that keeps you trapped behind bars and caught up in a cycle of abuse.//

Part of you thinks it is funny that I am coming up, the very idea that you need 'help' or that you are being abused. She thinks perhaps I have some kind of hero complex or see myself as your saviour when in fact you need no help whatsoever. I hope you can see that this part of you is the part of you I have described above, and disidentify with her. She is not the real you, but merely a part of the patriarchy, someone who legitimises it and hides it and allows it to grow. That is not who you are, but rather what you have become as a result of extreme male threat, rape and abuse over a period of years. Women adapt in all sorts of ways to patriarchy without even realising it (referred to as 'bargaining with patriarchy'), and end up manifesting persona's that legitimise and embody patriarchal rape, domination and abuse, all the while thinking they are free women.//

In relation to why I am coming up, I want to tell you a little bit of my own story. I have suffered under male domination, living with threat and terror, not wanting to get out of bed because I don't want to have to face it again and again every day. My father, an amateur boxer, hospitalised me at the age of 6 with a severe head wound that split my skin above my eye and needed many stitches, and I lived with violence for years growing up on my estate surrounded by racists who took exception to me for being half Irish and half Indian, a mix everyone considered to be the scum of the earth, and people constantly threatened me and bullied me and threatened violence and chased after me. I was brought up in the most dangerous, violent, rough prisons and detention centres in London where I was exposed to it everyday. From the age of 14 till I was 19 I spent only 6 months outside of prison. That is an exceptionally tough upbringing that most people do not survive. It took me a long time to overcome that oppression, but overcome it I did. It was not an easy thing to do, but now I am extremely formidable and no man can dominate or me, and I mean no man. I have gone head to head with the toughest thugs out there and they do not mess with me, they know to keep their distance because I represent to them an extremely murderous threat. That is the energy I front with them when they try it on with me, I am ready to fight to the death and will kill them if need be and they can feel it, and when I fight I am violently explosive, fast and powerful and most men would not last long under the hail of fast and powerful punches I would unleash on them. That is how I have responded to the oppression meted out to me, and as a result I feel safe everywhere I go, no matter how much threat there is or how tough and experienced the thugs. And I have not become a thug. I use my fighting spirit to protect myself and others, and I still sing love songs and practice compassion, and have not become hardened. So I know what it is like, and what it takes to overcome it without becoming a thug yourself, and I can help you to

do so, and teach you how to do so. What is the meaning of anarchy if not mutual aid? What is the meaning of anarchy if not helping each other to overcome domination and thuggery? These are the real threats to liberty, much more so than the state or corporate fascism, because we have to face these bastards every single day, and they are everywhere - in the courts, in the police, in anarchist subcultures, hiding as socialists, hiding as vegan lesbian anarcho-feminists, and so forth. Anarchy to me is not a shallow social identity, but something I feel very deeply, and something I live and breathe every single day, and something I fight for every single day. My struggle is real, not bullshit, and I extend that struggle to include people like you.//



Why you? I want to share with you this image of two pandas. I have a pile of magazines that I get from freecycle or charity shops that that I use creatively to do collages, something I have done for years and really enjoy. Recently I came across this image of two pandas and cut it out and stuck it in my diary, as it represented to me our bond. It is not a bond that is socially acceptable for you to admit to others, so it has not manifested properly into the human realm and remains animal, underneath the surface, but nonetheless I know that you feel it and that you enjoy it and would not want to lose it. I too look after it and nurture it. It is a natural bond, what natural human relations should be like. These kinds of human relations are going extinct, just as the biodiversity of the earth is going extinct, and being replaced by human relations that are based instead upon exploitation and domination. You are caught up in a social web of exploitative human relations, not natural ones, and these exploiters bill themselves as anarchists, socialists and progressives. People have all kinds of reasons for identifying with this or that political cause, and most of those reasons are cheap and shallow and have little to no real substance. In yoga there is the concept of the 'nobly born'. The idea of nobility is frowned upon these days, but then that is because the word has been misused to represent a corrupt aristocracy, those who are born with considerable property, titles and wealth and whose lineage has caused great oppression and hardship to the common people of the land. In yoga the term is used to refer not to entitlement but rather to those who are born with high intentions to the greater good as a result of past lives, and who thus have a great potential to help the world and to make progress in yoga. //

In all my activism I came across few people I considered had genuine high intentions for the greater good, and were thus of noble birth, but you were one of them. My point however in sharing the image of the two pandas is to say to you that fighting to protect the biodiversity of the earth also means fighting to protect natural human biodiversity. Fighting to protect the earth also means fighting to protect our bond. Climate change is not just a radical shift in the climate of the earth, but also a radical shift in human relations, as the natural human relations are replaced by toxic ones based on exploitation and threat. Natural human beings fight to protect the earth, but the unnatural ones simply fight and exploit each other and the earth. They will join activist scenes and pretend to be anarchists or environmentalists because they want status, they want to exploit the scene

for their own ends. They do not share the values, but are merely compliant with them for the sake of appearances, all the while harbouring malevolent and selfish intentions. I wish I could teach you these things and how to spot these types of people. I realised today that I made a mistake when I cut contact with you back in 2019 or 2020. If you recall you had gone to Morecambe to join a protest regarding some gypsies in support of them. I had texted you warning you that gypsy culture in the UK is generally toxic and is a culture of rape and domination and that you should not go alone as you are vulnerable. This wounded your pride and you hit out at me and hurt me, and that triggered me and I ended up cutting contact. A silly squabble really, but I was genuinely hurt and was already in such a vulnerable emotional state that seemed like a huge deal at the time. Looking back now I feel we could and should have easily dealt with it in a much better way. I recognised at the time however that there was within you however a dangerous undertow causing you to be drawn towards foul, abusive and rapist thugs, and clearly this undertow has dragged you down. I felt this morning that I had let you down, that I should have stayed in touch in order that I might be able to protect you and stop what has happened from happening. The part of you I have described above will mock this protective instinct in me, but for me it is a sacred instinct that mother nature herself has placed in me for your protection, and whether you realise it or not you too can protect me, and without you in my life I am vulnerable to breakdown.//

So me coming up to Lancaster is not some foolish Don Quixote style quest, but for me something that I take very seriously. You are being systematically raped and abused and my instincts and natural affection for you compel to do something about it, and I mean to. That is not something that ought to be mocked.//

So what can be done? Well, I can come up, you can meet me, and then we can go round and see the principal abusers and I can talk to them, and deal with them if need be. That is a very direct approach, one that you would probably shy away from. //

You could just meet me and we could talk, but I suspect a meeting in Lancaster would be compromised. So perhaps I should instead go to Manchester, and you could meet me there? That way you are out of Lancaster and so not likely to be seen by anyone. Plus I know Manchester really well and we could also do some sightseeing, visit galleries/museums, eat out at nice vegan places, and so on. I could stay the the YHA and that would be much cheaper than a hotel in Lancaster, and maybe you could stay too, and make it a bit of a holiday, and that way we could reacquaint a little bit as well. I would stay in a shared dorm as that is cheap, so you could do the same if you wanted to. we could also go visit the branch of Women's Aid there too if you wanted, just to get some advice, though I feel you are very reticent about that as your pride forbids it. So me staying in Manchester is an option I thought I would moot for your consideration, and the idea of you too coming to Manchester for a couple of nights. We could even go for a walk in the Peak District. I went there every single week for the whole 5 years I was in Manchester, so know it like the back of my hand as well as all the bus and train routes. Or I could just show you around Manchester. You have been there many times I know but I lived there for years so know it a lot better and can show you things I suspect you have not seen.//

Anyway have a think. If I do not hear from you I will head to Lancaster as planned. I suspect then that you will not see me, but I will still go, as I want you to know that I came up as psychologically and emotional I know that makes a huge difference. It is proof at least that somebody cares and is committed to your welfare, and whether you value that consciously or not at this stage, I know it makes a huge difference.//

If I head to Lancaster and do not see you then I will just walk around and do some sightseeing. I do not know where Beau or anyone lives, and if you do not want to see me I will not look for you as I do not wish to harass you. I will just text you to let you know I have arrived, and leave it at that. I will walk around as I want to pick up the vibe - being in Lancaster will make me much more sensitive to you and to what has been happening, so I will learn a lot, and will let you know what I picked up. I'll bring a book to read too, and will bring my art pad as there are some really nice city scenes in Lancaster I would like to sketch if I have the time.//

If you do meet me in Lancaster, it would be nice to spend some extended time with you, so perhaps we could do something for a day - maybe head to the Lakes or something? A visit to Windermere would be nice, and maybe a trip on the ferry to the opposite shore where there are some gorgeous wooded walks by the lake, and the chance for a swim and picnic.

Anyhow I will leave it there. I hope reading this has given you some insight into why I am coming up, and breathed some gravity into it, rather than regarding it as some kind of macho tom foolery. I'm not prone to that. I am ready to fight if need be, and am training to take down multiple opponents just in case, but I expect that will not be necessary, and in all likelihood you will not see me for reasons I won't speculate on.

Love and solidarity,

Sonny x

PS I am regularly picking up a lot of stuff from Robbie Gillett around you. I don't know if he is in your life or not, but none of what I pick up is pleasant, his intentions are foul and he is menacing and driven by rape instincts. He seems to be quite a pest about it too. If he is also on the scene then maybe he is someone I can see when I am up.