

# Dear Syd



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Love Letters Collected by Rob Cook

*Dear Syd,*

I wanted to write this letter to thank you for all you did to spread the word about the 3 principles so that I too could wake up to these truths and this amazing gift of life. In the introduction of *The Missing Link*, you wrote: "If these writings bring a second chance of life to just one human being, my work has not been in vain." Believe me, when I say, your work has not been in vain! You have touched some many lives and I am so grateful for the chance I have been given to experience life from this perspective.

I want to tell you a little bit about where I was, as it's a bit different now.

I spent the better part of the last 6 decades in a world that could be characterized by a lot of seeking and avoiding. I was seeking that right set of circumstances that would bring me happiness and success. I was a very hard worker and despite my efforts, I just couldn't seem to get to that place. It was as though each time I achieved the goal I had set, the goal-post was moved or the feeling I was seeking was short-lived and I found myself again seeking.

I had a few people in my life that really let me down and I learned at an early age that pain and disappointment could be avoided if you kept yourself closed off. I developed some habits that helped my 'numb out' in an effort to avoid being hurt. But all this seeking and avoiding was so limiting and exhausting and I just couldn't seem to get to that place of peace and happiness.

I tried working with a therapist to get control of my habits. And through that work, I learned about the "primitive part of my brain that was leading me to binge eat." I think this was supposed to help me see that my habit was not my 'fault'. But instead, I felt like I had this 'evil twin' inside me and I had to work harder to control her. So, as you can see I was living in a very small world, that was full of thought, seeking and insecurity.

Since my introduction to the principles, I have had a couple of important insights I'd like to share:

First, that the place I was seeking where I would find happiness and peace is within me all the time. There is no place to get to, as it's always here. I used to have a feeling of scarcity like I needed to hang on to that feeling as it was limited and fleeting but I now know it is abundant and I can fall into it at any time. I think you said, "There is one Universal Mind, common to all, and wherever you are, it is with you always."

Second, I don't have to be afraid, and I don't have to 'figure it all out' nor do I need to seek out all the experts to tell me the right thing to do. You wrote, "In the silence beyond all things lies the divine knowledge that will help guide you through life." I feel so much lighter knowing the responsibility is not all resting on my shoulders.

Furthermore, the possibilities are endless. I have had a recurring dream about finding new rooms in my house. This dream always comes with a beautiful feeling of possibility. I know this was the intelligent life force (I call God) trying to wake me up. It is so amazing how strong that life force really is.

I could go on and on, but I think I'll stop here. The really fun thing about this is that I know that more will be revealed, and I feel a little bit like a kid on Christmas morning, bursting with anticipation. Thank you, Syd for sharing what you saw and in doing so pointing me to the "golden key" to my soul. I am truly grateful for the gift.



Much love,

*Carole*  
Carole Neff

Dear Syd ,

I have been spending the last weeks writing letters to an "a\*\*\*\*\* with a Porsche" (quoting Michael Neill here since he was the one making me fall in love with writing) until I saw Rob's event on "Letters to Syd". I realized that, in fact, this is what was searching for me while I was looking in a different direction, searching for love outside of me.

It's interesting how things seem to start at the surface as a way of introduction to what is, for each one of us, of a deeper meaning. You taught me to not listen for words, but to listen for the Feeling. I'm playing the same joke on you now, I know you wouldn't mind.

So I invite you to listen for the feeling and, to start at the surface, I would bring the sound of the Ocean as he, along with your words, walked me home for the first time. I was living my life seemingly happy, playing around at the surface like all the other waves do until they crash the shore. Every time this would happen, "I" seemed to be crushed so every time I would go back, I would take my companion, the Fear, with me. For so long fear gave me the illusion of being safe. Until one day when a bigger wave rose above me, hugged me in its undulation and dispersed back in the ocean with my whole form. It took me to the depths leaving no trace of whom I thought I was before. It was the hug of Understanding gifting me the Truth of who I am. My ego seemed to be shattered but what I now call "shatter" appears in the form of a thought. ∞ thought that it's made of the same water of life and yet, without much of an existence of its own.

What a beautiful treasure emerged from the depths while listening to you and how beautiful to see that, with a loving patience, It was always there waiting to be uncovered, always whispering with trust that I will hear its call. ∞nd here I am, Syd. I picked up. I still do. Every Single Day. I feel called to share this understanding with whoever is ready to listen. and I need your help, Syd.

I rarely ask for it but, if you hear my call, take this message higher than I, alone, could: May we see that in the noise of personal thoughts, we are the Silence.

In the midst of thoughts of darkness, we are the Light.  
May we see that peace is just its fragrance and love is just its coat.

as Mind is ..... to be explored and not defined.  
Mind can be silent but not blind.  
Mind is to be welcomed, not denied.  
Mind is always kind.  
Because all there is, is temporarily disguised...Mind.



With love and understanding,

*Georgiana*  
Georgiana Muntea

*Dear Syd,*

When the opportunity to write a letter to you came to my attention, I knew instantly that I wanted to participate. So, here's goes.

The year 2022 has just begun, and I'm just shy of one year into my journey with the 3 principles. This is also the year that I'll be turning 50, which means I'm off to a late start, but better late than never.

I can honestly say that this past year has been the most fulfilling year of my life. Full of connection, learning, exploring, reinventing and insight. Did I mention learning? There's been lots of learning.

Through training programs and other 3P community events, I've had the pleasure of connecting with people all over the world, easily covering more than 10 different countries, and all from the comfort of my own desk in Mississauga, Canada. What I've noticed is that we're all the same. We are one. It's a testament to the power of connection that thousands of miles apart on a Zoom call, we can feel each other's love and kindness.

There are a few specific things I'd like to convey to you with this letter:

Firstly, the 3 Principles are in good hands. I've had the honor of listening to recordings and attending live calls with some of the amazing people that trained with you directly. Their generosity, wisdom and love are overwhelming. You taught them well. Best of all, these folks are mentoring the next generation of practitioners and coaches who will be carrying the mantle well into the future.

Second, which you already know (dramatic pause), we're all okay! Despite a global pandemic, political divisions, climate, and economic crises, we're managing just fine. It might be fair to say that the world needs the 3 Principles now more than ever (although I think that's a little biased, as God knows history is full of hard times). The good news is, there are thousands of us awakening and learning so we can coach, teach, share, and live by example.

Lastly, I'd like to say thank you. Thank you for sharing your experiences with the world. My marriage, my relationships with my kids, with my dad, with my family and friends and even with my Dog, are all deepening with every day that I'm looking in this direction.



With sincere love and gratitude,

*Greg*  
Greg Fisher

*Dear Syd,*

I write this letter of thanks for the Divine message that you brought to the world that has not only transformed my life but countless others. Before coming across your teachings of the 3 Principles and the Truth of who we truly are as both human and spiritual beings, I had experienced a life of severe mental and physical suffering since childhood. I had an extremely negative attitude in always expecting the worse to happen and had pretty much given up hope that I had any chance in life. I was told by doctors that I would never recover and had been on medication for over 25 years. I felt a victim of both circumstance and God and that all my potential was wasted. It appeared that the best I could hope for would be to let my life run itself out and maybe get another shot next time.

after tapering myself off medication I was fortunate to be guided by my intuition to pick up and read a book by Mara Gleason Olsen at the beginning of the pandemic lockdown in March 2020. From reading this book I discovered your Hawaii lectures and heard you mentioning how we are all living in mental health but don't realise it. I then had my first real big shift and felt a feeling of hope that I had not experienced since childhood. I was totally hooked and wanted to watch and read as much of your material as I could find. I read the Enlightened Gardener and although I didn't really understand much of what you were talking about, I felt a feeling and surge of positive energy that I never realised was within me. My mind began to settle down and I started to see more and more of my true nature.

I then had a spiritual awakening, that although was a beautiful experience at the time, my ego mind fought back, and I experienced a few weeks of mental hell. With the assistance of some of your personal students, a couple of 3 Principles trained facilitators and listening to your recordings for virtually the whole day and night for around 3 weeks, I was saved from my mind falling into the abyss. Eventually, through the insights that were sparked by listening to your recordings, I was able to incrementally slow my personal mind and come back to my true nature.

I feel grateful that you decided to dedicate your life to sharing the gift you were fortunate to be shown by the divine energy that is often referred to as God. I fully appreciate the sacrifice you and your family made as you travelled the world and taught how everyone can break free from their self limiting beliefs. I can only begin to imagine how difficult and frustrating it must have been at times when trying to share Truth to a world that was largely unable to HEAR and SEE but also rewarding when seeing the profound changes in people who were suffering. You were and still are an inspiration in never giving up hope and staying positive right to your last day in your physical form. Not only are your teachings an inspiration to the world, you yourself fully embodied and demonstrated the Truth you were speaking.

Thank you again for showing me the light and although I was never fortunate enough to meet you in person, I still feel personally touched by you and your message. You sowed the seeds that has begun a seismic shift in not only psychology and psychiatry but in a world that has been suffering and on a path of self-destruction for over two centuries. I personally feel you can be proud of the contribution you made to humanity as your message begins to spread further and further throughout the world. I see that there is hope for humanity to live life in a more fulsome way allowing everyone the ability to reach their potential.



**Lots of Love and appreciation,**

*Joe*

**Joe Fletcher**

*Dear Syd,*

Dear Syd,

It all started with you. The curiosity of you. I didn't know who you were when I was first exposed to your name, but I knew you had to be someone pretty important. Little did I know at the time, in a few short weeks after seeing your name, my life would never be the same.

See, for a long time, I was just existing. I thought because I was able to do the things that were expected of me in my life, that meant that I was healed from the trauma of my past. Until something would come along and trigger what I stuffed so far down inside me, it would cause me to spiral into a deep depression. The only thing that made me feel better was putting others before myself. Making them happy. Giving them joy. But over time, what once made me feel so good made me miserable. I was constantly self-sacrificing. Not understanding, I was trying to pour continuously from an empty cup.

Until your love rippled to me through a soul connection so deep, all I could see was me. My strengths, weaknesses, values, dreams, and purpose. Through this connection, I've been repeatedly challenged, but I've also found healing. Through this healing process, you've connected me to my soul tribe, and it's constantly growing. They envelop me in such a love that I am constantly in awe of it.

Now your form has been gone for some time now, but your spirit lives on through an understanding of how my life works through me from the inside out and not to me from the outside in. Because of your obedience and never-ending faithfulness to God, I now know that I am the most beautiful expression of life. You have helped me to discover that I am a divine warrior, and I love every part of her. I don't have to be afraid of the dark anymore and look for the light because I am the light.

As light, I am connected to everything because we are all created from the same life source. There is a deep reverence in that. As I continue to vibrate energetically as love to others, I will reach them where they are. I know I will always meet you in the feeling. That's where your legacy will continue to thrive. I will never worry about the words because the feeling exists in the silence.

Thank you for loving me. Together we will continue to change human existence and the world one human at a time.

All my love,



*Danielle*

Danielle Hogan

Dear Syd ,

I came across this understanding about 8 years ago. but I wasn't able to hear it. Two years ago, I heard something that kept me in this conversation.

I'm from Germany and I first heard of the principles from Shaila. we learned from Michael Neill, who's been taught by George Pransky and other people that were fortunate to learn from you directly.  
The ripple effect.

I'm so thankful that even though you aren't with us anymore, there are videos to watch and audios to listen to.

During the last 25+ years, I learned all kinds of tools and techniques to "repair" and fix me. It's been clear that there was something wrong with me. Obvious. To me and to others. And it was up to me to change it. Who else should be in charge, right?

That became clear to me after countless years of therapy. I've been told that I would have to live this way. Forever.

One the one hand it felt true, but... there was a but. I got a sense that it wasn't true. at least for me.

So I started my search to find "the one thing" that would help me getting whole. Or at least less damaged.

I experienced lots of frustration, as you can imagine. I searched for something that I couldn't possibly find outside. Because it's inside. Inside of me and everyone else. Innate health. Completeness. Wholeness. Love. Peace.

We are like turtles. We take our homes with us all the time. But we don't have it at our back, it's inside of us. Now I know this. Even though I forget it over and over again. And then I remember.

I'm thankful that one day I saw that I'm okay. The way I am NOW. Nothing has to change. I saw that I can't be not okay. Okayness is a part of who we are. It's built inside.

Boy did that make a difference to me!

Even though my intellect immediately started to find reasons why this was nonsense. I felt it was true. I just felt it.

Since then, my life transformed.

I'm calmer. I feel at peace more often. I learn to trust that inner feeling and guiding system of "right" and "wrong", even if my thoughts come up with countless reasons not to. And in the end, it always turns out to be right.

There are still situations in my life where it seems like I'm hijacked by feelings. But even then, I know: that's not true. No matter how it looks. It can't be true. That's not how we function as humans.

I didn't know it was possible to feel content. In this moment. In these circumstances. Without anything changing in the outside.

and I didn't know that there was something like this understanding available. I was looking for a tool to fix problems, and then I came across this understanding, that is so much more.

That explains how I create problems. That explains how I experience life. That helps me understand myself and others. That's so obvious... when you see it.

and I'm so curious to see more.

I've never been in a community that's as loving and caring like this.

I've been told that you had the idea to create a supporting community that's now known as 3PGC. They are coming up with so many resources to support everyone who's interested to learn more about the principles.

The 3PGC starts spreading into other countries, such as Australia, Denmark, Spain and Germany and many more.

Growth seems to be unstoppable.

Thank you from the bottom of my heart.

I found way more than I ever expected.

In the end, I found the love that's the true nature of all of us.



Blessings.

Michaela

Michaela Thiede

Dear Syd ,

I write this letter to you, with my Grandmother Miss Leslie in mind, as I remember writing her a similar letter perplexed, after her passing. I take this to heart as shortly after writing her letter, I dreamed a vivid dream of her singing the letter back to me with all my hard questions answered. It was glorious.

Your letter was born out of a pure heart of honor and true service of our brother Rob's vision, thank you Rob Cook!

I have actually written this letter in my heart many times and find it an honor to get the opportunity to honor your great legacy in this way. May this letter find you at peace in your rest.

First and foremost, thank you. Thank you for being a true vessel, a trailblazer, at such a hard time in life. a time when what you believed in so strongly, was not always being accepted in society as a whole. You were given a gift, and I thank you for the hours spent just sharing your gift with the world. as you have surely caught the world ablaze and captured the essence of love, with your courage and sharing of information. I was always taught, if you have something good, share it. So I appreciate your giving.

My first encounter with "the understanding" you shared was through my wonderful Mother, Miss Beverley Wilson Hayes in 1991. Who had been traveling on her own miraculous transformation journey, when she met you. It was uncanny to observe the further transformation in real time.  $\infty$  I know is our family went from learning, observing, and attending countless recovery of life programs as alcoholics anonymous, to seeing her (after meeting you) Mr. Syd, flying all around the world sharing "the understanding" learning, teaching, and attending countless trainings.

and we Sir, we're reviewing the overflow as she would come home and train the children. I was given so much information, it was life-altering for me. I was 14 years old. My teenage years were altered by an answer to how to navigate High School. Know Wisdom. Listen and honor the Quiet Voice inside.  $\infty$  knowledge Divine Thoughts. Be aware of higher vantage points of seeing situations, life, and this world. Just be. Let others live. Let others just be.

The Mind, Consciousness, and Thought, equals Reality, was a big shift in our home. It felt like freedom. Freedom from being stuck in a place. It opened doors in my mind that allowed me to navigate peer pressure, identity issues, self-esteem, and service in a new way. You Sir shifted paradigms in me, altered my reality, and changed our life, with the connection you had to my Mother; my giver of knowledge. Thank you so much.

In closing, I would be amiss if I did not acknowledge the pathways that have opened and course corrected after beginning again to use the 3 Principles, Psychology of Mind, information. My relationship with God grew more intimate, as I follow the promptings. The pure hope of Love, connection, and service, within the family you have created is phenomenal. The vision to heal the world one heart at a time, beginning with ourselves was born out of the legacy you left. Your wife has done such a beautiful great job keeping your legacy alive. and many of us will continue to hold the torch, as we teach our children. God bless.



Monique  
Monique Williams

*Dear Syd ,*

I feel like you should know me as I talk to you every day, who knows perhaps you do?

Who would have guessed that 18 months ago iv gone from a drunk and a 25- year addiction and a suicided attempted to being happy sobber and clean and living my life to the max.?

and it's all down to you.

Blimy syd I even have a poem published in your friend and mine joe baileys new book.

and with the help of joe's wife Michael, I'm going to be publishing my own book and giving it away free of charge in the hope I can reach someone.

Syd No longer do I have that devil in my ear telling me, go on have a drink go on have some coke it will make everything fine again.

No longer do I torture myself to the point of self-harming or even contemplate the thought suicided

My mind for the first time in 25 years is clear and peaceful

My light shines so bright I could light up an entire oceans and my heart is so full of love I have enough for everyone

Your be pleased to know that I'm trying to help others like me and show them there inner light is just as bright as mine.

Your teachings touched my soul and now it is free, free to rome this earth and show everyone they don't have to look for the light at the end of the tunnel for the light is already inside of them

I sometimes try to imagine what it would be like to be in your presents.

but to be honest I feel you with me every day so probably not much different.

Joe has become my mentor and we talk each week, when he speaks, I can feel that feeling that we have all been searching for, for so many years and I feel that connection that we all have to one another

With all my heart and all my soul, Thank you and I hope we meet one day my dear friend.



Blessings.

*Peter*

Peter Mears

Dear Syd ,

It's me, Rob. I feel like I know you because of the love I receive from those you've personally mentored and the feeling I get behind the words when you speak. I'm relatively new to the three principles, but I believe I've seen without a doubt how Mind, Thought & Conscious explain the human experience. That insight radically changed my life.

For instance, I'm no longer afraid of my experience, and that's huge! Syd, In 2014-2015, I was facing some of the darkest times of my life. I attempted to read every book out there in hopes to be fixed or to be at least put together in a manner that I could fit and could be functional. I searched and searched and searched, but nothing felt like it worked. That was my life until I met Michael Neill. Now you've never met Michael, but he's my mentor. Micheal has been mentored by several teachers you know, like George Pransky, Sandy Krot, Christine Heath, Mavis Karn & others. He's a 3P coach and shares this understanding extraordinarily.

He woke up my heart. I'd lived so much in my head that I was unaware living by the soul could exist. It was immediately true for me and allowed me to quickly see my thinking. I realized I wasn't broken; I learned I was connected to Universal Mind- the real-time creative energy behind all life forms.

WOW! I'll admit it scared me at first, but I also knew it was true. I didn't know what to do while. I wanted to hold on to some of the old beliefs, not because I necessarily liked having them, but at least I knew what they were, and that illusion made me feel safe. I couldn't, though...It was something about the freshness, the authenticity, the compassion, and the love I felt when in the conversation.

It was like being handed the keys to life or a Second Chance. I am very thankful for learning how my thoughts were the limiting factors in my life, and I spend my days sharing the principles with the world.

I've heard others who spent a lot of time say that you often wonder what would happen to the Three Principles understanding after you physically leave us.

Now, I don't understand what happens on the other side of physical death, so the military service in me says I should report it if you can't see us;

The state of the community since you've passed, the Three Principles are global. Yes, Mind, Thought & Consciousness, as of today, April 2022, is being taught worldwide. Those that learned closest from you are what we refer to now as the "First Generation" is kicking butt! They are some of the kindest teachers, facilitators, and, most importantly, human beings. So there are no signs of anyone stopping from "helping humanity end their needless suffering, as you mentioned in your book, second chance.

I'm reading this letter aloud in a room with people I've never met before. There will be others to read letters and some to listen and rest in the present feeling. It's cool we're from all places, spaces, and walks of life and here together expressing our love for this understanding.

Thank you, Sir, for pointing us to the truth about the human experience.



I love you,

*Rob*

Rob Cook