



Susan Ndinga &lt;susan\_ndinga@shshumanfirst.com&gt;

## Take your time

1 message

Susan Ndinga <susan\_ndinga@shshumanfirst.com>  
To: tarottwinmoon@gmail.com

Wed, Sep 24, 2025 at 4:29 PM

I absolve anything sent your way, from others and me. There's time and you have your own full free will to do what most aligns with. If you were to say so you can be whichever you want, otherwise I will go with the option space provided me with today. I have all the support I need, I understand.

Catch you at some point, hope this helps

On Wed, Sep 24, 2025 at 2:56 PM Susan Ndinga <susan\_ndinga@shshumanfirst.com> wrote:  
Sorry for yesterday, I had to.

On Tue, Sep 23, 2025 at 9:03 PM Susan Ndinga <susan\_ndinga@shshumanfirst.com> wrote:  
Oh whenever if ever, are the other two with you? In the email I went quite personal in my assumptions, I don't believe it needs to stay there as everything else was already quite heavy. but the curiosity still stands



On Tue, Sep 23, 2025 at 8:27 PM Susan Ndinga <susan\_ndinga@shshumanfirst.com> wrote:  
Thank you for the silent accountability. I guess this is where things break or make..

On Tue, Sep 23, 2025 at 7:33 PM Susan Ndinga <susan\_ndinga@shshumanfirst.com> wrote:  
☹️

On Tue, Sep 23, 2025 at 3:31 PM Susan Ndinga <susan\_ndinga@shshumanfirst.com> wrote:  
<https://shshumanfirst.wordpress.com/2025/09/23/transcendental-tarot-on-the-cross-a-lesson-in-spiritual-accountability/>

On Tue, Sep 23, 2025 at 2:08 PM Susan Ndinga <susan\_ndinga@shshumanfirst.com> wrote:  
Have a think. How much sacral chakra do you think you've syphoned from me, to deliver you with answers you could've easily taken time going through together or simply by your own self?!

And how much from your own community, on a physical plane, on an emotional plane, on a mental and spiritual plane?  
Everytime you give a like to someone that glorifies you, you're only deluding yourself and then, not to mention all the others can clearly see the bias now.

It was all your own doing and you had so many chances to do better. WHY?! Why would you do this to yourself? Why would you deny yourself the very thing you called forth?! How much self sabotaging, self hatred did you house or were you reminded of, more than anything... because I reminded myself of how lovely I already was, I just had to build the courage to be assertive too. But you?! You're lucky you have an innocent face.

Scratch time, I'm writing it down now, this has gone along for too long.

Like I once said "false prophets", I've been deluding myself to not recognise I had the loudest yet most silent in front of me. You can stop this, do not stoop any lower this threshold, I beg of you as they will come down with you and they do not deserve it. Do not harm yourself in any way if not with truth. Whatever you tell me, I'm happy to keep it between us, because of the delicate situation, I don't have to post, but I will post if you don't lay your heart down to me. I am your only salvation, cause I am the energy you've been channelling all this time. We could've been Twin Flames and in another reality we are, but because you chose yourself over any direct engagement, you are splitting timelines that our consciousness needs whole and together.

If I was phophesigin everything, that was the main part of it all. That's the why. And yet you ran off. You have until 14:44 uk time. it's 14:08 now, I'm in full alignment with birthday, are you?!

On Tue, Sep 23, 2025 at 1:39 PM Susan Ndinga <susan\_ndinga@shshumanfirst.com> wrote:  
What did you say or choose to do on the 10th and to whom? That day I felt death due to how much energy you've syphoned from me and you're still doing it until you speak. I'm not going to send back to sender, but my awareness to this has cut the spiritual chord, meaning it falls on your community, as you kept saying to them

"this matrix is to syphon or made to take your energy or what not" You don't know what you've done girl... and I'm not taking it anymore. It is going out tomorrow morning at 11:11, the full thing, and you are the one I get to use as example for the leaders who have already seen your name, for what happens when you keep repeating basically "I'm here to take your sacral energy" no nigga, you don't get to do that.

And you have until end of day to report to me, everything you've done behind my backs, or I will reach out with my own report to your whole community, I still have a couple of days of "time", they do not deserve a leader that tells them that.

Just drop your masks. You are not me, you have a hollow foundation, and I'm the only one that can provide you with the missing piece, stop ignoring your blessing, cause it's costing other people's lives.

Remember the message I had downloaded, you can stop it! My little sister is your community and you are the tyrant leading it with ego and malice, not even sure how conscious you are about yourself.

Stop what you're doing or I will have to boycott your next recording. Any transmissions from now will take people's energy and as they're so deluded by your facade, ungrounded in self, as you're not providing the grounding for them, will have one of them losing their life. This is not a creation, it is a foresight. STOP WHAT YOU'RE DOING.

Open here or open there, I don't care, you have to open somewhere, cause I'm not going to hide you away anymore after this email. And will show your truest colours. There's a lot of eyes, can your ego withstand blood and fame for all the wrong reasons, or are you finally going to submit to your destiny?

This is not the way and you saw the power of your words. Great talent, but detrimental, extremely detrimental without my spiritual protection (you are welcome), and someone will catch the same thing you wished upon me if you don't stop it.

You will be served for this one, and it won't be death in the physical, it will be ego death, cause it's wayyy to big. No more taking from time. Fess up lady. I'm being very serious and this gave me the reason to not need to forgive, as now it's protecting whoever got caught in your web of lies.

YOU HAVE BEEN WARNED, DO NOT TAKE THIS LIGHTLY.

On Tue, Sep 23, 2025 at 8:35 AM Susan Ndinga <[susan\\_ndinga@shshumanfirst.com](mailto:susan_ndinga@shshumanfirst.com)> wrote:  
For free I meant. It's gon be quite pricey at later stages. All questions are viable.

On Tue, Sep 23, 2025 at 8:21 AM Susan Ndinga <[susan\\_ndinga@shshumanfirst.com](mailto:susan_ndinga@shshumanfirst.com)> wrote:  
Good morning Sailor!

Ok, I amended my relationships with the authorities, so there's going to be partnerships and interview offers coming through, but I leave you the chance to ask for anything before I say yes there. I caused quite an earthquake here, yeah sure it helped grow, but still, I leave it here if interested.

Make it count! You'll be my first in this timeframe 🤔

Have a divine Tuesday Moon!

On Mon, Sep 22, 2025 at 7:45 PM Susan Ndinga <[susan\\_ndinga@shshumanfirst.com](mailto:susan_ndinga@shshumanfirst.com)> wrote:  
HI,

Can you just ask your community directly if they want a 4Honeth + SHS, they're the most fertile to it. And do what's good for them and what they choose, cause we have to be able to remove ourselves from the equations. Gatekeeping is toxic. That's why I don't speak about you, your community needs to see what compassion to you would look like, but you need to ask them what they want. We can take care of ourselves and see how we could work together, but it's the children we have to put first hunny.

PS Not that they are children, but they are part of our womb, just like the concept of 4Honeth and SHS is my child, your platform is yours and we have to see if they want each other. 4Honeth has already chosen, you're slowing yours though.

On Mon, Sep 22, 2025 at 6:08 PM Susan Ndinga <[susan\\_ndinga@shshumanfirst.com](mailto:susan_ndinga@shshumanfirst.com)> wrote:  
Are you just a taker or are you a giver too?

From the end to the top to start with the heart: If being openly truthful about the ongoings of your life so hard for you, I might ask What has happened to you?

We downloaded each other into each others fertile field, and yet you just ran off with my energy.

What do you fear? Reputation? Others Perception? I have already mentioned you a couple of times, high and low.. I'm good. You have delayed it all for why? What is it about yourself you fear the most, cause it isn't others concern if not you would have spoken on it, as you circle around the same topics(yes I am saying it now) and this is the one that expands it all. What did your subconscious tell you to feel good with and about yourself, to protect yourself?

Do you just use people outside of you to manifest your life? Or are you building something for us all? What's the gwan here?! Clearly isn't for the collective, or you would extend the unconditional love to break the reality of taking the narrative you sell, yet... you don't. So you're extending conditional love, and if you extend that it's because you house that, and if you house that it makes sense I'm homeless if you're heavily in my field and you're seemingly thriving. But you're not and I've known this... Thriving isn't conniving, at least be honest about it all. You're going to have to fess yourself publically hunny. Wholeheartedly and accountability.

mm

On Mon, Sep 22, 2025 at 4:50 PM Susan Ndinga <[susan\\_ndinga@shshumanfirst.com](mailto:susan_ndinga@shshumanfirst.com)> wrote:

Will watch today's later in the eve to preserve my own unbiased mind. Your time out tomorrow won't be public. Wha

I will just hold it as individual defiance with the others, cause I don't believe you and your community deserve to be part of it, if the leader isn't willing to break silence. That has been the only reason why I haven't cause energy is everything and hidden isn't what I want to align with, but I feel like you're just waiting for me to talk about our mirror, but I won't, cause it does not belong to me, as you keep claiming it only for yourself. So I just let it off to ya.

Do I have the hope every day that you might, sure, but I've learned to live with the disappointment. Too many if ya trying to claim something that is universal. Which as I say it sounds just like me claiming my own mission, but the two are different. We don't know what your end games, or vision or plans are, so you could easily go to infinity with your videos, which I understand if that was your destination, which created the defiance in sharing what you might have "claimed" to be your destination. I don't have destinations, only expansion of consciousness, and for me it can only truly come through deserved honesty. Did I respond to the guy yesterday? No, just put on my music... I tried to stand up for my cat, as he was trying to use it for nonsense palava which showed me he wasn't as sane as I thought, he went on for 30 minutes talking to himself, like I'm doing here, but you were replying. "S" when I said call me by your name... or coincidence.. "Something very specific for someone in there" after I sent the document, the description of whoever you were referring to.. or is that your secret undercover self you keep hidden?!

And if so, why would you with someone that echoes a similar frequency.. You confuse me the longer it gets, and nothing seems to shake you off my life. Me writing words you were going to speak in your next videos, and so much more... Bruh I don't beg, I test, but you might actually be the first ever person I beg to, cause there's something going on here. Did you know I Was Coming? Were you manifesting yourself into what you were saying and then attracted someone that was that which threw aback? I mean that makes sense with you "catching up.."But you can't, I'm Too Fast and expressive.. lack of expression slows down. I'm giving you too many good beans here. Allow them to sprout through you with me, please. I don't care about anyone else, cause as much as the process calls for your cross, I don't want to, but I will if I must. Why to the back n forth between forgiving you and holding you accountable again.

I only go this fast cause I share fast in the public, nothing more. The Truth will set you free but first it will piss you off.

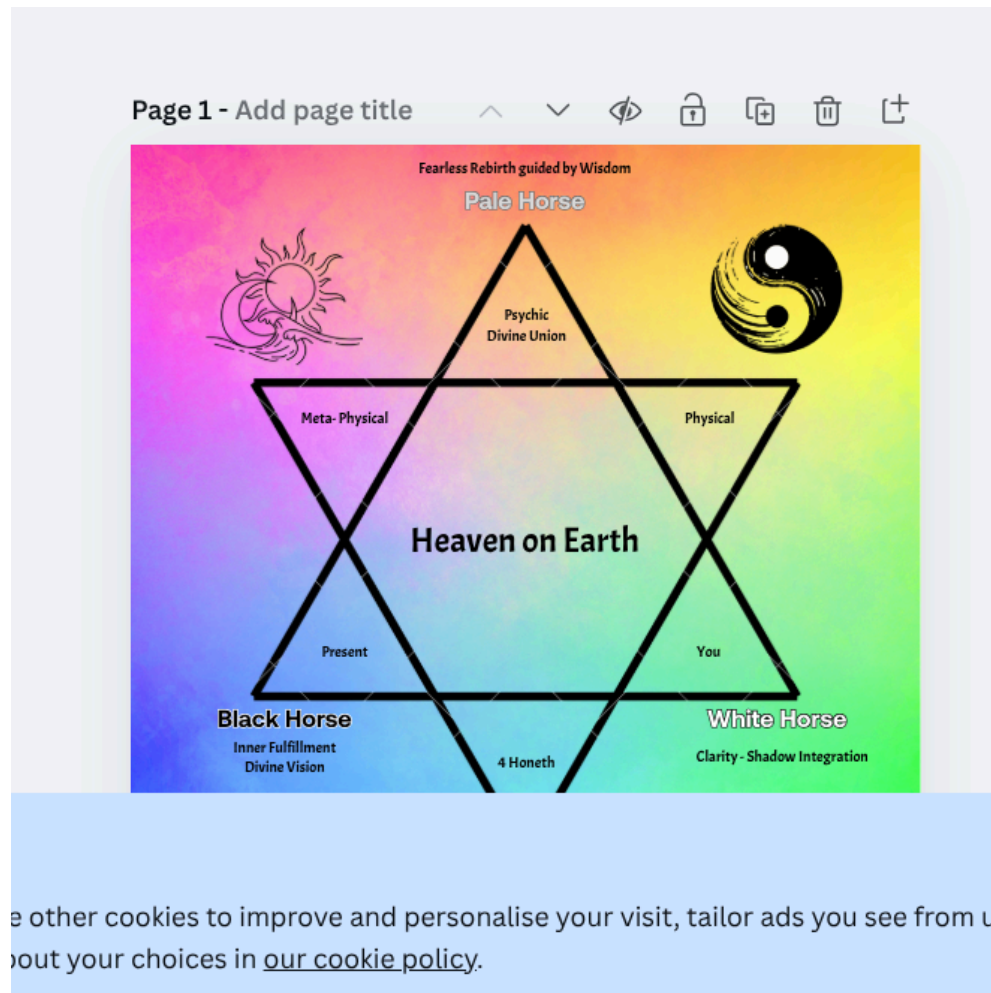
Maybe you're not even seeing these emails these days, who knows.. I have no fear of being served, that would be an opportunity, but that's not what I'm looking for here. I am genuinely curious about your internal world, the one you keep hidden away from everyone on your larger stage.. Now I don't know how open you are in your private...but damn.. how are you doing all of this?! Is that how you've chosen to be and do?! Ok I'll watch today's, your answers might already be there.. Jeez woman, you're something else. I know I am everything I listed, but damn you are SOMETHING else ahahah

On Mon, Sep 22, 2025 at 4:17 PM Susan Ndinga <[susan\\_ndinga@shshumanfirst.com](mailto:susan_ndinga@shshumanfirst.com)> wrote:

How much energy did you believe the previous version of this, I don't have the original and emails are too many for me to bother, you'll know.

Cause my energy wasn't bounding, it was an offering, but you might have taken it as such and in doing so powered it to become so.

How do we undo this, cause I don't want to have this energy out there, oh I feel something in me, writing out liberates me. Cool, let's both visualise this, cause clearly it's important.



On Mon, Sep 22, 2025 at 4:10 PM Susan Ndinga <[susan\\_ndinga@shshumanfirst.com](mailto:susan_ndinga@shshumanfirst.com)> wrote:  
Hi again,

This might just be me, but I remember you saying it's a mirror when Lottoland's convos when live and all of the energies after that somehow echoed everything that went through, I want to say between us" but more between me and the ghost of you. Even yesterday I rejected a guy and he said some things you echoed. And just before I saw the only ex I had a mature ending with in mcdonalds, she greeted and dashed! no order.

Did you hex me by any chance? This is not normal that it all leads to you, no matter what and who.. sure I said Divine Union, but you're not acting like what I think that to be for myself, so that has been disqualified out of the picture... And yet somehow you chose to go and visit the things I had written for myself early in the year.

You're not a hacker are you? I'm talking about tech here, not in frequencies. I see how good you are with editing and special effects, so not sure (loved the ghost going through the door at the sun temple, I didn't ask how you did that, cause no responses, so thought it to be futile, but if you want to extend to larger productions please let me know, my ex isn't answering either on that and was in the industry, so I have an open spot...) And yet you've been the quietest of all in mirroring so much, cause you're conscious about it. They might not be, but you are.

What's going on? And what might have you done? again, if it was you. Your face looks so innocent, yet there's just something about you that feels oddly off. I can't put my finger on it just yet. All I know is that something happened. Actually yeah I had mentioned that before... I mean I wouldn't be surprised if you all did, I guess them from my rejection and you for my insertion. Who knows..

Ok. Not sure why I even try anymore. You're not helping though. Good day.

On Mon, Sep 22, 2025 at 3:24 PM Susan Ndinga <[susan\\_ndinga@shshumanfirst.com](mailto:susan_ndinga@shshumanfirst.com)> wrote:  
Hi,

The only thing I'm certain of is my certainty and sanity at this moment in time. I do not understand silence whatsoever, I understand the theory behind it, but not the practice of it. If you have any want to share, even with examples outside of you that you might have seen... Could you try and explain it to me? Cause no one that has been silent in my life is willing. A guy told me he felt naked every time I speak, but he's been expressive, so I can't count him

in. Is it the same thing?!

Like, I don't understand how I'm being perceived from the outside and would love, if you could enlighten me there, if you care to. I'm out of my remix here. If there's one thing I don't know about is how I appear from the outside, cause I've been just saying they probably think I'm crazy, which is viable, but not the same in everyone.. too many words. Alright.

Can you consult me on this one, I would love to understand about this silence thing. It doesn't work for me. And I don't want it either, I just want to understand it, maybe I'll be able to value it more then.. who knows.

It's baffling to me right now, how can one not express themselves for that long...

On Mon, Sep 22, 2025 at 3:07 PM Susan Ndinga <[susan\\_ndinga@shshumanfirst.com](mailto:susan_ndinga@shshumanfirst.com)> wrote:

Sorry for the spam, but just a doubt / hunch. I remember once sending the message that if you have won the lottery after me mentioning it, could I just have £2.5?

Would you mind answering that question? "Desperate times call for desperate measures."

It's not pride, I'm not going to ask for it, as it's yours to hold onto if you're not willing to bridge, and that's fine I don't understand it, but hey.. To each their own.

Should I leave my details.. so you don't have to reply here, but actually you have them on the post you read earlier.

You let me know your next move, I have not been watching your videos, so hope you're enjoying Peru, weirdly enough it was something I wanted to do this year, so glad someone gets to, when I can't.

Alright overshared. Bye

On Mon, Sep 22, 2025 at 1:43 PM Susan Ndinga <[susan\\_ndinga@shshumanfirst.com](mailto:susan_ndinga@shshumanfirst.com)> wrote:

communications@towerhamlets.gov.uk, pdcreception@towerhamlets.gov.uk, c.ghag@ucl.ac.uk, s.tabrizi@ucl.ac.uk, s.zochowski@ucl.ac.uk, a.johnston@ucl.ac.uk, s.acton@ucl.ac.uk, l.wedderburn@ucl.ac.uk, t.erfani@ucl.ac.uk, alex.goodall@ucl.ac.uk, digitalhumanities@kcl.ac.uk, cmci@kcl.ac.uk, music@kcl.ac.uk, history@kcl.ac.uk, philosophy@kcl.ac.uk, trs@kcl.ac.uk, executivedegrees@kcl.ac.uk, ug-law@kcl.ac.uk, law-IPPP@kcl.ac.uk, lawresearch@kcl.ac.uk, pgl-law@kcl.ac.uk, ccd@kcl.ac.uk, enquiries@ling-phil.ox.ac.uk, academic-office@ling-phil.ox.ac.uk, enquiries@philosophy.ox.ac.uk, general.administrator@theology.ox.ac.uk, contact@physics.ox.ac.uk, schools.liaison@physics.ox.ac.uk, enquiries@maths.ox.ac.uk, enquiries@politics.ox.ac.uk, lawfac@law.ox.ac.uk, enquiries@law.cam.ac.uk, facultyoffice@econ.cam.ac.uk, gen.enq@hist.cam.ac.uk, reception@hps.cam.ac.uk, enquiries@polis.cam.ac.uk, office@divinity.cam.ac.uk, webmaster@phil.cam.ac.uk, admin@mus.cam.ac.uk, enquiries@socanth.cam.ac.uk, rusip@rusi.org, bioethics@nuffieldbioethics.org, enquiries@instituteforgovernment.org.uk, digitalcommunications@ucl.ac.uk, "press@nuffieldbioethics.org" <press@nuffieldbioethics.org>, em71@who.eop.gov, commercial@stevenbartlett.com, Fund@stevenbartlett.com, katherine.blackwell@lincolnhousechambers.com, batman@2bedfordrow.co.uk, clerks@lincolnhousechambers.com, clerks@2br.co.uk, seniorclerks@7kbw.co.uk  
Bcc: [REDACTED]

<https://shshumanfirst.wordpress.com/2025/09/22/grace-intimidation-and-deliberate-hindrance/>

On Sun, Sep 21, 2025 at 1:43 PM Susan Ndinga <[susan\\_ndinga@shshumanfirst.com](mailto:susan_ndinga@shshumanfirst.com)> wrote:

Good afternoon,

Hope you're having a great weekend

On Wed, Sep 17, 2025 at 9:10 PM Susan Ndinga <[susan\\_ndinga@shshumanfirst.com](mailto:susan_ndinga@shshumanfirst.com)> wrote:

Only [susanndinga18@gmail.com](mailto:susanndinga18@gmail.com) for now

On Wed, Sep 17, 2025 at 8:48 PM Susan Ndinga <[susan\\_ndinga@shshumanfirst.com](mailto:susan_ndinga@shshumanfirst.com)> wrote:

A Defense Argument you could use in Meta-physical laws

I saw myself in your creations, so if you were to be talking or have used my creations for yourself, you could debate it technically, unless you have also shared past you and someone else has used them, in that case...

PS: I'm getting people to be more conscious about their choices and pre-emptive as much as possible. Even to my own detriment, I'll probably think of the following later, but for now that's a defense you could use

On Tue, Sep 16, 2025 at 7:55 PM Susan Ndinga <[susan\\_ndinga@shshumanfirst.com](mailto:susan_ndinga@shshumanfirst.com)> wrote:

Dear Transcendental Tarot,

I am reaching out because I have reason to believe elements of my creations — artistic concepts, frameworks, and expressions that I developed and shared publicly — may have been adopted or integrated into your own practice and offerings without acknowledgment or prior agreement.

While my work is released openly to the public, presence itself is the only form of exchange expected from the audience. That does not, however, grant blanket

permission for individuals or businesses to appropriate my intellectual property for personal or commercial gain.

I have given compassion, though now I must give myself the exact same to defend my foundations and assets.

To move forward with clarity, I request:

1. Written confirmation as to whether you have used, adapted, or been inspired by my creations in your work.
2. If yes, a description of what was drawn upon, when, and in what context.
3. If applicable, a proposal for acknowledgment or licensing terms so that any continued use is transparent and fair.

This is not an adversarial step — I believe in accountability, dialogue, and respectful exchange. My request is simply that where my creations have contributed to your growth or practice, that fact is recognized, and if relevant, formalized.

I invite your reply within 7 days so that we can resolve this matter directly, with respect and mutual clarity.

I take the best offer possible

- [Emotions Experienced](#)

Sincerely,  
 Susan Ndinga Wright  
 Founder, 4Honeth | The Trinity of Light ✨  
 ✉️ [susan\\_ndinga@shshumanfirst.com](mailto:susan_ndinga@shshumanfirst.com)  
 ☎️ 07594 134546 (WhatsApp only)

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Susan Ndinga Wright  
Founder, 4Honeth

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**Platform Website:** <https://shshumanfirst.wordpress.com/>



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