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I suggest you read this alone before you do anything else. I am trying to help you.

Dear Julie.

Post and email

I think it's time for you to find out what has been going on, and the first thing you need to know is why I came to see you at the school.

When I discovered what you and George were up to with your plans to pervert the course of justice I was naturally concerned, however I remembered something that I had read in 'New Scientist' magazine a few years ago. I had read that MRI scanners could be used as lie detectors.

When we tell the truth we use one part of our brain, when we lie we use a completely different part. Whichever part of the brain is working uses more oxygen and this can be detected on the scanners because the increased blood flow to the part of the brain that is working can be seen.

I realised that even if I was convicted of assault I would be able to show through these techniques that I had been telling the truth. It would not be acceptable to the Courts but the newspapers would love it, and at that time the campaign looked as if it would succeed soon as I was talking to some wealthy people about the next steps.

The problem was that if I succeeded I would be OK, but you would look awful and I did not want that to happen. Anything that harmed you would harm Sophie and that wasn't fair, so I came to the school to see you because I knew there was a way of getting the truth out and I wanted to stop you lying in court because the lies would be revealed and you would look terrible. You'll understand now why I kept repeating 'I'm here to help'.

The trouble is that you have dug yourself an even deeper hole now, and given me more written evidence I can use to prove that you lied in Court.

The statement you gave to the police about our meeting at the school was almost completely true. Thank God it was, because that helps me get you out of the hole you have dug for yourself.

In that written statement you said that I had told you three things. That you would be the next Heather Mills (despised for lying), that your life would be unbearable and that you were in big trouble. All of it true if the campaign went ahead and the MRI scanning was done. The problem was that in court you changed your story with the bit about me threatening Sophie, and you'll remember the Barrister giving you a hard time about that and you not being able to find it in your statement. I can also prove that you lied to the Jury about only being a Trustee for a couple of weeks. Your claim that I asked you to say that you weren't there is clearly nonsense because I had had made statements to the police saying that you were there, and we both know that David Eggar saw you there. I missed that in court because I was taking notes, but journalists will appreciate the point.

The key point that makes this a good story is that I was convicted because the jury were not allowed to see your written statement. Apparently the court rules are that the jury has to take your verbal statement into account but are not allowed to see the the written one and compare them. I mentioned in court your statements were completely different and the jury came back into court half way through their deliberations to ask to see it. The judge, who had seen it, had to tell them they weren't allowed to. If they had they would have

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