



Hey beautiful,

It's easy sometimes to forget our worth. This world is like a boot camp for the soul, and it's got a very long history of injustice. The issue of people acting ugly to each other is nothing new... but it still sucks to experience that ugliness firsthand. I'm so sorry for your encounters with plain ugliness. No matter what, you never deserve to feel lesser based on your faith/non-faith, your melanin, your features, your identity, etc. You are not only bigger than all of your features and attributes—you're worthy *because* of them, too. You're worthy *inclusive* of all that is outwardly you in addition to everything you are on the inside. Everything that is *you* is of worth, beauty, and immense power.

There are many who came before you and walked in your shoes, probably several in your ancestry. In one way or another, your path has been lived before, and you are the culmination of the hopes of someone who walked the Earth before you (and they were the culmination of the hopes of someone before them). You are the continuation of past generations' steadfast dreams and loving ideals. And you can call on them at any time... in the water, in the soil, in your bone marrow, in your DNA. Those who have lived as you are still alive and thriving in your cells. You are a brilliant and bright individual, and your life dances in rhythm with something far greater than yourself. And it's all just by virtue of *you being you*.

We need you to be here, now. The world needs all that you are. Do what you need to do to stay safe, beloved, but know that we do need you. You are infinitely worthy, and it is an honor to walk the Earth with you.

Yours,