



EVAN MU'ID BUSHNELL  
PORTLAND, OREGON, USA  
JUNE 2020

---

Dear Family,

This work is hard and it is far from over. As we come together to do this work on ourselves, one-another, in our cities and in the world at large; we must also take care of our nerves and minds so that we can actually be useful. How can we be better accomplices to this uprising? How do we balance ourselves and be responsible for our own pain, outrage and potential exhaustion so that we can be truly supportive to the Black-Indigenous People of Color who have endured this violence for so long, and are calling for its end?

As you hear in these letters from our beloved community members there are many ways to support and act in this movement. From the deep breath before the difficult conversation, to the jail support plan before putting your body on the frontlines, all the way down to the self-love before the difficult self-inquiry; perhaps these examples illustrate what Murshid Sam meant when he said "*Peace is Power*". We have the privilege of spiritual practice and community as a mechanism to support real change on this Earth. Murshid did not say *don't fight racism and oppression*. So, let us turn our premises into practices. Let us actively seek the spiritual liberty Inayat Khan spoke of, and let us do it for ALL beings as we do in our dedications.

Basira asked me to send some other media so included is a small prayer to Mother in her forms of prosperity and in her forms of destruction, remembering the one who gives life and envelopes in death. Originally recorded as a gift to celebrate a friend's childbirth and their new family, let it be a salve and a reminder of the love we are as we delve into the decay and death of the ignorant ways in which we have been operating.

In the Big Love,  
Evan Mu'id Bushnell