

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

June 15, 1986

As Salam Alaykum Malika,

Praying you & the family are well as for me i am getting settled in. Tomorrow night school starts and next weekend i start teaching an Islamic class and therefore must take full advantage of any personal time.

Had hoped to get a phone call this morning but didn't so decided to write a couple of letters. In my talk with Larry Mack he suggested i write letters on various issues and they could than be compiled, like "Prison letters." Having given that some thought i like the idea as it would enable me to cover a wide-range of topics without losing continuity so Inshallah i will send them to you and you can hold them until we're ready to get them published. This summer, the art teacher wanted to have a class with selected prisoners to develop their work with the aim of getting published, i was one of them but now that i've been transferred ^{from here.} will have to see what can be done on that level. Also one of the professors i had at Constat has an article i wrote on prisons. I will also send you my poems.

I had a good Ramadan, Alhamdulillah very calm internally and insightful, the only regret i have is i didn't get to see you before i was brought back up this way, Mashaallah.

You should get some vitamin E ^{ointment} ~~cream~~ and use that as it has healing properties in it - plus take vitamin E & a supplement. There are also things to take for a lack of energy - natural stuff - get some dolomite powder for calcium and eat sardines, bones & all. Learn to relax, if we had the time i could teach you exercises. There is a balance to be achieved for physical, psychological and spiritual well being.

Just wanted to touch base with you & let you know my intentions. Also you can give Oriental Caravan and your story to Ashanti to

mail, Inshallah. Jamal said he was going to bring his girl friend up but i told him i need her name to send her a form, so he'd have to do that.

People say they'll try and get folks in the courtroom for the sentencing. D. pointed out years ago how people show up for funerals & sentencings, a sentence is a form of funeral. People were needed during the trial. One of the reasons i am so determined to come out of this is i can imagine people who never once wrote me or did anything for me and what i stand for showing up at my funeral. I will elaborate in one of my letters on that issue.

Glad to hear Seile can articulate & defend the struggle, seeds are the carriers of tomorrow's fruit. Take care.

With Revolutionary Love
& Peace
Nah