

## Falling back in love with being human : letters to lost souls

Kai, Cheng Thom, author

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### Abstrak

Kai Cheng Thom grew up a Chinese Canadian transgender girl in a hostile world. As an activist, psychotherapist, conflict mediator, spiritual healer, and celebrated writer, she's always pursued the same deeply personal mission: to embrace the revolutionary belief that every human being, no matter how hateful or horrible, is intrinsically sacred. But then Kai Cheng found herself in a crisis of faith, overwhelmed by the viciousness with which people treated each other, and barely clinging on to the values and ideals she'd built her life around: justice, hope, love, and healing. Rather than succumb to despair and cynicism, she gathered all her rage and grief and took one last leap of faith. Kai Cheng began writing letters to everyone she has trouble holding in her heart-those seemingly beyond saving. She wrote to dead people, exes, prostitutes, johns, monsters, transphobes, and racists; to the fantasy man she still longs for, to the ones who hurt her, and to the ones who watched. In writing these love letters, Kai Cheng found herself not only rediscovering and deepening her faith in humanity, but falling back in love with being human.