

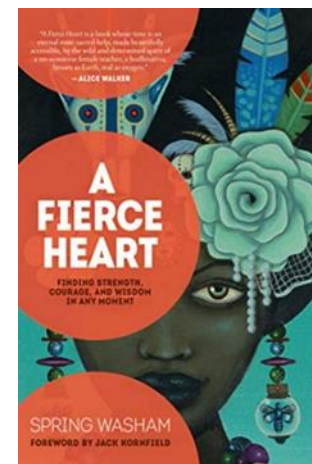
# *A Fierce Heart: Finding Strength, Courage, and Wisdom in Any Moment* ~ Spring Washam

## Presentation Part I



Spring Washam is a well-known meditation teacher, author and visionary leader based in Oakland. She is the author of *A Fierce Heart: Finding Strength, Courage and Wisdom in Any Moment* and her newest book, *The Spirit of Harriet Tubman Awakening from the Underground*. Spring is considered a pioneer in bringing mindfulness-based healing practices to diverse communities. She is one of the founding teachers at the East Bay Meditation Center, located in downtown Oakland, CA. She received extensive training from Jack Kornfield, is a member of the teacher's council at Spirit Rock Meditation Center in northern California, and has practiced and studied Buddhist philosophy in both the Theravada and Tibetan schools of Buddhism since 1999. In addition to being a teacher, she is also a shamanic practitioner and has studied indigenous healing practices since 2008. She is the founder of Lotus Vine Journeys, an organization that blends indigenous healing practices\* with Buddhist wisdom in South America. Her writing and teachings have appeared in many online journals and publications such as *Lions Roar*, *Tricycle*, and *Belief.net*. She has been a guest on many popular podcasts and radio shows. She currently travels and teaches meditation retreats, workshops and classes worldwide. (<https://www.spiritrock.org/spring-washam>)

\* (read Ayahuasca!)



- I. Brief Biography
- II. Selected Topics in the Book
  - A. Our Mind Prisons
  - B. The School of Life
  - C. Initiations
  - D. Compassion as the Great Chief
  - E. Hello and Goodbye
  - F. Forgiveness
- III. Discussion
- IV. Dedication of Merit: Spring's My Closing Prayer

For the benefit of all beings and for all life on Earth,  
Please Stand Up.

For the seven generations from now, Please Stand Up.

For our Ancestors and all those who have come before  
us I ask you to Please Stand Up.

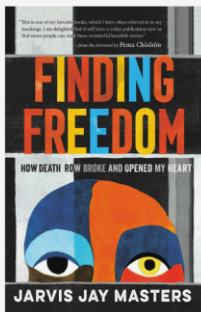
For all those without a voice, abused, lost, and neglected  
I ask you to Please Stand Up.

For the indigenous Earth keepers and protectors I ask you  
to Please Stand Up.

For all those who have died defending the sacred I ask  
you to Please Stand Up.

In the name of wisdom and infinite compassion, together  
with a Fierce Heart, we will Stand Up.

## Books by Jarvis Jay Masters:



### **Finding Freedom**

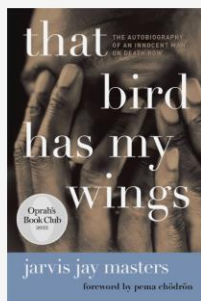
By Jarvis Jay Masters, 1997

Reissued 2020

**Finding Freedom** was released on **July 14, 2020** by **Shambhala Publications**.

Since 1997, Jarvis' first book, *Finding Freedom*, has been reprinted by small Buddhist press Padma Publishing seven times. It will now be reissued by Shambhala Publications in hopes that Jarvis' message of inspiration can reach a larger audience in these challenging times.

**This new edition includes a recent foreword from Ven. Pema Chödrön and previously unpublished pieces by Jarvis Jay Masters.**



### **That Bird Has My Wings**

By Jarvis Jay Masters, 2009

**PEN USA West Finalist**

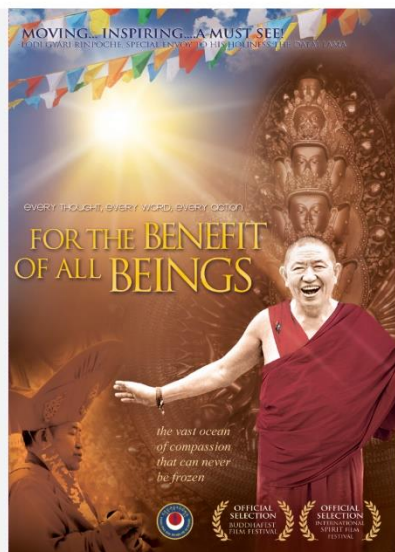
**Oprah's Book Club Pick 2022**

**New York Times Bestseller**

*That Bird Has My Wings* is the astounding memoir of Jarvis Masters, who has been incarcerated at San Quentin since 1981.

Offering scenes from his life that are at times poignant, revelatory, frightening, soul-stirring, painful, funny, and uplifting, *That Bird Has My Wings* tells the story of the author's childhood with parents addicted to heroin, an abusive foster family, a life of crime and imprisonment, and the eventual embracing of Buddhism.

\* For more information on the growing campaign to exonerate him, go to [www.freejarvis.org](http://www.freejarvis.org)



Film can be viewed here:

<http://www.forthenefitofallbeings.com/>

<https://garchen.net/for-the-benefit-of-all-beings/>