

Speaker Media Kit



SPRING
WASHAM

AUTHOR, HEALER, TEACHER, PODCASTER & SPEAKER



Table of Contents

- 1 Introduction
- 2 Speaker One-Sheet
- 3 Social Media & Past Engagements
- 4 Signature Keynote
- 5 Talking Points
- 6 Media Highlights
- 7 Visual Assets

About Spring Washam

AUTHOR, HEALER, TEACHER, PODCASTER & SPEAKER



1999

Started practicing and studying Buddhist philosophy in both the Theravada and Tibetan schools of Buddhism.



2007

Co-founded the East Bay Meditation Center in Oakland, CA, dedicated to Buddhist teachings with attention to social action and multiculturalism.



2008

Began studying shamanism and indigenous healing practices, remaining open to various ways of sharing the messages of courage and liberation.



2015

Founded Lotus Vine Journeys, offering unique retreats that blend indigenous healing practices with Buddhist wisdom for true transformation.



2016

Spring's first book, *Fierce Heart: Finding Strength, Courage and Wisdom in Any Moment*, is published.



2023

Spring's second book, *The Spirit of Harriet Tubman: Awakening from the Underground*, is published.

Spring Washam

AUTHOR, HEALER, TEACHER, & SPEAKER

Considered a pioneer in bringing mindfulness-based meditation practices to diverse communities; Spring Washam is a well-known teacher, healer, and visionary leader based in Oakland, California.

She is the author of *A Fierce Heart: Finding Strength, Courage and Wisdom in Any Moment* and *The Spirit of Harriet Tubman: Awakening from the Underground*.

Spring is one of the founding teachers at the East Bay Meditation Center, an organization that offers Buddhist teachings with attention to social action and multiculturalism. She is a member of the teacher's council at Spirit Rock Meditation Center, offering teachings on Buddhist philosophy, Insight meditation and loving-kindness practices. Spring is also the founder of Lotus Vine Journeys, a one-of-a-kind organization that blends indigenous healing practices with Buddhist wisdom for transformative retreats in South America.

She has practiced and studied Buddhist philosophy in both the Theravada and Tibetan schools of Buddhism since 1999. Spring is also a shamanic practitioner and has studied indigenous healing practices since 2008.

Spring's workshops, interviews, and writing can be found in mainstream media worldwide.



AS SEEN IN:



SIGNATURE KEYNOTES



THE SPIRIT OF HARRIET TUBMAN

An exploration into the consciousness of Harriet Tubman and how to apply her teachings to the challenges we face today.



THE POWER OF COMPASSION

Understanding how compassion can help access a deeper level of wisdom and foster a sense of unity and safety within communities.



BUILDING A MINDFUL WORLD

Learning valuable tools and techniques for reaching the broadest communities possible—based on more than 25 years of teaching in diverse groups.

“Spring does a phenomenal job presenting these beautiful concepts. Her work in the field shows dedication to her own transformation...Keeping it so real.”

Jacob K.



Socials & Engagements

SOCIAL MEDIA OVERVIEW

 **7.9k** reach (over 30 days)

 **51k** unique views

 **16.8k** reach (over 30 days)

PAST ENGAGEMENTS

Signature Keynotes

The Spirit of Harriet Tubman

An exploration into the consciousness of Harriet Tubman and how to apply her teachings to the challenges we face today.

Takeaways:

- Embody strength and unwavering courage
- Remain resilient in the face of hatred and confusion
- Awaken and harness your innate power to be a force of positive change
- Explore the role of a visionary conductor guiding people toward freedom



The Power of Compassion

Understanding how compassion can help access a deeper level of wisdom and foster a sense of unity and safety within communities.

Takeaways:

- Practice self-compassion
- Work with vulnerability
- Identify the importance of thought leaders and visionaries leading with compassion
- Embrace compassion as a fundamental building block within communities



Building a Mindful World

Learning valuable tools and techniques for reaching the broadest communities possible—based on more than 25 years of teaching in diverse groups.

Takeaways:

- Overcome stereotypes and prejudices
- Get excited by how multi- cultural environments foster wisdom
- Build inclusive spaces that are welcoming to all
- Access insights from my personal experiences and struggles along the way



“I love [Spring’s] teachings, and I always find beauty listening to [her] lectures and practices.”

Tere B.

Talking Points

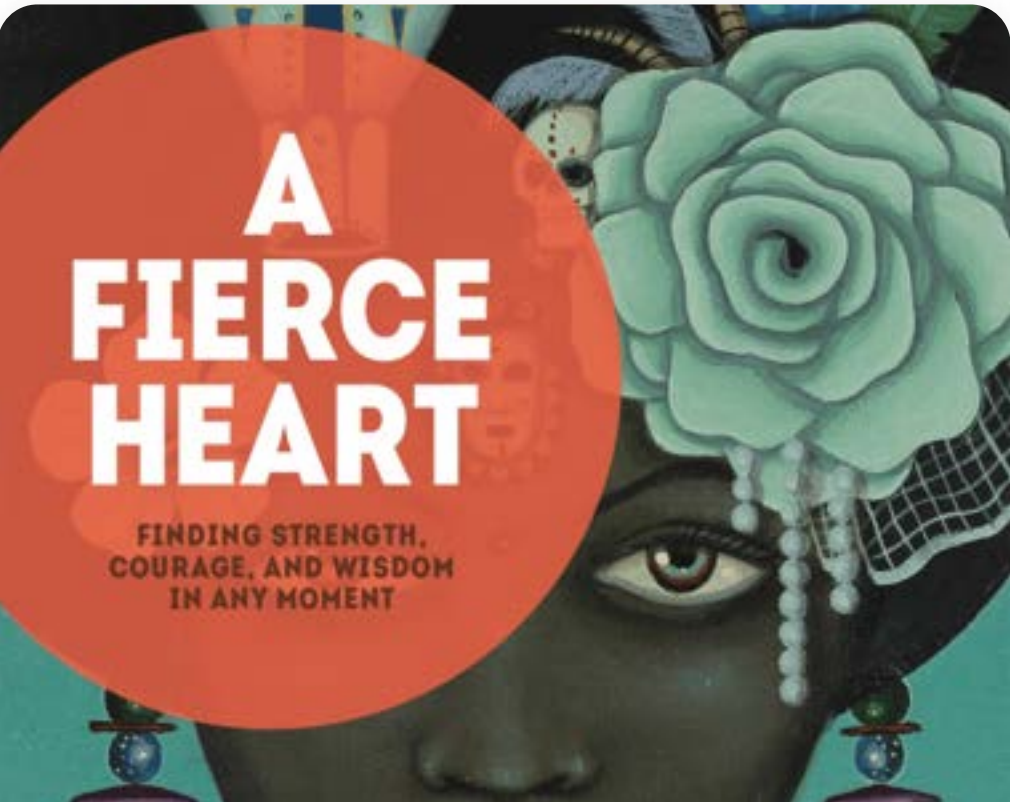
Suggested Interview Questions

Related to the book, *The Spirit of Harriet Tubman: Awakening from the Underground*:

- Can you talk about the process of how the book came to you?
- How were you changed by writing the book, what did you learn?
- How can we apply this wisdom to create change in the world?
- What are ways people can get involved in the Harriet Tubman revolution?
- How is spirituality connected to change-making?
- What can today's change-makers learn from Harriet's journey about standing up?
- What is the significance of Harriet Tubman's life today?
- What can other people learn, gain, and understand from reading this book?
- What is next for Harriet in this revolution?
- You write about the inner underground railroad; can you elaborate on it?
- How does this work cut across different social movements?
- How do we help heal the wounds caused by systemic racism?
- You write a chapter about Harriet in the civil war, you mention she is a great patriot, can you talk more about Harriet Tubman's patriotism?
- How does Harriet Tubman's legacy speak to the heart of women?
- Harriet was known for being a conductor on the underground railroad, can you speak more about that?

Media Highlights

PUBLICATIONS & FEATURES



Review: “A Fierce Heart”: In A Fierce Heart, dharma teacher Spring Washam offers teachings and...

LION'S ROAR

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Meditation and Dharma teacher Spring Washam discusses book, more...

MARIN INDEPENDENT JOURNAL

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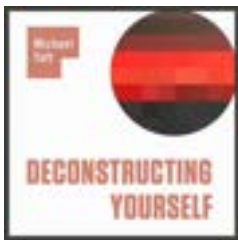


Buddhist Practice, Plant Medicine, and Healing: An Interview with Spring Washam

BARRE CENTER FOR BUDDHIST STUDIES

[SEE MORE](#)

PODCAST INTERVIEWS



A Conversation with Spring Washam
DECONSTRUCTING YOURSELF

[LISTEN TO THIS PODCAST](#)



Teacher, healer, and author Spring Washam talks about spiritual diversity, meditation, and more.
SPIRITUALITY AND HEALTH

[LISTEN TO THIS PODCAST](#)



Wise Metta with Spring Washam
BE HERE NOW NETWORK

[LISTEN TO THIS PODCAST](#)



The Dharma of Harriett Tubman | Spring Washam
TEN PERCENT HAPPIER

[LISTEN TO THIS PODCAST](#)



Spring Washam: A Fierce Heart
SACRED STREAM RADIO

[LISTEN TO THIS PODCAST](#)



Cultivating a Fierce Heart with Spring Washam
THE LEARN TO LOVE PODCAST

[LISTEN TO THIS PODCAST](#)



Spring Washam: Meditation, Ayahuasca, Trauma and Depression
THE ONE YOU FEED

[LISTEN TO THIS PODCAST](#)

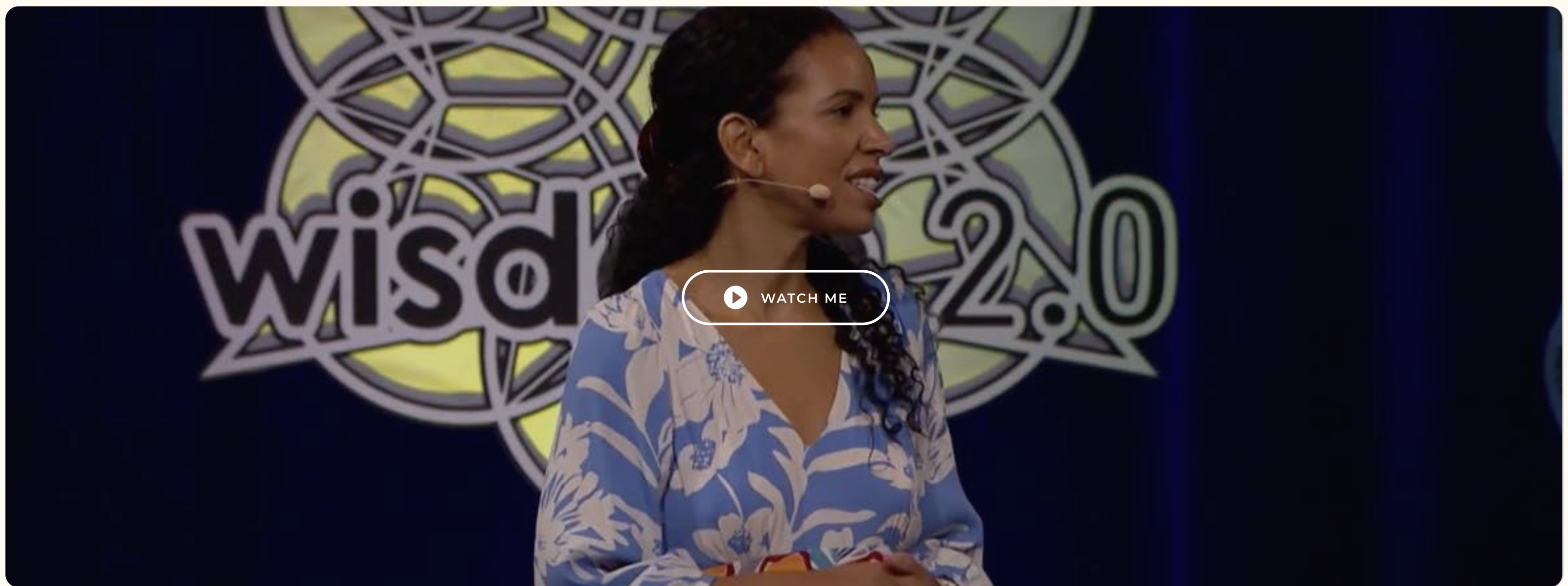


Awakening in the Body with Spring Washam
BE HERE NOW NETWORK GUEST PODCAST

[LISTEN TO THIS PODCAST](#)

Visual Assets

SIZZLE REEL



BRAND LOGOS



DOWNLOAD LOGOS

APPROVED IMAGES



DOWNLOAD IMAGES