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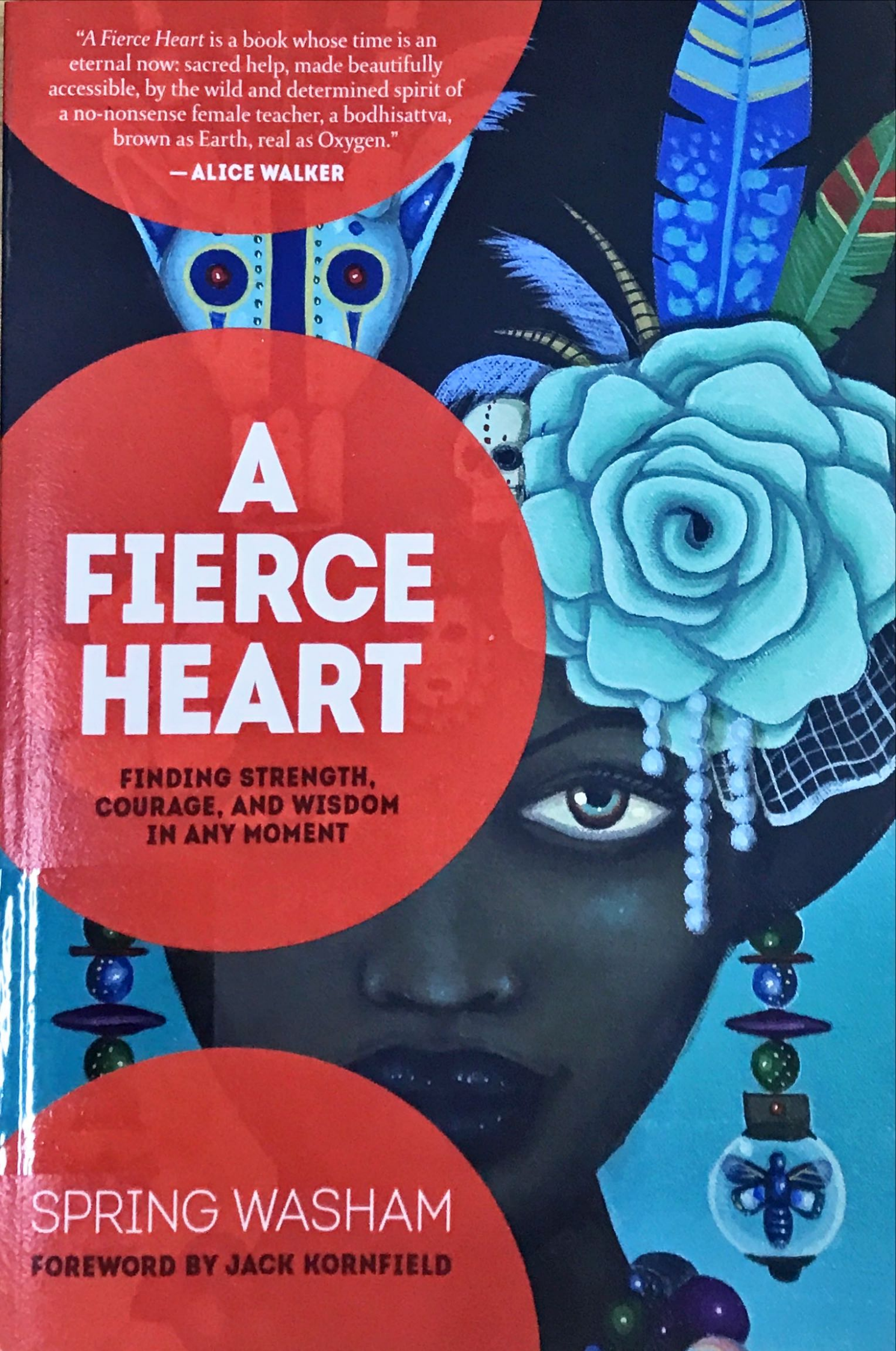
— ALICE WALKER

A FIERCE HEART

FINDING STRENGTH,
COURAGE, AND WISDOM
IN ANY MOMENT

SPRING WASHAM

FOREWORD BY JACK KORNFIELD







A FIERCE HEART

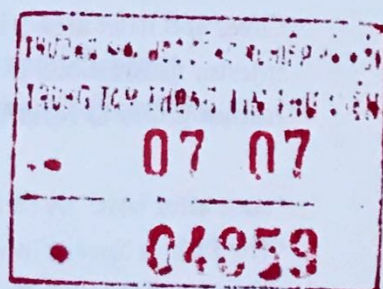


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A FIERCE HEART

FINDING STRENGTH, COURAGE,
AND WISDOM IN ANY MOMENT



**PARALLAX
PRESS**

BERKELEY, CALIFORNIA

SPRING WASHAM
FOREWORD BY JACK KORNFIELD

Parallax Press
P.O. Box 7355
Berkeley, California
94707

parallax.org

Parallax Press is the publishing division of
Plum Village Community of Engaged Buddhism, Inc.

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Printed in the United States of America

Cover and text design by Josh Michels
Cover and inset artwork © Paul Lewin
Interior illustrations © Anna Oneglia
Author photo © Nina Omelchenko

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"The Dakini Speaks" and "Unconditional" by Jennifer Welwood are included
courtesy of the poet. To purchase Jennifer's collection of spiritual poetry,
Poems for the Path, visit jenniferwelwood.com.

Library of Congress Cataloging-in-Publication Data

Names: Washam, Spring, author.

Title: A fierce heart : finding strength, wisdom, and courage in any moment /
Spring Washam ; foreword by Jack Kornfield.

Description: Berkeley, California : Parallax Press, [2017] | Includes
bibliographical references.

Identifiers: LCCN 2017023642 (print) | LCCN 2017048872 (ebook) | ISBN
9781937006778 | ISBN 9781937006761

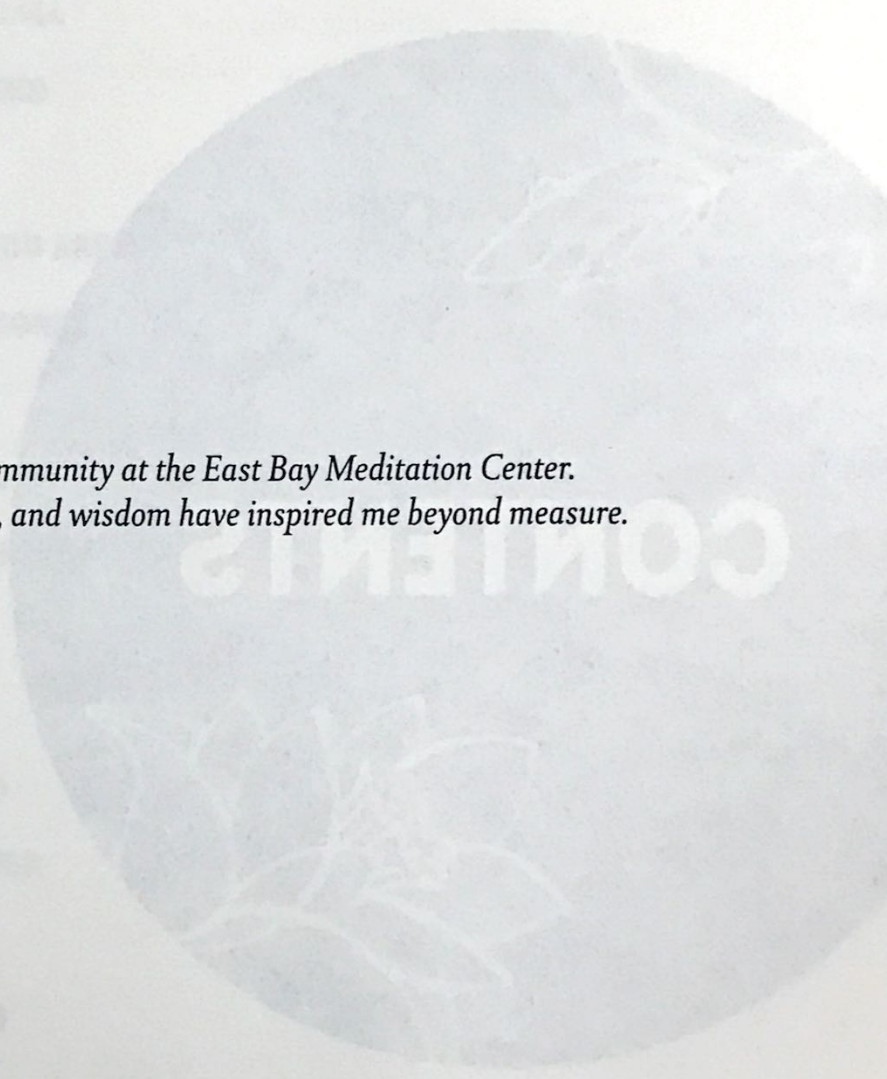
Subjects: LCSH: Spiritual life--Buddhism.

Classification: LCC BQ5660 (ebook) | LCC BQ5660 .W38 2017 (print) | DDC
294.3/444--dc23

LC record available at <https://lcn.loc.gov/2017023642>

2 3 4 / 20 19 18

*To the beautiful community at the East Bay Meditation Center.
Your strength, courage, and wisdom have inspired me beyond measure.*





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"Washam brings considerable gifts for conveying her vision of personal change and offers vivid, inspiring testimony to the power of Buddhism (and other wisdom traditions) to help heal suffering."

—PUBLISHERS WEEKLY STARRED REVIEW

"I believe *A Fierce Heart* will be read and loved by millions of earnest seekers. That it will find its way where no book of Buddhist thought in the Western-world has gone before."

—ALICE WALKER

"Amidst uncertain times we need strong and inspiring medicine. In *A Fierce Heart*, you will find this medicine: beautiful teachings and heartfelt stories that can transform your day and change your life."

—FROM THE FOREWORD BY JACK KORNFIELD

With stories from south central LA to the jungles of Peru, these deep and honest reflections by one of the country's most powerful mindfulness teachers focus on compassion as the fiercest and most effective response to suffering.

Spring Washam is a founder of the East Bay Meditation Center, the most diverse and accessible meditation center in the United States. In *A Fierce Heart*, she shares her contemporary, unique interpretation of the Buddha's 2,500-year-old teachings that get to the heart of mindfulness, wisdom, and compassion. Woven throughout the book are stories from the author's life, family, and community, along with soulful and unexpected stories of compassion in action from all over the world. The life-saving teachings of this charismatic teacher are universal; her honesty, enthusiasm, and energy are a balm.



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SPRING WASHAM is a meditation and dharma teacher based in Oakland, California. She is a founding member and core teacher at the East Bay Meditation Center, founder of Lotus, an organization that blends indigenous healing with Buddhist wisdom and a member of the Spirit Rock Center. She's a healer, facilitator, spiritual activist, and workshop leader. She has led workshops, classes, and retreats worldwide. *A Fierce Heart* is her first book. Learn more at springwasham.com.

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Mã sách: 070704859

US \$16.95 / \$22.95 CAN

ISBN 978-1-937006-76-1

5 1695 >



9 781937 006761



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