



Lauren: Welcome to "52 Weeks of Hope." This is where you get to hear how to feel happy, balanced, and worthwhile. How to make that lonely ache vanish and feel empowered, confident, and secure. I'm Lauren Abrams. And today we're talking to the beautiful Buddhist spiritual leader, Spring Washam.

Spring grew up in a violent neighborhood raised by a single parent nearly 20 years ago. It might be more than that, I'm not sure. She stumbled on a book Buddhism and its message of mindfulness. The discovery quickly prompted her to enroll in this 10-day meditation retreat as an escape from a fresh breakup, a job loss, and regular bouts with depression. From there, Spring's life unfolded as our life often finds us, and clearly, hers did as she now spreads the message of living in the present despite the insanity doled out by life, through classes and retreats as a meditation and dharma teacher at Woodacre Spirit Rock Meditation Center, as well as retreats in Peru. She's here today discussing how to overcome stress, fear, and anxiety, how to practice self-forgiveness, how to help you discover your life purpose, and help make your own inner calling come true.

Welcome to "52 Weeks of Hope," Spring Washam.

Spring: Thank you. Happy to be here.

Lauren: Yeah. First I do, kind of, want to get into like how you escaped your upbringing and you just happen into like this meditation retreat and how your calling found you, which is what I believe happens to so many of us. Can you describe what you do as a dharmic teacher?

Spring: Yeah. Yeah. Okay. Well, first I can describe what I do now as a dharmic. I've got to go back a little bit in time. Yeah. I mean, a lot of what we do now pre-COVID obviously, and I still do a lot of it, was we lead retreats primarily at Spirit Rock Meditation Center where I'm on the teacher's council and we teach meditation, mindfulness, MBSR, mindfulness-based stress reduction, and Vipassana, which are all the same words of saying insight meditation. And so I, for many years, led retreats for anywhere between 5 to 10 days. And they're really beautiful, in silence, held on the land.



And then also, I started a center with a group of other teachers in downtown Oakland where we were teaching all kinds of insight, meditation, compassion, mindfulness classes for many years. So I had a hub between downtown Oakland and then out in the beautiful hills, outside San Francisco at a residential center. And so what we did was really taught a lot of Buddhist-based philosophy, psychology, the teachings of wisdom and compassion, you know, emotional intelligence. How to just be with what's happening and deal with our crazy stressed-out minds and work with our emotions skillfully and open the heart and learn how to be in the body.

So all the things that are very popular right now have been happening there on that land for over 20 years, more really. And so, yeah, that's kind of what I do. And I write about it and I teach about it and I practice it. More partly as a dharmic teacher, I'm always practicing, practicing, practicing, and it's been an interesting journey. So that's, kind of, like my role and I also do other things in there, a little shamanism, writing books. It's kind of like a big plate, but that's generally what we try to do is just help people learn how to be present with an open heart and wisdom.

Lauren: Part of my daily morning practice is to have an open heart and an open mind that's in its simplest form as part of our meditation. I don't think my friends are sick of me, but anyway, that is part of my morning mantra. And how did you start out in this?

Spring: Yeah, so I grew up in East Long Beach and it was all this chaos right on the Compton border. And, you know, it was, kind of, like that classic, almost archetypical, you know, against the odds and the mom who can't deal with children and the father who leaves and there's no money. And, you know, it was like all these hindrances and obstacles and difficulties. And I honestly just look at it as such a profound teaching. Yeah, it breaks one's heart to experience that. But what happened when I was a teenager, I actually had to move out of my mother's house. She married a very violent partner at some stage. And so as I was, sort of, going out onto my own and living with friends and family members and different things, I got very interested in psychology.

The first step was, you know, it was kind of like the new thought movement captured me. And I remember I was 16, 17 going to Agape, a church in L.A. for



those of you who are in Los Angeles, the spiritual center, Reverend Michael Beckwith. I got really involved in that just trying to understand my mind. It's funny, I always knew there was something wrong with my thinking and the way other people were thinking. I was like, there's something with our thinking. We have problems with our thinking. And really young. Rather than just calling it this, you know, innate sense of your path and your dharma already, I was very drawn early to living a spiritually-based life.

I just resonated so I read and read, and then it led me as I got older to study meditation in the Hindu tradition, and then I fell upon insight meditation and just showed up out of the blue, and ended up meeting Jack Kornfield, a Buddhist-based teacher and it all opened from there. It was like, I found what I was looking for and I just entered that path and never really got off of that.

Lauren: It's so interesting because one of my trips to Bali, I met a 17-year-old, and her senior year, she lived with me and my kids, my family. I thought, oh, she's going to be such a good...my kids, it's all gonna rub off on them, but it doesn't. If that's your ilk, I can't think of the right verbiage at the moment, but then that's who and what you are.

Spring: Yeah. I've never been able to rub off on my mother. It's just like whatever up in the air. So I realize it's just innate in the person's heart. You just have this knowing of who you are. But you have to work through everything to, kind of, get it...come into full balance and walk your path, you know, all the extra traumas and all the things that happen along the way have just become kind of, you know, they're the rocks in the path that we climb and they do give us a sense of resiliency.

Lauren: Yeah. You get there when you get there.

Spring You get there when you get there.

Lauren: Yeah, absolutely. I asked the questions because a lot of people have never heard these terms, but they want to know and they're seeking and they have this, there's so much sense of dis-ease, just uncomfortability and knowing there's more but not knowing what it is or how to get there and what to do right now. So what would you tell somebody going through that?



Spring: I mean, I think, you know, the last couple of years, everybody's had their dark night of the soul moment. If you haven't, it may be becoming. I don't think anyone's getting out of this without just a little bit of the death-rebirth because it's just that time. It's in our astrology, it's in the culture, it's in the...And I think that if someone's entering into that period where nothing's working out and there's deep dissatisfaction and anxiety and stress and unhappiness, that I really consider those moments doorways. I always say our unhappiness is a heavenly messenger. Don't miss it. Because when things aren't working, it means that the road that we're on isn't really the right path. It's like a pivot moment where we find higher ground.

So the dis-ease, the uncomfotability, a lot of people in those moments, they seek out a spiritual practice. Often out of a complete hell round, we go, okay, I'm going to do...It's like a 12-step rock bottom is the awoken moment. It's like, okay, I can't get any worse than this. I got a different way of looking at this. I gotta take a different approach here. So I think that that's really it, that the dis-ease is really, it's a cosmic dis-ease, dissatisfaction. It's like, that's the heart of the Buddha's, you know, message, like this deep dissatisfaction because we know there's more. And so we just start to slowly walk the path. We start to work with our emotions. We start to become more conscious.

So don't be afraid. I always tell my students in Oakland, I say this all the time, don't shut down the breakdown. Something's trying to unravel. You know when they say when you're falling, dive, like, we gotta learn how to dive into it. Now that is where the practices come in. How do we do that without, you know, crashing and burning? That's where all the mindfulness and having a daily practice and reflecting gives us the strength and the tools to dive without hitting, you know, the concrete.

Lauren: I always tell people, okay, I was taught that feelings peak for five minutes. So I think for me, it's like, I want to get through it so I can do that. Five minutes I can do. So I want to lean in and get to the other side. So yeah, that helps me if it's delineated, I don't know.

Spring: Well, it gives you a capacity to open just for those five minutes. Once you do it for 5 minutes, you can do it for 10. You're like, okay, well, I survived. It's that initial shock of like, I have to feel this? But then if you say just five



minutes, okay, okay, it tricks your mind into becoming more comfortable feeling difficult things.

Lauren: Yeah. Yeah. I mean, there's no choice. The only way through is through.

Spring: I think that's a really wise point is that we don't really have a choice when we wake up in the morning. If there's anger rises or...we just have to work with it skillfully. Sometimes these energies just bubble up. Nobody plans on having a dark night of the soul. That's like planning the opposite. The best year of my life, you know, nobody sets out for that. So it just happens. Just causes and conditions.

Lauren: Yeah. And well, the Woodacre Spirit Rock Meditation Center, I mean, that's the place with all the woods and the, like...right? It just looks so phenomenal there. How did you find that, or is that it found you again, or...?

Spring: Well, it was about over 23, 24 years ago, it was in the process of being built. I went to a retreat led by the Spirit Rock Meditation community. And at that time, the land was still being built out. They were still building. They were almost finished with the temple and, you know, the meditation center, but the room that can fit like 150 people, 200 people. And so when I first met the founder, Jack Kornfield, I was like, okay, great. So I moved to close by. I was living in Los Angeles. I was like, okay, and I started studying there.

That became a place where I had like a school, and then I would do retreats, and I started doing trainings there. And the land...and, you know, people who want to look up [spiritrock.org](http://spiritrock.org), it's just like one of these beautiful pieces of property, like 500 acres in the mountains, and it's a place where you go and you do mostly silent residential retreat, where you learn the art of practice, sitting and walking. So it's just a beautiful place to check out for those who are interested in doing a residential meditation retreat where it's a little more focused internal.

Lauren: And people that haven't done silent retreats, the thought of uninterrupted silence, what do you tell them?

Spring: Well, I always laugh about that part because that's the thing that a lot of people feel afraid of. So even though you take a vow of silence, you know,



there's dharma teachings happening and instructions. And then, you know, the mind is always so talkative. It's like, it's never quiet in one's mind. There's always a narrator going on 24/7. And actually, the thing about it is that a lot of people felt they were terrified and then that became the place, the practice where they found the most joy because they didn't have to perform, they didn't have to be anyone. They could let go of, sort of, this outer role and then just be, they didn't have to take care of anyone. They could just be in their experience.

And they found that the silence, although, you know, initially a shock, was this tremendous joy and some were sad when they had to go back to talking, others were ready. It's just where you are. So, of course, we get afraid of doing anything we've never done. Especially if it's psychological or spiritual, we project, well, what could go wrong, or, you know, but mostly, people had a lovely experience. It was something you need to do that.

Lauren: Yeah. I was just flashing on a rabbi was telling me his first time at first when he was going in the bathroom and he wanted to say, "Oh, no, you first," and not being able to say that. Or, you know, washing your hands at a communal place, or, you know, there were certain times when it was...it took a while to get used to just things like that, and then it got easier.

Spring: Yeah. It's like dancing with each other. [inaudible 00:13:50], you're smiling. you're just...you know.

Lauren: I don't remember if I was reading it in your book, or maybe it was one of your teachings about being in India. This is when you were much younger. And seeing people just doing...in prayer for very long periods of time with all your friends. Do you know what I'm talking about?

Spring: Yeah, yeah. Bodh Gaya.

Lauren: Yeah. And do you want to talk about that and just the feelings that came over you and then you were really...and then your friends just start going, "Spring."

Spring: Oh yeah. With a fierce heart. Yeah. I tell this story about going to India on pilgrimage. And we went to Bodh Gaya, where it's kind of like the Buddhist stupa and the Bodhi tree, and there's like this big park. And I decided to offer a



thousand prostrations. Yeah. Which are, kind of, like sun citation for all the yogis out there, but they're a little harder in a way. Well, no, they're like a sun citation, but you're going all the way down and you press your head.

And it just came over me because out at this place in Bodh Gaya, there's all these Tibetan practitioners. Really Buddhist from all of the world, the Zen nuns and then you have all these Tibetan practitioners. And I think of it like a spiritual...I don't know, it was like a spiritual fair or something. People were there every day and Tibetans loved to do prostrations in front of the Bodhi tree and they take refuge and they do it. So I was seeing hundreds of people. And I would see women in their 80s, these Tibetan women, you know, and they would have their beads and their [inaudible 00:15:35] and they'd be praying. And I just...it was so beautiful that I thought, well, you know, they say it's a great purification. Here I am at the Bodhi temple making prayers to become enlightened, you know, and heal all beings and be great [inaudible 00:15:49].

So I did go out there, and it's harder than it looks. I thought, oh, this is so easy, you know, but after a couple of hours. I was like, oh my gosh. So over the course of a couple of days, and it was fun, as my friends were circumambulating the park...There is a, kind of, like a walkway around and there's a park in the middle of the tree in it so it's a really big area. And so every time they were walking by, they would see me prostrating and they would say, "Go Springers." They were funny. It was just funny because I was having these profound moments and then I would hear them being like, "Go, girl." I was just breaking out like, okay. I'm having my sacred moment.

Lauren: Yeah. Kind of like there's the buzz called the spiritual killer or something, you know?

Spring: But then it was so funny later, you know, it becomes all part of it to not take yourself too seriously. Like, okay, yeah, you're appreciating and here they are and it's all connected.

Lauren: I, kind of, like that, "So springers." It's also a good reminder you're not alone. You've got friends [inaudible 00:17:00].

Spring: Yeah. And they would say it when I'd be really hot and tired.



Lauren: Right. So great. Do you have a morning routine? Do you have a practice that you do every morning?

Spring: Usually I try to get up and I try to have a sense of finding stillness. Lately, my practice has really involved being outside and sitting outside and walking outside and being...and just finding that stillness. So in the morning, I'll do a short practice, and then I like to do a little bit more in the afternoon. I'll do, like, a walking and a movement. So sometimes morning's hard for me because I tend to jump right into the stream, right now. Ideally, it's so great to have a morning practice. I mean, I just want to encourage people. But lately, my rhythm has been more of like an afternoon and later in the day to...it's like a pause moment and a reset, you know, almost like I let go and then start again like mid-afternoon, early evening.

Lauren: I found myself having an accountability partner for the morning meditation and I gave myself permission to do 10 minutes first thing in the morning. I have to feed the dogs first though because even though there's a doggy door, they will act out, I'll say, but so, not pick up my phone, not do anything and just do a 10-minute. And I started doing that and it's just been so good for me to make sure I do that.

Spring: I love morning practices. I absolutely think it's the joy. I think every few months we sort of find a different rhythm with timing.

Lauren: School will be out soon, although both my kids are here now. So not that...I mean, teenagers sleep in so it's not an issue with little kids. Then it was really an issue when they were little to find that. Being able to meditate again, it was really difficult. I mean, it just ebbs and flows. And I wonder why do people have such a hard time meditating? To me, I equate it to exercise. The two things that make me feel the best are meditation and exercise, yet why wouldn't I just be going at it all the time?

Spring: Yeah. Some people are, you know, they have a passion for it. There's definitely a movement, but for a lot of people, it's just so outside of their...you know, to sit quietly and follow their breath. They might have religious feelings about it or they might just have...you know, they don't understand that sometimes it's a practice that you learn. They imagine you sit down and you





feel peace immediately, you know. There's a lot of, kind of, misunderstandings about what it is and how it helps.

And you know, we're so mentally...our culture goes so fast that the pause, it's very hard for people to know how to do that. We're very just like a little bit frenetic, you know, our energy, we go, we go. So the idea of turning off is hard at first for people. And so it's not for some people that grow up where that's not a value, you know, they're going against a lot of, kind of, programming that they already have. Like, no, I just go, go, go, go, go, I don't stop, you know, and feel.

Lauren: So how do you explain to people what the benefit is?

Spring: Well, you know, I only really talk to people about the benefits who are genuinely curious. I'm not, sort of, like a meditation keeper out on the corner trying to make people slow down and beep. People hate that. I remember I used to do that with my family. And then I remember a wise teacher said, "Spring, you know, you don't have to go around trying...just be a Buddha inside." That's all that anyone wants to do.

So yeah, when people...I mean, I often tell people that the practice itself is an art. It's a training. If you haven't been to the gym your whole life and you go in there and try to lift 50 pounds in 5 minutes of walking in, you're going to hurt yourself probably, you're not going to feel right. So like all things, mindfulness and the developing of mindfulness is like a muscle. It's learning more and more. It's an art to meditation. It's not just instant, you know, instant meditation. No. It's a dance that you're doing and you're learning what it means to be in my body. What does that really mean? Wow. Okay. What does that mean to sit and feel?

So I think, for people, they need to start out and be patient, which is not a word that people like. I mean, this is like, you gotta look at like the zen master's path. People want instant results, but you can immediately see a difference within a few weeks of practice, but you have to give it that, you know, give it a 30-day period where you practice. And you have to be comfortable working with energies. The two main energies that come are sleepiness and its cousin, restlessness, or brother, sister, whatever, however you want to refer to it. You



have to be comfortable managing energies. One minute you're falling asleep, the next minute you want to scream and get up, the next minute you're falling...And so you're learning energy. You're learning how to be. And it's for people who are interested because it sounds so simple, but the effects are so profound.

Lauren: Yeah, absolutely.

Spring: And that's the mysterious part. How does this help so much? It's like, oh my gosh. So you have to try it for yourself for people who are really interested.

Lauren: Absolutely. How long do you recommend when someone starts? How long would you say they should start? Five minutes, 10?

Spring: Yeah. Anywhere between 10 to 15 minutes I think is really great because, you know, a lot of times people are using apps, which I think are really great in the beginning, you know, Calm app, or Insight Timer, or 10% Happier. All of these are just, you know, apps designed that are easy to help you get...unplug. The hardest thing about meditation is actually putting your phone down and sitting on your cushion. That's the hardest thing to do is just to stop actually. Most times when people sit down and they start to feel, they might actually enjoy it more than they realize. They might sit longer.

But I would aim at the very...for very beginners, and even if you've been practicing for a long time, you might need, like, a reboot, 10 to 15 minutes. Practice, put away all your phone stuff, computer. Find a place that's quiet if you can, not everyone can, and you just begin to sit and just feel your breath, feel your body. It's utterly simple, but it's complex because, you know, our minds get involved. So it seems really hard, but actually, you're doing something very simple, but that doesn't mean it doesn't have a challenge to it.

Lauren: The best thing I was ever told was you can't do it wrong.

Spring: It's impossible. And people always think they're doing it wrong because they have this idea in their head. And that's why I say, okay, first let's get rid of the idea of whatever you believe that should happen or what it could be like and we just meet the mind where it is. If we're sad, we open to sad. If we're bored, we open to boredom. If we feel lonely, we open to loneliness. If we're afraid,



we feel fear. It's about moving through, it's not about trying to escape. And that's a big shift that starts to happen over time.

Lauren: Yeah, absolutely. The benefits are amazing. That's all. I mean...

Spring: It's hard to...It's mental health. It's a difference between the quality of our mind, our mental space gets better and everyone lives here, you know, pretty much. We have our physical house, but we live here and it's like, well, is there graffiti and old beer cans and cigarette butts everywhere in there or are we like, is our mental space...? I just recently posted this online, "Meditation is like going to the beauty parlor for the inside."

Lauren: That's good.

Spring: Because that's the only way that I can really describe it. But you know, we can point, but everyone has to...If you're interested, experiment.

Lauren: Yeah. Now, you do your retreats to Peru. What are those for? What do you do there?

Spring: So my retreats in Peru are a mix of Buddhist space, wisdom, and Amazonian practices. We do shamanic practices. So my retreats are a blend. So we work with shamans and healers and meditation and yoga all in the jungle in Tarapoto, Peru.

Lauren: Oh, that sounds amazing.

Spring: Yeah, [inaudible 00:25:50].

Lauren: That's pretty incredible. I've done some in Bali with different healers, but not for Peru so that sounds amazing. Now, when you get stuck and have roadblocks, do you have people you follow, what do you do when you're having a hard time?

Spring: When I'm having a hard time, yeah, there's always people that I find inspirational. I think, you know, I'm really lucky because I have so many different types of teachers. If I'm blocked in one area, I go to this person. There's not really one teacher who fits all. If I'm blocked in my energy body, I go to this person. If I'm blocked with my writing, I go to this person. If I'm



blocked with my teaching, I go to this person. If my meditation is just falling apart, I go to my main meditation teacher. So I'm lucky because I have a whole community that I can, kind of, reference and be like, okay, well this...you know, it's kind of like...you know, and that's ideal is to have a support system.

You wouldn't really ask your therapist about your yoga practice, you'd probably go to your yoga teacher and your therapist, you might work with them in a specific area. So I feel like I have all these great people that I can pull on and I'm always utilizing them. I don't think I ever get...you know, I'm always a student too. I'm with everyone in the journey here. I never feel like I've reached a level where I can say, okay, I'm done and now I'm gonna sit here. No, I'm engaged.

Lauren: Any you're working on a book. You have a book coming out on Harriet Tubman in February.

Spring: Yes.

Lauren: How did that come about?

Spring: Yeah, that seems a little random [crosstalk 00:27:31].

Lauren: Yeah, it does seem random. I don't know, it just seems...yeah, random is the perfect word.

Spring: Yeah. Well, all I can say is that in May of last year I started having all these dreams about Harriet Tubman. And this is when it was sort of like the whole Black Lives Matter movement and all the shootings and it was just such an intense time for all of us.

Lauren: You think?

Spring: Yeah. And I started having all these dreams and visions about Harriet Tubman and then it seemed so appropriate to write a book about her, the dharma of Harriet Tubman. And started doing a class online. And the class had like hundreds of people were coming from all over the world.

Lauren: That's very cool, I mean that they were coming from all over the world.



Spring: They were coming from all over the world. I'd have people in England and France and Ireland and all kinds of people in California and throughout the country and it was just so amazing. And so it was really fueled by Harriet Tubman during that time and to think about what does it mean to conduct. And I got passionate around the history, all of these things that were meaningful that I hadn't...I think, you know, we write the things that we need to know.

Lauren: Absolutely. Oh, love that.

Spring: We write it ourselves and so I think it's good to understand Harriet's journey.

Lauren: Oh, I love that. Yeah. This started as a book and it was my quest. This was all about my quest. It was so rich that I was like, I have to share this.

Spring: Exactly.

Lauren: And it's turned into a podcast, which I just love. And if I can help people along the way, that's the point.

Spring: I mean, that's why we do these things. It's like, you know, because, in a way we're just, we're all interconnected. So what's healing you is healing us and vice versa. Yeah. And I love when our passion becomes, you know, the purpose and then other people are affected in a positive way. That's really what it's all about, serve.

Lauren: Yeah. Have you seen your relationships change after COVID?

Spring: I have. I think COVID has done a lot of things. The people that I was close to, I'm closer. The people I dearly loved, the bonds grew. The people that I maybe had a more distant relationship with, it seems like that also grew. It was like the separation between...yeah, it was like a line in the sand or something. And then the appreciation for seeing the gifts and just appreciating my wise community on a whole nother level. I mean, just gratitude for the beauty of my friendships and my spiritual community.

I mean, in the Buddhist tradition, one of the jewels is a word called sangha, which translates as beloved community. And you take refuge in your spiritual friendships. Actually, your friendships can pull you through a lot of dark times.



It's medicine in a way. Friendships, intimacy, closeness. I think a lot of people suffer right now because this wall that COVID has put up between us and others, you know, not touching, not communicating, not...you know what I mean? I think a lot of people suffer in isolation.

Lauren: Oh, definitely. We need community. How do you spell sangha?

Spring: Sangha is S-A-N-G-H-A. And that word is a poly word and it translates as beloved community. In the Buddhist tradition, we take refuge in Buddha, which is our awakened nature, the dharma, which is the path, the teachings, mindfulness, meditation. And then the third jewel is sangha. And so for me, I've really taken refuge in that third jewel as, you know, everyone has their little bubble and just how we can really support each other, you know? And I just...yeah, so my relationships got much more depth to them.

Lauren: Oh, that's beautiful. I really love that. And in the blue zones where people live the longest, it's because of community.

Spring: I love that.

Lauren: When I say live longest, live the longest and the healthiest. I mean, you don't want to live long without a quality of life. I wouldn't at least. Do you have a message of hope that you would want to give?

Spring: I guess I would say that for people who are coming on, as we mentioned at the beginning, who are feeling like the bottom's falling out, you know, like, I don't know what I'm doing or what's happening...because so many people are in this reboot. Maybe they lost their job and they don't even want to go back to what they were doing. This is such, I think, a shift for so many people coming through this deep questioning. So I would really encourage people to...the word hope, which I love your "52 Weeks of Hope" is really about faith. Faith that you will arrive at the destination and that everything is really happening for us to move to a higher place, to move to who we really are.

And I like to use the word faith, but I know that means a lot of different things to a lot of people, but it means a faith that there's an intelligence that's moving us forward, no matter how bleak it looks now. No matter how many obstacles, money, no money, no relationship, relationship, wherever we are, it's just to



have faith and to trust that there is a higher intelligence that is orchestrating our life. And that's one thing I definitely learned from Harriet Tubman. Man, she had some serious faith all the time. I was like, I got to [inaudible 00:33:36] that actually. No matter what the obstacle is, you know, keep trusting and keep in deep prayer and praying to whatever, whoever poncho, mama, God, Jesus, Buddha, Krishna, Wongan Tonkin, divine creator, you know, the universe.

Whatever energy that you call to keep to trust in the deep process of faith and prayer. We pray to the wisdom of what is guiding our lives to keep guiding me. And I think there's something really powerful about prayers right now, I feel like they're being heard for people. And so for those who are just where the bottom's falling out, and I know that feeling, faith that it will change, faith and praying, calling on your ancestors, calling on, you know, all the great beings and the divine mother, and to hold that as a way to help you move forward. There's a lot of power in that. I would offer that. That just comes now. That's what I do.

Lauren: That was amazing. And how about somebody that's just struggling to get out of bed? I don't mean clinical depression, but just that malaise where I don't feel like getting out of bed today. Do you have something you'd say to that person?

Spring: Yeah. And I know a lot of people have that feeling because it feels like nothing is different. Every day we wake up, it's COVID. We go to bed, it's COVID. It feels like there's this huge stuckness, you know, like where there's a boulder on the track. And there is literally, you know, there really is. So it makes people not want to get up because it's the same day for some people, it's the same...I did this yesterday. I've done this 365 days or 400 days now. I don't want to keep doing this day over and over. Again, it's, you know, that sometimes you have to fight when you're in that state to find gratitude. What do I have? Gratitude's a game-changer, it's a game-changer.

Lauren: Absolutely.

Spring: We go from what we hate to what actually is great. And to do a gratitude practice that if you can't get out of bed, then grab a pen and paper and write five things in your moment that you're grateful for. Even if it's just, you



know, your Honey Nut Cheerios in the kitchen or whatever you have, you know, or your bed that you can lie on that's there or, you know, you just start with gratitude. Yeah.

Lauren: I'm right there with you. I've already...I've been doing gratitude lists that I exchange for over a decade, daily.

Spring: Gratitude really shifts you from suffering to it's all going to work out. Look, I have so much.

Lauren: Absolutely.

Spring: It's a lightbulb on. Looking at again, our mental world here switches into a different mindset. And we attract goodness when we're grateful, we attract more of what we want actually.

Lauren: Oh, definitely. It changes the frequency.

Spring: Complete frequency change. Reboot immediately.

Lauren: Yeah, totally. I love that. Well, thank you so much. I've been looking forward to talking to you and it was beyond what I was hoping. So thank you so much for being a guest today on "52 Weeks of Hope."

Spring: Thank you so much, Lauren. This was really fun.