

WELCOME TO MY MASTERS OF WISDOM & MEDITATION TEACHER TRAINING

WINTER / SPRING 2023

I'm so grateful to have you on this journey with me.

I've set up this training because I believe the key to becoming a Master of these teachings is making an internal shift that transforms your intellectual knowledge into inner wisdom. Rather than fill you with information and then request that you regurgitate it back, my vision is to customize your training to your intentions, and personal desires.

I will work with you over the next several months to integrate the teachings into your particular circumstance so you can infuse the wisdom in a practical way at the level of the soul and then share it with the world through your personal practice.

I've laid this course out very carefully to create a unique experience that draws on decades of experience and includes the best practices of all the trainings I have been a part of over the past several decades.

We will explore many diverse wisdom traditions and the expressions of many different teachers throughout history so that the depth and breadth of your understanding expands every day. I believe that we practice and share the teachings that most resonate with us – so you will get to choose what school or philosophy resonates most with you and go deeper.

And, I'll be supporting you every step of the way.

Journey with me...
Peace. -davidji



COURSE DETAILS

Getting Ready

MASTERS OF WISDOM & MEDITATION TEACHER TRAINING

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TEACHER TRAINING

WINTER / SPRING 2023

This course consists of 15 weekly online lessons, 15 weekly LIVE Zoom webinars and one “in residence” Certification week.

Each lesson includes teachings and exercises to help you on this journey.

I’m here to support you as much as possible – as is my team.
In addition to the lessons, I’ve also created for you:

- this course outline
- your reading list
- a journal for you to track your meditation experiences
- a private group facebook page
- an online dashboard with your weekly lessons and many resources
- a special dropbox account for assignments and your personal questionnaire
- a training manual which you will receive during in-residence certification week

Getting Started

Each of us has our own individual study style and process for absorbing information. Once the teacher training process begins, we recommend the following progression.

01

Fill out the Teacher Training Questionnaire and email it to info@davidji.com and nancy@davidji.com one month prior to the start of your training. Please add your name to the saved file name before you send it.

02

Meditate. Begin your twice a day meditation practice and track it every day in your Meditation Journal.

03

Read. Dive into Secrets of Meditation – read it from beginning to end, feel free to make notes along the way but keep pushing through until you have absorbed all the information. Make note of the styles that most resonate with you as well as those that don't.

04

Read More... Then begin reading the other books on the required reading list. Buy one, devour it, move to the next.

05

Examine Your Values. Begin to explore the code you live by – you'll discuss it in your one-on-one meeting with me.

Getting Started

06

Participate. Engage. Attend the weekly webinars – these are opportunities to ask questions, go deeper into philosophy, and share your challenges and triumphs.

07

Connect. Connect with your fellow teachers-in-training on our [private group facebook page](#) or through the group email.

Throughout the process, feel free to reach out to me or Nancy with any questions, personal dreams, or principles you'd like to discuss. Together, we will transform the world as we transform ourselves.

We are thrilled to be working with you in this intimate format and taking these magnificent teachings deep with you.



COURSE DETAILS

Schedule & Flow

MASTERS OF WISDOM & MEDITATION TEACHER TRAINING

Online Meeting Schedule

You & I will have one video call and there will be 15 live weekly group online video webinars.

These are scheduled for:

Sunday, January 29, 2023, 9:00 am - 10:30 am PST;

And then every Sunday thereafter from 9-10:30 am PT, until May 7

There will also be one follow up webinar in June 2023
(about one month after certification week).

Mark your calendar and watch our [group facebook page](#) and dashboard for the ZOOM meeting invitations with login information for the webinars.

Each of the 15 weekly webinars will be recorded so that if you are unable to attend live, you can watch it later or revisit it any time you like during the training.

Online Lessons

We will practice 15 lessons along the way, with weekly group webinars, some assignments, study group interaction, a term paper, and then one week in-residence either at the Meditation Nest or virtually via Live! ZOOM video connection depending on which track you enrolled for.

Each week you will receive an email, and your new lesson will be available on the online training dashboard.

The lessons cover a rich variety of teachings including buddhism, vedanta, modern interpretations of ancient teachings, mindfulness practices and others. Each lesson may include a story, a quote, an mp3, a video, a reading or an exercise, all accessible through this online training dashboard. See what it's like to live the lessons every day for that entire week.

Plan to check your email and login to the teacher training dashboard each Sunday for your new weekly lesson. And, throughout the week, you can do the lessons, watch the videos, listen to the audio, etc. on demand at a time that's convenient for you. The same principle applies for exploring and absorbing the gems in your required reading list!

If you have any difficulty logging in or seeing the new weekly lesson on your dashboard, it usually means there is a problem with your web browser. If that is the case, there's a quick fix! Please note which web browser you are using and follow the instructions to [clear your cache](#) and history. Then, restart your browser and log in again.

If this process doesn't fix it, let Nancy know that you are having difficulties, identify for her what steps you have already taken, if possible send a screenshot of the problem, and our team will investigate further.

We have also found that sometimes various email accounts seem to be finicky about rejecting emails from people not in your address book. To make sure you receive your weekly email and other emails from us, please make sure you whitelist our email addresses by adding info@davidji.com, nancy@davidji.com, and customerservice@davidji.com to your address book as approved senders. If you still do not see your weekly email each Sunday, please check your spam/junk folder and if it is not there either, please be sure to let Nancy know and she will resend it to you.

Reading Lists

REQUIRED READING

Secrets of Meditation: A Practical Guide to Inner Peace
& Personal Transformation – davidji
destressifying: A Real World Guide to Personal Empowerment,
Lasting Fulfillment & Peace of Mind – davidji
Sacred Powers: The Five Secrets to Awakening Transformation – davidji
Soul Shifts - Barbara DeAngelis
Paths to God – Ram Dass
The Heart of the Buddha's Teaching – Thich Nhat Hanh
The Yoga Sutras of Patanjali – Translated by Sri Swami Satchidananda
The Bhagavad Gita – Eknath Easwaren translation
The Crest Jewel of Discrimination – Adi Shankara (translated by
Christopher Isherwood)
The Ten Commitments – David Simon, MD
The Four Agreements – don Miguel Ruiz
When Things Fall Apart – Pema Chodron
Autobiography of a Yogi – Paramahansa Yogananda

SUGGESTED READING

The Upanishads – Eknath Easwaren translation |
Sacred Contracts - Carolyn Myss |
The Essential Wayne Dyer Collection - Wayne Dyer
The Seat of the Soul – Gary Zukov
The Power of Now – Eckhart Tolle
Mindfulness for Beginners – Jon Kabat-Zinn
Nonviolent Communication – Marshall Rosenberg
Power vs. Force – David M. Hawkins
After the Ecstasy, the Laundry – Jack Kornfield
The Seven Spiritual Laws of Success – Deepak Chopra, MD

Reading Lists (cont.)

NEXT WAVE FOR HIGH ACHIEVERS

The Book: On the Taboo of Knowing Who You Are -
Alan Watts (on Vedanta)
The Way of Zen – Alan Watts (classic)
Comfortable with Uncertainty – Pema Chodron
Walden – Henry David Thoreau
Love Your Enemies – Sharon Salzberg & Robert Thurman
Loving What Is – Byron Katie
Siddhartha – Hermann Hesse
Zen Mind, Beginner's Mind - Shunryu Suzuki
The Farther Reaches of Human Nature - Abraham H. Maslow
Tao Te Ching – Victor Mair is The BEST translation (as are all of his)
Back to Sanity: Healing the Madness of Our Minds – Steve Taylor
Destructive Emotions – Dalai Lama & Daniel Goleman
Polishing the Mirror – Ram Dass
The Fire from Within – Carlos Castaneda
Freedom from the Known – Jiddu Krishnamurti
Island – Aldous Huxley

Your daily meditation practice

Of course, the foundation of the course is meditation! Plan to set aside 30 minutes each morning and 30 minutes each afternoon for your twice daily meditation practice! Use the meditation journal provided to consciously observe and track how your twice daily meditation practice shifts and transforms your life trajectory.

Certification Week (Week 16)

In- Person Track

For those that are completing the training with an in-person week, your on site in-residence certification week for Teacher Training will be held on the Pacific coast at the Meditation Nest - a nine-bedroom private residence in Old Carlsbad overlooking the ocean. We are literally steps from the sand and the ocean. We will be spending most of our time there on the coast, on the sand, and together in sessions.

We will rise before the sun, meditate, practice yoga, and spend each day exploring ancient wisdom teachings, discussing the interpretations of modern masters, and relating these to our own lives.

The in-residence portion of your training begins Tuesday evening, May 16, 2023 at 7 pm PT and outside of meal breaks for breakfast and lunch on the following days, we will be together from pre-sunrise to early evening; and wrap up on Sunday morning after graduation.

Virtual Track

For those that are completing the training Virtually, your "Virtual" LIVE! Certification week sessions will be held via Zoom. We will be spending our time together meditating, practicing yoga, and exploring ancient wisdom teachings, discussing the interpretations of modern masters, and relating these to our own lives.

The Virtual in-residence certification week begins Wednesday morning, May 24 at about 7 am PT and outside of meal and refreshment breaks, we will plan to be together until 3/4 pm PT each day; and we will wrap up on Sunday morning after graduation.

Questions ?

Congratulations again on choosing to join us for this training!

If you have any other questions, please email me at info@davidji.com or Nancy at nancy@davidji.com anytime!

REMEMBER:

**"A hunting party often has a greater chance of flushing
love and God out into the open than a warrior all alone."**

~Hafiz

Let's do this together!!!!