



# 2023 Deeper Still Course Outline

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

I've set up this training because I believe there is always room to grow, strengthen our connection to source and improve as a teacher of meditation and timeless wisdom.

I will work with you over the next several months to integrate the teachings even deeper 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 training out very carefully to build on the Level I Masters of Wisdom & Meditation Teacher Training and create a unique experience for you that goes deeper with more expansive readings, provoke even deeper explorations through insightful, thought provoking lessons, and culminates with even deeper end game for you.

We will continue our journey of exploring many diverse wisdom traditions and the expressions of many different teachers throughout history so that the depth and breadth of your understanding takes you to an even deeper mastery of the wisdom teachings.

You will expand your daily practice; strengthen your comfort as a teacher; learn to give personal Nakshatra mantras; and, gain confidence with the business of teaching meditation.

I'll be supporting you every step of the way and am excited to get started.

Journey with me...  
Peace ~davidji

# Training Details

*This advanced training consists of 10 online lessons, weekly LIVE webinars each Saturday and five full days of Virtual Immersion (April 7-8 & May 4-6, 2023).*

Each lesson includes teachings and exercises to help you on this journey. I'm here, along with Nancy, to support you as much as possible. 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 week



# Getting Started

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

Each lesson includes teachings and exercises to help you on this journey. I'm here, along with Nancy, to support you as much as possible. In addition to the lessons, I've also created for you:

1. Continue your twice a day meditation practice and track it every day in your Meditation Journal.
2. Dive into the reading list – read each book 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. Share with your tribe through our private group Facebook page.
3. Begin to re-visit the code you live by – we'll discuss it in your one-on-one meeting with me.
4. Attend the weekly ZOOM class webinars – these are opportunities to ask questions, go deeper into philosophy, and share your challenges and triumphs.
5. Connect with your fellow advanced-teachers-in-training on our private group facebook page or through the group email.

Throughout the process, feel free to reach out to davidji 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 deeper with you.

# Schedule and Flow of Content

## **LIVE Zoom Sessions**

You & I will have one video call, and there will be weekly group online ZOOM webinar classes.

These are scheduled for:

Saturdays 9:00 am – 10:30 am PT

Mark your calendar and watch your emails (and the webinars page on your dashboard for the ZOOM meeting invitations with login information. Each webinar 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.

## **10 Online Lessons**

We will practice 10 lessons along the way, with assignments, study group interaction, a term paper, and our two Virtual “retreat style” immersions LIVE via Zoom.

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

The lessons cover a rich variety of teachings. Each lesson will have parallel tracks with ancient wisdom lessons, mantra & sacred sounds lessons, teaching exercises/resources and individual or group assignments. They will include stories, quotes, audio files, videos, readings or exercises, and 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 Deeper Still Advanced Teacher Training dashboard each Saturday for your new weekly lesson. And of course attend the weekly webinar or watch the recording at your convenience. 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 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](mailto:info@davidji.com), [nancy@davidji.com](mailto:nancy@davidji.com), [customerservice@davidji.com](mailto:customerservice@davidji.com), and [http://teamdavidji@davidji.com](mailto:http://teamdavidji@davidji.com) to your address book as approved senders. If you still do not see your weekly email each Saturday, 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

# Schedule & Flow ...continued...

## Reading Lists

Before reading the Deeper Still reading list books, make sure you are comfortable with the teachings in the current Level I Teacher Training required and suggested reading lists since those are required reading for this Deeper Still training. You should have started with books in those categories that you had not yet immersed in as soon as you enrolled in the training– and then proceed to the Deeper Still core and recommended readings.

Since it's my hope that you read and study at the speed, order, and frequency that your heart leads you, I will not be posting the content of the weekly lessons prior to their release. There will be some weeks where what you are reading is what we're studying, and other weeks where we are dancing like a double-helix. I encourage you to stay connected with each other through our group emails, our private Facebook page and individual connection.

For each book, make notes along the way and pay attention to the styles that most resonate with you, as well as those that don't. Then, read the other books on the required reading list. Read one, devour it, and move to the next. Talk about the readings, write about them, post them, share them with friends... keep them alive in some way in your life.

Once you have read every required book, identify your favorites, and move deeper into the suggested reading. We'll discuss what we're reading in our webinars and the facebook group.

## 2023 Deeper Still Required Reading List

Mantram Handbook –Eknath Easwaren

Mantra Yoga and Primal Sound –David Frawley

I AM THAT – Sri Nisargadatta Maharaj

Be as You Are: The Teachings of Sri Ramana Maharshi

The Upanishads – Eknath Easwaren translation

The Seat of the Soul – Gary Zukov

Power vs. Force – David M. Hawkins

+ Required Reading List from the Current Masters of Wisdom & Meditation Teacher Training (as noted below)

## 2023 Deeper Still Recommend Reading List

Miracle of Love – Ram Dass

The Power of Now – Eckhart Tolle

The Holy Science – Sri Yukteswar Giri

Mindfulness for Beginners – Jon Kabat-Zinn

After the Ecstasy, the Laundry – Jack Kornfield

# Schedule & Flow ...continued...

## Reading Lists continued...

### 2023 Deeper Still Next Wave for High Achievers

Nonviolent Communication – Marshall Rosenberg

Book of Secrets– Osho

The Book of Life: Daily Meditations with Krishnamurti– J Krishnamurti

The Ramayana– Válmiki translated by Ralph T. H. Griffith

Dhammapada– translation by Eknath Easwaren

### Current MOW&MTT: Required Reading (also required for Deeper Still)

*As new books are released and as our curriculum evolves, we ensure the reading list for each Teacher Training stays challenging. Below is the list for the current Teacher Training:*

destressifying: A Real World Guide to Personal Empowerment, Lasting Fulfillment & Peace of Mind – davidji

Secrets of Meditation: A Practical Guide to Inner Peace & Personal

Transformation (revised edition) – 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

### Current MOW&MTT: 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

# Schedule & Flow ...continued...

## Reading Lists continued...

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 advanced training is deepening your meditation practice as well as increasing your comfort and skill as a teacher of meditation and ancient wisdom! 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.

## Questions

Congratulations and thank you again on choosing to join us for this advanced training!

If you have any other questions, please email me at [info@davidji.com](mailto:info@davidji.com) or Nancy at [nancy@davidji.com](mailto: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!!!!**

