



GETTING READY

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*Masters of Wisdom
& Meditation
Teacher Training*

Transform the world by Transforming Yourself

DAVIDJIMEDITATIONACADEMY.COM

WELCOME TO MY MASTERS OF WISDOM & MEDITATION TEACHER TRAINING

WINTER / SPRING 2027

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

davidjimeditationacademy.com



TRAINING DETAILS

Getting Ready



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

[Click here to access your training intake questionnaire](https://davidjimeditationacademy.com//teacher-training-questionnaire/) or save this link - <https://davidjimeditationacademy.com//teacher-training-questionnaire/> - and then of course thoughtfully fill out the Questionnaire and submit about one month prior to the start of your training. We also ask that you upload a head and shoulders photo.

**You will need to be logged in to your davidji Meditation Academy dashboard using the email address and password you set up when you enrolled in the training.*

If you prefer, you can also click here to download a fillable PDF version of the [Teacher Training Intake Questionnaire](#). If you choose this option, upload your completed questionnaire & photo to bit.ly/2026TeacherTrainingFileUpload (saved with your name in the document title) or email it to info@davidji.com and nancy@davidji.com before the training start date.

02

Accept our invitation (watch your email) to review your Teacher Training Code of Conduct and return the signed version to us via dropbox sign.

03

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

04

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.

05

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

Getting Started



06

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

07

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

08

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.



TRAINING DETAILS

Schedule & Flow



Online Meeting Schedule



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

These are scheduled for:

Sunday, February 28, 2027, 9:00 am - 10:30/11:00 am PT;

And then every Sunday thereafter from 9:00-10:30 am PT until May 16, 2027

After graduation, you will receive your final post graduation lesson and materials that will lead up to our final group webinar a couple weeks after you are certified.

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 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 lessons along the way each week, weekly group webinars, some assignments, study group interaction, a term paper, and our week in-residence virtually via Live! ZOOM video connection.

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, teachertraining@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 have it resent it to you.

Reading List

REQUIRED READING

Books by davidji

Secrets of Meditation- davidji
Sacred Powers- davidji

Ancient Wisdom & Buddhist Philosophy

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)

Modern Interpretations of Ancient Wisdom

Paths to God – Ram Dass
The Miracle of Mindfulness – Thich Nhat Hanh
The Four Agreements – don Miguel Ruiz
When Things Fall Apart – Pema Chodron

SUGGESTED READING

destressifying_– davidji
The Ten Commitments – David Simon, MD
Soul Shifts – Barbara DeAngelis
The Essential Wayne Dyer Collection – Wayne Dyer
The Power of Now – Eckhart Tolle
Mindfulness for Beginners – Jon Kabat-Zinn
After the Ecstasy, the Laundry – Jack Kornfield
The Seat of the Soul – Gary Zukov
Autobiography of a Yogi – Paramahansa Yogananda
Nonviolent Communication – Marshall Rosenberg

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 Weekend

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 Thursday morning, May 20 at 7 am PT and outside of meal and refreshment breaks, we will plan to be together until 2:30 or 3:30 pm PT each day; and we will wrap up on Sunday morning, May 24 after graduation around 10 am PT.

Questions?



Congratulations again on choosing to join us for this training!

If you have any other questions, please email us 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!!!!





GETTING STARTED

My Intentions

Setting your intentions for the beginning of this journey



Intention Setting

Looking at ourselves through the lens of the five realms will help us gain clarity on our needs, our desires, and what we can bring into our lives that will nourish and affirm us.

Use this worksheet as a tool to help you get clear on your needs in each of the Five Realms, and then Set Intentions for yourself in each of the five realms as we begin this Teacher Training Journey.

01

Physical Realm (Every aspect of your physical body: your body, diet, health, exercise, nature, sleep, sex, digestion, even your looks):

02

Emotional Realm (How we react to certain people, situations, and circumstances – the words, conversations, and interactions that push our buttons and trigger us; and how we respond to them):

Intention Setting

Setting intentions for Teacher Training in each of the 5 realms.

03

Material Realm (Money, wealth consciousness, career, possessions... essentially the "stuff" we have, desire, covet, or are working towards bringing into our lives):

04

Relationship Realm (The relationships we have with our self, our core, our family, colleagues, friends, those with whom you have a grievance, etc. and we want to either birth, re- pair, shift, or end them):

05

Spiritual Realm (This is also where you hold your underlying belief system, core values, and your understanding of your purpose or meaning in this life):