

“WHEN I LET GO OF WHO I AM,  
*I become who I might be.*” –Lao Tzu

davidji is an internationally recognized stress-management expert, corporate trainer, meditation teacher, and author of Sacred Powers: The Five Secrets to Awakening Transformation released December 2017; the critically acclaimed and Amazon #1 Bestseller and Nautilus Award Winner, destressing: The Real-World Guide to Personal Empowerment, Lasting Fulfillment, and Peace of Mind; and Secrets of Meditation: A Practical Guide to Inner Peace and Personal Transformation, also winner of the Nautilus Book Award. He is credited with creating the 21-day meditation process, which spawned hundreds of 21-day meditation experiences and challenges around the world. Often referred to as the Velvet Voice of Stillness, he can be heard on more than 500 guided meditations, available on [iTunes](#), [Amazon Music](#), [HayHouse.com](#), [Google Play](#), [Spotify](#), [Pandora](#), [SoundCloud](#), and on [davidji.com](#).

After a 20-year career in business, finance, and mergers and acquisitions, davidji began a new journey to wholeness, which he found through meditation. He apprenticed under Drs. Deepak Chopra and David Simon, serving as the Chopra Center COO, Lead Educator and then as the first Dean of Chopra Center University, training more than 200,000 people to meditate and certifying more than 1,000 meditation teachers.

He has since left the Chopra Center to travel the world teaching the practical integration of meditation, mindfulness, conscious choice making, and ancient wisdom into our real-world, modern-day experiences. For more than 12 years, davidji has helped thousands of people around the world to be more reflective and less reflexive, make better decisions, sleep better, enhance their relationships, experience abundance, and live a purpose-driven life.

davidji is a certified Vedic Master, and every month, throughout the world, he hosts empowerment workshops, life-change immersions, exotic spiritual retreats, and teacher trainings.

He has a passion for working with those in high-pressure situations, including members of the military, special forces, law enforcement, business leaders, and those in crisis. He is the developer of the Blue Courage Awareness Training curriculum, which empowers police throughout the U.S., and teaches them present-moment life tools in their quest for safety, nobility, resilience and guardianship. His teachings on stress release, conflict resolution, and mindfulness are now practiced in some of the largest precincts and police academies in the country.

## You can listen to davidji on Hay House's LIVE!

*from the SweetSpot radio program –*

a free, global internet radio show with  
tens of thousands of listeners around the world.

To join the davidji Meditation Community and receive tools,  
tips, techniques, and free, weekly, guided meditations,  
**CLICK HERE.**

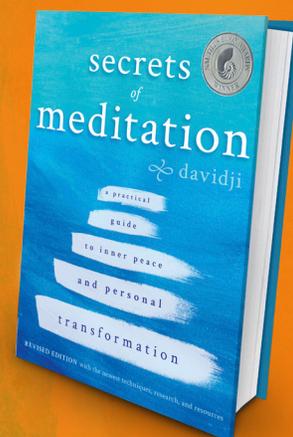
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into your browser.



**Known as the Velvet Voice of Stillness, millions of people listen to davidji's guided meditations, audio books and his radio show every month.**

**Listen to davidji narrate an excerpt from his award winning book "Secrets of Meditation"**



# Services



## Mindful Performance, Workshops Keynotes and Training

### Are you looking to bring wellness into your workplace?

Davidji has helped some of the top corporations in the world coach their executives and employees on stress management, team building, leadership and increased productivity. The session you desire can be customized to your organization's needs and work environment.

After a 20-year career in business, finance, and mergers and acquisitions, Davidji spent a decade as the Deepak Chopra Center's COO, Lead Educator and as the first dean of Chopra University. He understands the delicate balance between business and wellness,

and having worked in the corporate world for so many years, he understands the challenges that we all face managing stress, focusing on goals, keeping a harmonious workplace, and growing the business. His sessions are a fusion of timeless wisdom translated into real-world practical application.

Your team members will take away action steps, daily practices and powerful tools to balance and thrive in their personal and professional lives. Whether you are looking for a keynote speaker at your conference, a morning or afternoon training, or a customized multi-day workshop, Davidji will work with you to develop an individualized program to achieve and exceed your organization's needs with potent and long-lasting results bringing wellness into your workplace.



## Watch Davidji in Action

AT THE 2015

## I Can Do It!

Conference in Seattle.

There were more than 800 attendees for his keynote!



## Notable Collaborations



lululemon



athletica

Bank of America



SYRACUSE  
UNIVERSITY  
University College

Großker  
Be a Better You



KAISER  
PERMANENTE



# Testimonials



"I love the genuineness and raw simplicity of davidji's powerful message. His style is inclusive and inviting rather than exclusive and elitist. Bottom line: I want to have an outlook on life just like davidji."

**-Laurent Potdevin, CEO, lululemon**



"davidji's fundamentally human approach gets at a simple truth: if we are happier, healthier, and more aware of our inner motivations, we will perform better in our jobs, be better parents or spouses, and be more present for our clients. This is true because, thanks to davidji's guidance, we have a better understanding of what peace of mind is and how to achieve it."

**-John W. Thiel, CEO, Merrill Lynch**



"davidji is a wonderful teacher who brings joy and awareness to the world."

**-Deepak Chopra, M.D., New York Times best-selling author of The Future of God**



"davidji is a master teacher who illuminates a better way to be human by bringing bleeding-edge research to life and showing practical ways to change your mind-set about stress."

**-Shawn Achor, happiness researcher and New York Times best-selling author of The Happiness Advantage**



"davidji is an incomparable teacher. The depth and breadth of his wisdom is unsurpassed. With davidji, the Blue Courage team of police officers—who teach thousands of cops annually—have laughed, cried, learned, grown, and transformed. davidji has the solutions that protect those who protect us. Through davidji, hearts are healed, souls are inspired, spirits are ignited, and minds are expanded. Oh yes—and lives are saved!"

**-Michael J. Nila, police commander (Ret.), Blue Courage founder and managing partner**



# Destressify

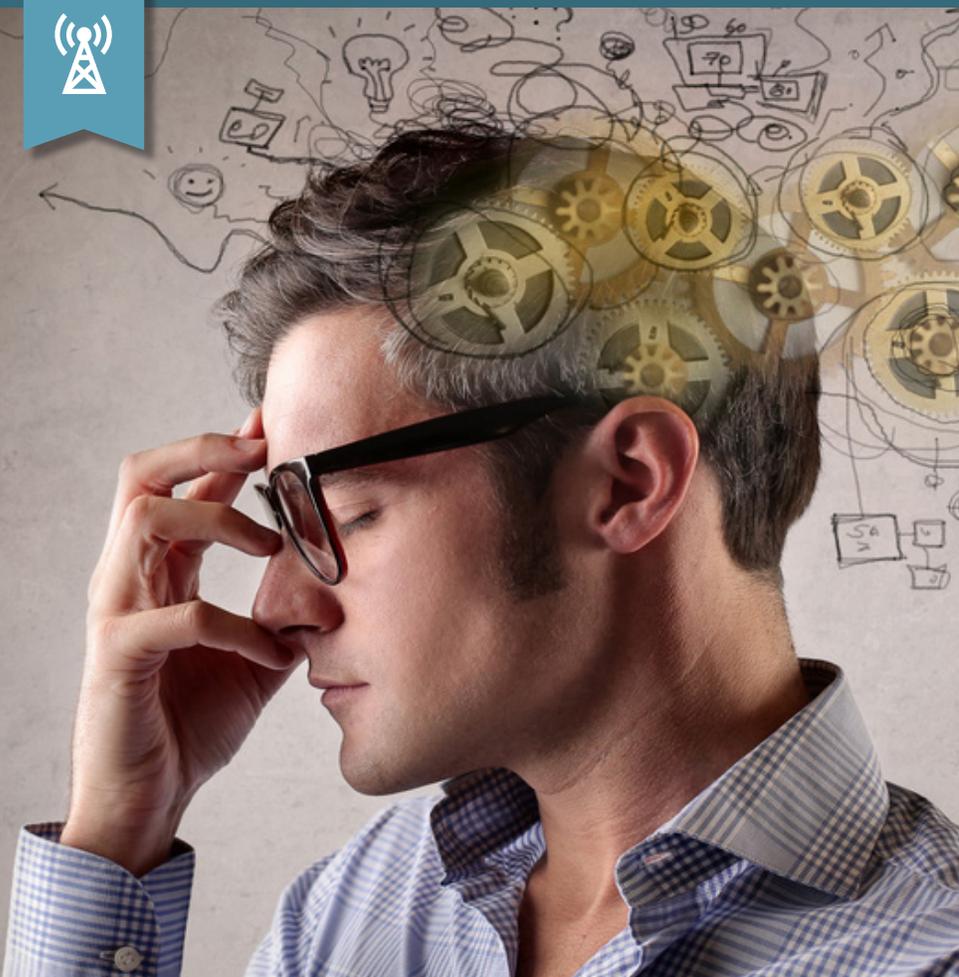
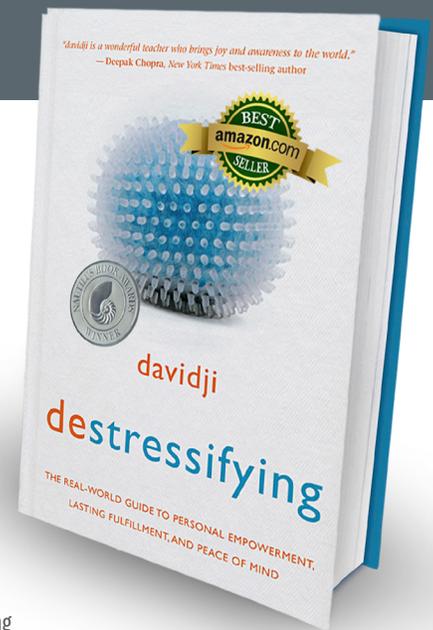
## *Real world techniques to increase efficiency, creativity, & profitability.*

destressifying is not a term we often think about, but it is essential to our wholeness as individuals. It is our capacity to prepare for, recover from, and adapt in the face of uncertainty, overwhelm, disappointment, stress, adversity, trauma, or tragedy. We're not simply talking about bouncing back after we've faced a challenge, but rather mastering our perception of the moment and cultivating our natural ability to seize that moment and express our best version of ourselves in the face of a demanding, difficult, and taxing situation.

Stress is universal because our needs are universal. Yet the individual way each of us responds to having our needs met, and how we respond when they aren't met, become this unique mosaic we call our reality. In critical moments when we crave clarity, the spontaneous right thought, word, or action—when we wish it could just slow down a bit so that we could make the best, most conscious choice for ourselves and everyone around us—boom! We may find ourselves swept up in a tsunami of thoughts, fears, confusion, overwhelm, regrettable behaviors, knee-jerk emotions, and conditioned reactions.

Davidji has created a powerful 5-part program full of real-world, practical techniques for recognizing stress before it happens, understanding the real reasons that we feel stressed out (they're not always what we think they are), better understanding our emotions in response to stress, communicating more effectively and non-violently, and realizing our true purpose in life so that we can better serve ourselves, our jobs and our families.

Paired with the latest cutting edge research on stress management, Davidji has developed a number of in-the-moment stress busters, as well as a series of simple mindfulness and breathing techniques to lower your heart rate, lower your blood pressure, slow your breathing and calm the chaos that occurs when stress occurs.



## Sample Davidji's Pattern Interrupt Technique



If you're having trouble clicking the link, copy and paste this URL  
<http://davidji.com/wp-content/uploads/2016/06/Pattern-Interrupt-no-music-Guided-Meditation.mp3>  
into your browser.