A portrait of an elderly man with long, curly white hair and a full white beard. He is wearing a dark blue textured blazer over a black t-shirt with a yellow and blue graphic. He has his hands clasped in a prayer-like gesture. He is wearing several beaded bracelets on his left wrist and a watch. The background is a soft-focus outdoor setting, possibly a beach or a field.

∞
davidji

World-Renowned Mindfulness
Teacher & Stress Expert



Davidji's Story

For many years I worked in the worlds of finance and business amid the wild corporate swirl of New York City. It was a career many would be proud of and to look at my life I should have had everything. But I was miserable...

One day I realized — I had stopped meditating, a practice that had once brought me joy and deep fulfillment. Instead, I often awoke at 2 a.m., I ate my lunch at my desk while texting, chatting on my cell phone, typing e-mails, and wolfing down a sandwich . . . all in five minutes. I realized I had been doing that for almost fifteen years.

I finally shared my story with my wife and she handed me a piece of paper. She had sensed my daily pain and had explored a few deeper options for me to consider. One was a meditation retreat. She encouraged me to follow my heart. A work colleague advised me, "Jump and the net will appear." One of my yoga teachers suggested, "Quit your job today. The universe will provide."

And so, my journey began...



davidji is an internationally recognized life guide, author, meditation instructor, motivational speaker, and meditation recording artist.



500K



115K



120K



68K





Mindful Performance, Keynotes, Workshops & Training

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

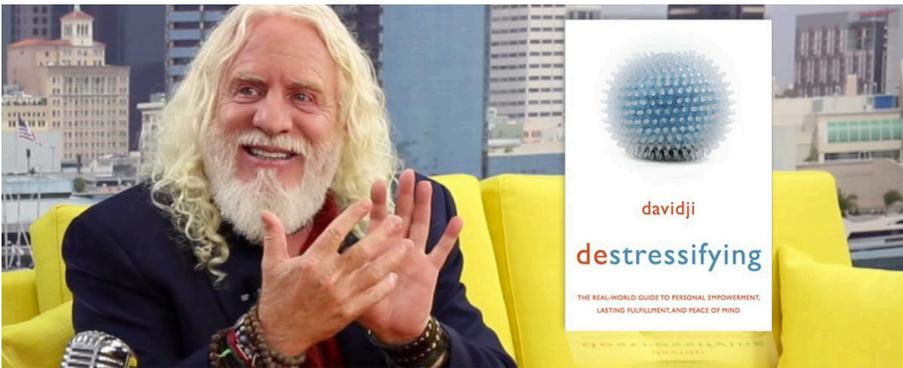
After a 20-year career in business, finance, and mergers and acquisitions, Davidji began a new journey to wholeness, and served as the COO, and the lead educator of the Chopra Wellness Center. He was also the first Dean of Chopra Center University where he trained and certified over 2,000 meditation teachers. Now, as head of the Davidji Meditation Academy, he teaches the practical integration of stress management, mindful performance, meditation, and conscious choice making into our real-world, modern-day experiences. His sessions are a fusion of timeless wisdom translated into real-world practical application.

Davidji's experience teaching hundreds of thousands all over the world, including physicians, military, law enforcement, corporate groups and stay-at-home moms, offers your team members a breadth of knowledge that will give them steps to locking in a daily meditation practice, as well as powerful tools to balance and thrive in their personal and professional lives.





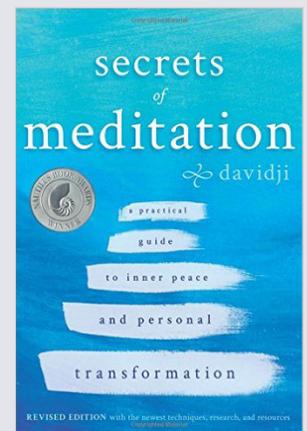
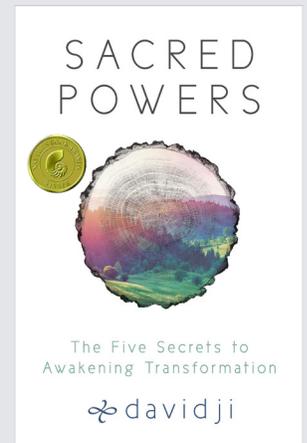
Media and Press



David Ji is the author of Amazon's Best Seller: *destressifying: The Real-World Guide to Personal Empowerment, Lasting Fulfillment, and Peace of Mind*; and award-winning *Secrets of Meditation: A Practical Guide to Inner Peace & Personal Transformation*, and *Sacred Powers: The Five Secrets to Awakening Transformation*.

He is the creator of the original 21-day meditation challenge and considered the most prolific voice of guided meditations. Known as The Godfather of guided meditations, more meditators have streamed David Ji's unique meditations than any other voice in the space.

Nautilus Award Winners



Men'sHealth

CBS

fitness

Spirituality & Health

yoga JOURNAL

GO

The Sydney Morning Herald

THE HUFFPOST

Social Media Statistics



+



+



Over 36.2M streams

Top countries are United States, Canada, and United Kingdom



437.1K follows



115K follows



120K follows



68K subscribers

Testimonials



"I'm a huge fan and a lucky friend. I love being in davidji's robust, rich, deep, peaceful, funny, people and animal-loving presence."

— **Kris Carr**, New York Times Best-Selling Author



"davidji is a wayfinder who has an extraordinary grip on truths that transcend the objective and subjective worlds. His depth of experience and tenacity of spirit have made him one of the pioneers of our time."

— **Mike Dooley**, NY Times Bestselling Author



"davidji speaks at our biennial wellness conference for physicians. He is engaging, dynamic and interactive and our physicians now use his techniques regularly."

— **Dawn R. Clark, MD**, Regional Assistant Medical Director, Kaiser Permanente Medical Group



"davidji is a master storyteller and a beautiful wordsmith, who draws on a lifetime of spiritual adventures to help you say YES to your spiritual journey."

— **Robert Holden**, Author of *Happiness NOW!* & *Shift Happens!*



"davidji is a divine teacher and a soulful leader. In his book *decompressing*, he offers a practical guide to managing stress with grace. In a world where stress has become an epidemic, this book is a must-read. davidji's wisdom and tools will clear the blocks to the presence of peace we all long for."

— **Gabrielle Bernstein**, New York Times Best-Selling Author



"davidji is an incomparable teacher. With davidji, the Blue Courage team of police officers—who teach thousands of cops annually—have laughed, cried, learned, grown, and transformed."

— **Michael J. Nila**, Police Commander, Blue Courage



"davidji will amplify your heart, energy and destiny. He is the real deal filled with ancient wisdom to help you reach your full potential."

— **Suze Yalof Schwartz**, Founder of Unplug Meditation