



David Ji: Introduction To Establishing A Meditative Practice.



David Ji is a meditation practitioner who has taught millions around the world to heal their hearts, plant powerful intentions and manifest their dream lives. Learn how to form daily meditation routines that will set your day with mindfulness and presence from morning to night.

TOP EMBODIMENT TIP: Remember to breathe.

What is Meditation: **A powerful tool to make better decisions in life**

- By taking a conscious moment to pause and be present, we can reflect on our lives and take a break from daily constant monotonous activity.

Start Your Morning off Right: **The first meditation sets the mood for the day**

- Start the morning with a meditation to influence the rest of your day with mindfulness.
- When the mind hasn't yet "woken up", meditation can prove to be a bit easier. Along with meditation, include an intention and gratefulness practice.
- **Rise, Pee, Meditate (RPM) as Morning Routine:** Before starting daily activities, create a habit of meditating everyday by starting a morning routine that consists of waking up, going to the restroom, and then immediately meditating after. This allows the body and mind

On Letting Go: **second meditation of the day**

- This meditation allows us to let go of any disappointments and frustrations that came up in the morning or early afternoon so that we can approach the evening (i.e. dinner time) with nourishment and revitalized energy.
- On the inhale think "Let", and on the exhale think "Go"

Ending Mantra: **Om, Ah, Hum**

- In this context, the mantra can represent the following words as a guide in English:
 - (OM) Peace of mind,
 - (AH) peace of speech,
 - (HUM) peace of heart

Resources

- ❖ **Website:** www.davidji.com/
- ❖ **Social:** [@davidjimeditation](https://www.instagram.com/davidjimeditation)



❖ **References:** Deep Healing (via the *Insight Timer* app), Metta meditation

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Philip Shepherd, TEPP [The Embodied Present Process](#)



Philip Shepherd is the author of two books, *Radical Wholeness* and *New Self, New World*, and is also the originator of The Embodied Present Process (TEPP), which is taught online and in workshops around the world.

When you belong to a culture that lives in its head, you absorb its limiting assumptions at a tender age – assumptions about what it means to be human, what the body is, and what intelligence is, for starters.

The Embodied Present Process is a unique, gentle, far-reaching series of practices that illuminate those hidden limitations within the body, undo their hold, and newly sensitize you to the present. Discover how an embodied meditation can open you to a whole-body experience of the present in just a few minutes. This transformative practice is one of more than a hundred practices developed by Philip Shepherd, and offers an inner journey you can navigate again for yourself at any time.

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