



**Love Summit 2014**  
**Davidji with Linda Kroll**

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Linda: I am so thrilled to start the Love Summit with an epitome of a love magnet and a love teacher. davidji is an internationally recognized meditation teacher, stress management guru. He's a certified Vedic Master, public speaker and the creator of hundreds of guided meditations, including the critically acclaimed CD called *Fill What is Empty; Empty What is full*, which he'll tell us about.

He's also the author of the award-winning *Secrets of Meditation: A Practical Guide to Inner Peace and Personal Transformation*. I've seen him teach for over six years, and his style is a unique fusion of both timeless wisdom and real world practical application that is so filled with heart and humor that he just brings out the best in all of us.

He's apprenticed under Dr. Deepak Chopra and Dr. David Simon for over a decade, and he was their Chopra Center University's lead educator and the dean for many years. Personally, davidji has taught hundreds of thousands of people to meditate. That's hundreds of thousands of people.

He now travels the world helping individuals awaken to the best version of themselves and discover their finest expression in life. For the past two years he's hosted the radio show *Live from the Sweet Spot with davidji* on Hay House Radio.

He's going to talk to us about so much today, but this is a man who is a true light with such an open heart. He's a real bodhisattva, which is someone who's motivated by great compassion. He's a scholar, a teacher, a mentor, a guide and I am so honored to also call him one of my dear friends. Welcome, davidji.

davidji: Oh my. That was the nicest thing anyone ever said to me. What a way to start Valentine's Day, right?

Linda: Exactly. It's all true. It's all true. I'm so glad you're here.

davidji: Thank you so much, Linda. I'm so thrilled to be here. I'm thrilled to be spending Valentine's Day, at least a little part of it, with you and the tens of thousands around the world who are joining us right now.

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This weekend I've been with Blue Courage, which is a law enforcement awareness training. These are police lieutenants and captains and Mounties and cops from all over, who come together to learn to meditate and learn to connect to their most divine selves and to bring a little more peace into the world as peace officers.



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What an amazing Valentine's Day for me to spend that time with them and to spend this Love Summit, kick off the Love Summit 2004 with you. Thank you so much for inviting me.

Linda: You're so welcome. It actually did kick off with you because it was an idea in my mind and you said yes. You were the first to say yes, and it was like divinely inspired. It was kind of build it and will they come, and now thousands have come and they're joining us. We're kicking off with you and with meditation.

I know that a lot of the listeners, many of them probably already meditate. Some of them may have tried to meditate. Some of them don't know what meditation is about or how it relates to relationships and being happier. Can you jump in wherever you'd like and help us learn more?

davidji: Sure. Let's look at life logically. There is lots of stuff going on. There are 60,000 to 80,000 thoughts a day pouring into our heads. There are the conversations that we're replaying in our minds, that we've been replaying in our minds maybe since we were five or nine, or 25 or 39 or 45 or 49, anywhere along that journey. Our senses are constantly absorbing information. Sometimes it can feel like there's an overwhelm.

Simultaneously with that, we're living these lives of conditioning. We've been conditioned ever since we came out of the womb. There's a lot of noise. There's a lot of chatter. There's a lot of distraction. There's a lot of activity swirling outside of us and inside of us. If we could only quiet things down a bit, we probably would have a little greater clarity.

If we could only quiet our mind down a little bit we wouldn't have so much anxiousness, so much stress. If we could quiet our heart down a little bit it wouldn't feel so turbulent and so sad or grieving at times. If we can quiet our body down a little bit we wouldn't be so kneejerk or physiologically conditioned.

Meditation is just a tool to help with all that quieting. When we meditate we slow ourselves down just a little bit, and we drift out of the past and we drift out of the future into the present moment. In the present moment it's pretty quiet and it's pretty perfect, and everything is whole and you are connecting to your most infinite aspect, your most divine nature. That's where all the answers are.

When you quiet yourself down enough you can hear the whispers of God. You can hear the whispers in your heart. That's never going to lie. That's why I recommend meditation to anyone, no matter who you are. Some people think it's



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a cult, they think it's woo-woo or they think it's something that's going to interfere with their relationship to God. I've often said prayer is talking to God, meditation is listening.

I like this little meditation. I refer to it as "16 Seconds to Bliss". Actually, when I'm teaching it to cops and law enforcement I call it 16 Seconds to Clarity. When I'm teaching to a yoga crowd I call it 16 Seconds to Ananda. Ananda just means bliss in Sanskrit.

Here's what we can do just to start off the process. Maybe we could think about—right now we could conjure up in our mind's eye maybe something that's been disturbing us or something that's been making us uncomfortable or something someone said or something someone did. Not your deepest trauma, but something that has been weighing on you just a little bit over the past days and weeks. We all have that. We all had a misunderstanding or a disconnect with someone that we either work with or live with or care about or love.

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If you can conjure that up right now in your mind's eye, you can get some clarity on the face of that person. Then close your eyes and now witness your breath as you breathe in through your nostrils, and breathe it really deep down into your belly.

Actually, watch the breath move into your throat, into your chest, down into your belly. Then watch it there for about four seconds. Just witness it. Observe your breath in your body. Now ever so gently, again, out through your nose, allow your breath to move up your chest into your throat, into your sinuses and out through your nostrils. Now once it's out watch it dissipate. Observe it as it drifts away. When it feels comfortable, you can breathe normally and slowly open your eyes.

That was 16 seconds. If you played along with me, then in those 16 seconds you weren't thinking about that person. You weren't thinking about the past. You weren't thinking about the future. You weren't thinking about your situation. You were fully present, following the breaths come in and out. I call that 16 Seconds to Bliss. If you can do that for 16 seconds, that was just the meditation.

Linda: That's fabulous. It also gives you a chance to reboot, right?

Davidji: Yeah, we do it with our computers. We think it's so normal, but we don't think about it. Yeah, I could use a little reset on me as well. It creates a little bit of a pattern interrupt. We are such creatures of patterns and behaviors and conditioning, that it can help us reconnect to our hearts.



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Linda: Which on Valentine's Day is exactly every day what we're trying to do, is come from our hearts instead of our heads. If we take that 16 seconds, even in the middle of a thought process or an interaction, it allows you to show up.

davidji: Absolutely, absolutely. In the middle of an argument, in the middle of a board meeting, in the middle of a conversation, in the middle of traffic, in the middle of watching TV, in the middle of cooking dinner, in the middle of eating, in the middle of love making, in the middle of whatever it is that pattern interrupt allows the next moment to flow from an unconditioned space, in the quietest space, with grace and with ease. All of us could use a little more heart opening. I think everybody could.

Happy Valentine's, everybody! This is a great opportunity for us to open our hearts together and to connect, to love that the universe flows into us. If we are quieter, we can actually appreciate it a little bit more.

Linda: That's beautiful. What do you mean about conditioned, unconditioned space.

davidji: We're conditioned. We come out of the womb. I think really from that first moment we come out of the womb, every single being and every single situation that we come in contact with, we experience it and then we respond a certain way. Somehow that way is either rewarded or negated, and then we reinforce that by doing it a certain way the next time. By the time we've hit 12 years old, we've probably created the emotional blueprint for how we're going to respond to life.

Then every moment that gets added onto that, from going through puberty and into adolescence, into our teens or into our twenties, we're just reinforcing, reinforcing, reinforcing. How we deal with rejection, how we deal with praise, how we deal with money, how we deal with our physical body, our view of ourselves when we look in the mirror, how we view beauty outside of ourselves, how we appreciate certain aspects of spirituality or culture or music or art or nature, think of all those ways.

There's so much conditioning because we responded in a certain way when we were eight. We reinforced it again when we were 12. It happened one more time when we were 15. So really only three times. But now we're 45 and someone we care about tells us they don't love us, and we have the exact same response that we preconditioned ourselves to have. We can benefit by creating pattern interrupts in that kneejerk or that conditioned response to allow us to respond to life differently, rather than react to it.

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To respond to things with purpose rather than kneejerk and to respond in an unconditioned way, a new way, a fresh way, a way that serves us, rather than a way that may not have been serving us for most of our lives. That doesn't mean we haven't responded to things brilliantly. I think that life is this magnificent evolutionary process, and we keep learning and we keep growing.

When we can have a moment that may have brought us sadness in the past, and now it can bring us elevation and expansion and happiness and an aha moment, just by being more aware, just by allowing life to unfold rather than saying, "Oh, poor me," or, "Life always does that to me," or, "I'm such a loser," or, "Of course I'm unworthy," or, "I'm not entitled to be happy." We can go on and on and on and on with all those things.

I'm not saying we do that every single moment, but we all do that. We all do that. You apply for a job and they say no and you go, "Of course," rather than, "Oh, they don't know what they're missing." We say, "I probably don't really have the goods, maybe I'm too old, maybe I'm not attractive enough, maybe I wasn't articulate enough." We have that inner dialogue in our head that's talking to us, which probably was created sometime between when we were five years old and 12 years old.

Meditation allows us to take a space between our breaths like we just did, a space between our thoughts, a space between our words. Ultimately a space between our actions to create new actions, new behaviors, new emotions and ways to live and speak and think that actually raise us up. Does that make sense?

Linda: It makes perfect sense. Just taking it into the realm of relationships, because you said earlier if somebody tells you they don't love you. But usually somebody doesn't come up and say they don't love you. They do or don't do something that's different from what you hoped or expected them to do, and you translate it as they don't love you.

Then you start to build walls or filters through which you see these people, which is part of your conditioning. Then you don't hear them because you're still talking to yourself, either about yourself or about them, and that loop goes over and over again.

When you meditate you bring that present moment awareness to that moment without putting the past overlaying it or projecting it in the future. Then like you say, being more aware that there's another choice we could make in that moment that's much more loving and compassionate. Perfect sense.



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Davidji: Right.

Linda: Great. When you're doing that with someone and they're not doing it. Let's say you've learned to meditate. We come up sometimes with communicating with compassion for yourself and for the other person or being more mindful or being more conscious or using non-violent communication. There's a lot of different ways to communicate, but what if the person you're communicating with doesn't have these skills? How do you bring that present moment, witnessing awareness, into your relationship so that it is more compassionate?

Davidji: It's a great question. I think most people don't have the skills. I think most people realistically—that was Peaches, Peaches the Buddha princess, my meditating mindful Yorkie. She's an L.A. rescue. I do want to have one commercial here. Adopt your next pet. That was my commercial.

Linda: Oh great.

Davidji: We have to look at life. Most people, this fight/flight mode, which is physically fearing that our lives are at risk and then trying to physically protect ourselves in some way. Certainly right now there's about 32 wars on the planet being fought. So there are lots of people in fight/flight mode in those realms. But we were hardwired with this type of self-preservation mechanism 10,000 years ago, when we had the need to run from a saber-toothed tiger or from some unknown beast. They don't exist anymore really.

We've translated that into our emotional interactions. Someone says something to you that challenges your ego. You spend an hour-and-a-half getting all dressed up and putting on hair and makeup and eyeliner and you're looking so amazing. There are three things that can happen pretty much. Someone can say, "Oh my God, Linda, you look amazing," or they can say nothing, or they can say, "Uh, you're wearing that?"

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We would take all of those three things personally. If they said, "You look amazing," we would say to ourselves, okay, that reinforced my image that I can be amazing and I do look amazing. If they say nothing we would probably say, oh, look at how selfish they are, or I must not look good because they didn't say anything. If they say, "Oh, you're going to wear that?" we might even get defensive.



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So the response to that might be to bark back, which would be like the emotional version of fighting, for fighting and fleeing. If we just shut down and said nothing, that would be like the emotional version of flight.

Probably 95% of the world is always in fight/flight mode. Meditators have another gear. Meditators actually change their physiology, and change their emotional state and change how they perceive and view the world. It doesn't mean they're perfect. They can be as big of jerks as non-meditators. They can say the wrong things and misspeak and all that stuff, but they are a little more aware.

When they do say something that's rude, they realize it. When someone says something to them they may not take it as personally because they're more relaxed about the process. The world out there is in a reactive mode, bouncing between emotional, fighting or fleeing, either shutting down or being aggressive, in terms of when we offend our ego.

Meditators just have another gear. They don't have to even consciously think of it. Ultimately your physiology becomes trained. Your heartbeat slows down. All your stress hormones, glucagon, adrenaline and cortisol, are suppressed. Your sex hormone, your growth hormone, your immune system become elevated. Your blood doesn't get plump and sticky like it does when you're in anxiety mode. It actually becomes more fluid, so it's going to nurture us and nourish us on a daily basis.

I think that the heart is our pathway that connects the divine spirit to our soul. It's sort of like that bridge that connects our personal soul, our Atman, with the universal soul, Brahman, godhead.

If the heart is turbulent, if the heart is heavy, those conversations can't go through there. That's why they go up to the head, where there's a whole intellectual conversation. It sounds just like gibberish. We always need to just quiet ourselves a little bit, and then the heart acts like the pathway that connects the universe and our own souls.

Linda: I love that. I want to quote from your wonderful book. There's so much in there. When I read it—I've got it underlined and earmarked and all the rest of that. One of the ones is the part that talks about your true self.

I'm just going to quote a couple sentences where you said, "Meditation quiets you to a state where you experience life with a deeper understanding of your true self, your unconditioned self, the infinite you that rests at the core of who you are



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underneath your body and beneath this worldly garb of titles, roles, masks, ego and the complexities of this life.”

This true self, this heart-centered place to live and love and be grateful and be connected, that is what you teach so beautifully. So beautifully. Sometimes the term higher consciousness comes up. Again, not in a hierarchical sense that somebody that meditates is better than or otherwise. What do you think of the term higher consciousness?

Davidji: There can be a couple different interpretations of that. A lot of us, we don't feel comfortable either using the word God or talking about God or that God is not the thing that we're above. A lot of people either lean towards their higher power, their higher consciousness, their most divine selves. My interpretation is that here we are. We're these human beings in these flesh bodies that have a skin that will be around here for a span of a lifetime. That's pretty much who we are.

We're very, very flawed. We're very, very imperfect. Our skin ages and wrinkles. We misspeak. We say things we wish we hadn't. We do things we wish we hadn't. We know we should apologize to people, but we decide not to.

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We sometimes cut people off from our lives because our pride is too great. There are all these things. This is humanity. We're cruel. We're mean to others. We're mean to ourselves.

Then there's this most divine expression of who we are, the part of us that is whole and pure and perfect and infinite and enlightened. We could call it our most genuine self, the best version of who we can be.

When you talk about higher consciousness, that's us. That's our higher consciousness. I believe that the definition of spirituality is the journey that we take from that human state to our higher consciousness on a daily basis, on a momentary basis.

Each day when we ask that question, we've asked what would Buddha do, what would Jesus do. When you say what would the best version of me do, would the best version of me try to be right in this moment? Would the best version of me be cruel? Would the best version of me really need to make a point? Would the best version of me need to repeat myself five times? You can go on and on and on.





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No. My higher consciousness, my best version doesn't require any of those things because it's not coming from my ego. It's coming from my heart. It's coming from my soul. That's how I define it. What would davidji do in this—I don't talk about myself in the third person but I'll say, what would the best version of me do right now? That's me coming from my highest, my best state of consciousness at the time. Is it an enlightened state? It's my best state. Maybe it's better than I was five minutes ago, but I'll take it in that moment.

Linda: That's great. Imagine if everybody did that starting today with the relationships in their lives that they have. First of all, if they did it with themselves and started talking nicer to themselves with more compassion, then at the same time see their partner, or their children, or their parents, or their coworkers, or their friends from this vantage point of we're all one, we're all a part of the same oneness.

We all have these human parts that get in the way sometimes, but when you're coming from that place and shifting into it, even in that 16-second shift, imagine what it would do for relationships in your home, in your workplace and all over the world. Wouldn't that be cool?

davidji: Yes, that's great.

Linda: Let's talk about how it would bring more passion, or connection, or fun starting now. We'll talk a little bit more about the how-tos in meditation, but let's assume they get your book, *Secrets of Meditation*, and they learn all the different ways you can learn it, or they enhance their practice. How can they do that in this moment today and bring more passion, or connection, or fun into their lives?

davidji: Really the starting point is to bring some stillness and silence into your life on a daily basis. Whether that's 16 seconds that you can introduce a few times over the course of the day, just to give you a little pause, just a little breath. If you do that 16 seconds four times, that's a minute four seconds.

That's really how I taught police and military. I'm working with the military as well, up in Camp Pendleton, returning soldiers from Afghanistan. We start with 16 seconds, and then we do it four times. That's a minute four seconds. Then all we do is add a minute a week, and suddenly we've hit the midway point in the year. These guys are meditating for 25 minutes every single morning, and their lives are blossoming and blooming.

I can tell you that people, who have been the most stressed out, who've lived in fight/flight for five, six, seven tours of duty, cops who wake up every single day



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with the highest suicide rate of any profession in the United States and are holding that stuff in and are living in fight/flight from the moment they open their eyes to the moment they go to sleep, these people integrate these teachings so gently and incrementally into their lives. They don't say, "Oh, I only meditated for three minutes today. I'm such a loser." They say, "Oh my, three minutes of stillness and silence. That's great."

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So I would encourage everybody out there. If you've heard, "No, you have to meditate for 30 minutes twice a day," or, "No, you have to do this," you don't have to do anything. But if you'd like to be a little bit happier, if you'd like to invite love more easily into your life then just connecting a few times a day, whether it's two minutes or five minutes, just of you time, that will change your life.

If you say, "Oh, I can't sit doing nothing for five minutes," guess what? If you don't want to sit for five minutes by yourself, who else do you think wants to hang out with you for more than five minutes?

Linda: Good point.

Davidji: This is an opportunity for you to just get a little more comfortable with yourself and a little more peaceful with yourself. It's like, there's a sweet Hafiz poem. Hafiz is this Sufi poet from Persia, Iran. There's a beautiful teeny little poem. "After all this time the sun never says to the earth, "You owe me." Look what happens with a love like that. It lights the whole sky."

When we find ourselves in a situation, feeling entitled or feeling resentful or feeling whatever, remember, we're all just trying to do our best. Nobody owes anyone anything extra because someone gave them love. If we can just love ourselves and flow love, that's fine. We will be the happiest beings on the planet.

I think it's also really helpful. If you say to yourself, I'm the kind of person who's a hermit, no you're not. We're not hermitive people. We're connection people. If you don't go out or stay to yourself or say no, that's just made up in your head. I would encourage people to really connect to other people. Go out, join things, do things. Say yes. Let's make the commitment starting this Valentine's Day to say yes. When someone says, hey, you want to go to the—you know, you go, "Oh, no." It's really out of laziness that you don't do it.



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I think that's really the first thing. We have to remember that a hunting party often has a greater chance of flushing love and God out into the open than a warrior all alone. That's another Hafiz. So we should get out there.

That's what this collective is. That's what the Love Summit 2014 is. It's us not trying to do it alone and figure out how can I have more love in my life. It's by us all connecting and creating a love collective. That's how we do it. So you're doing the lord's work, Linda. I appreciate it because you're pulling us all together. Thank you.

Linda: Thank you. We all are. It's all one. It's such a gift to learn how to meditate. For people listening, because you mentioned that some people think they can't do 20 minutes or 30 minutes. They can't even do five. I've found, because my background is in therapy, that part of the reason I think people can't or don't think they can meditate is because they have in their conditioning dealt with their pain by, like you said, keeping in their body, exiling it into their bodies, going into their heads to figure out how to manage and let their egos take over on what kind of roles to play in the world.

But the energy from those unresolved feelings, from trauma or experiences, reside in their body. So when they're not being busy, busy as in over busy, and they actually sit down, sometimes what's happening is those unresolved feelings start to come up. It's a great opportunity to heal them.

I know you talk a lot about forgiveness and healing emotionally. Let's help people recognize that just because they can't sit it doesn't mean they won't be able to. It just means they may need to love themselves a little more and forgive themselves a little more and make space.

davidji: To take that even further, in *Secrets of Meditation* I wrote a whole chapter called "The 5 Myths of Meditation". One of those myths is when I sit down to meditate I'm supposed to clear my mind or stop my thoughts. Your thoughts only stop when you're dead, so if you have thoughts that means you're alive.

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Most meditators, or new meditators, suddenly they're sitting there and they start to have a feeling or an emotion, or they start list making, or they start to think about what they're going to do when they stop meditating. Then they think that they're losers. They're actually human and perfect.

That's a sign that you're alive, and if you're alive you should celebrate that. That's the number one reason people stop meditating. I've heard that so many—I



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have monkey mind and I've got thoughts. Of course you have thoughts. When you're sitting there it's normal to have thoughts or to be fidgety or do be restless.

Again, if you can forgive yourself for that and allow it and say, oh, this is actually part of the experience, how cool is that, I think I'll continue meditating now and I won't beat myself up that I'm alive. That's really all you're doing. If you're beating yourself up that you're having thoughts you're scolding yourself for being alive, and we want to celebrate being alive.

There's this beautiful line in the New Testament, "When we forgive we free ourselves from the ties that bind us to the one that hurt us." Sometimes that could be ourselves. If we're just willing to forgive ourselves it's a lot easier to forgive somebody else, because all of us want to be forgiven by someone for something.

The self-righteous of us may say, oh no, I'm not looking for forgiveness with anything. But we all wish we hadn't said or done something, or had said or done something at some point in our life. We would like a person who experienced pain from our actions or from our words to forgive us.

Forgiveness is tri-pronged. There's self-forgiveness, there's forgiving others and there's asking others for forgiveness. It all starts with that self-forgiveness. Are you willing to forgive yourself? Are you willing to say, you know what, if I had the option of doing this again I would do something differently? If you can say that to yourself, that you actually wouldn't cheat again on your spouse or wouldn't have reacted so reactively or violently, or wouldn't have said those harsh words that stun and can't be taken back, or wouldn't have sent that letter or that email.

We all have tons and tons of actions and sins that we wish could be forgiven. If we can ask ourselves that question, if this happened again would I do it differently, and if the answer is yes then you have to forgive yourself in that moment because we're human and we do stuff. We don't know what it's supposed to be like. No one gets an owner's manual when we come out of the womb. We're all just trying to figure stuff out on the fly.

Forgiveness starts in our own heart, just like peace starts in our own heart, and just like love starts in our own heart. We can't start giving it out to the world if we haven't truly understood what it feels like and what it means within ourselves and accepted it within ourselves. Once you forgive yourself it's a lot easier to forgive somebody else. Once you love yourself and you know all the secrets and flaws, it may be a little easier to love somebody else.



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I'm doing these workshops. I teach in Carlsbad, California, which is about 30 miles north of San Diego, about 120 miles south of L.A. I call it the sweet spot of the universe. It's a little beach community. There's a lot of spiritual history in that place. It's where Deepak Chopra and David Simon came to—well, that area—to create the Chopra Center. It's where Paramahansa Yogananda wrote the book *Autobiography of a Yogi*.

There's a lot of special sweet energy there. It's about 30 minutes south of Thich Nhat Hanh's beautiful monastery and retreat center. There's just a lot of beautiful, beautiful energy. I try to do something every single month in this, I call it the sweet spot in the universe.

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Linda: It is, I've been there. It's fabulous.

davidji: It's gorgeous, beautiful. It doesn't have a lot of things and it's got a lot of other amazing things. I found this beautiful home, this beautiful property, on the sand overlooking the ocean. It's where I hold all my workshops. Giant pelicans are flying by. Suddenly I'll be talking and I'll realize that there are whales dancing in the distance or dolphins jumping out of the water. It's a beautiful spot.

It's where I do my teacher trainings, it's where I do my workshops and meditation workshops. That's actually where I am right now, teaching Blue Courage law enforcement awareness training. With them we have to really teach them to be a little more aware of their breath, aware of their bodies, aware of their emotions.

They're so vigilant. That's the word they like to use. They're so vigilant, eyeing the crowd and determining what every single thing has happened outside of them, but they're not as aware of how they're feeling and what they're doing physiologically and emotionally. It's pretty powerful.

One of the things that we were talking about this morning is compassion. A lot of people think compassion is just empathy, like I feel your pain, but compassion takes it one step further. I think this is really an important aspect of relationships. Compassion isn't just empathizing with someone. It's also rooting for their suffering to end.

Linda: Love it.



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Davidji: That is such a strong foundation of relationships because most of us are in relationships and we were attracted to the relationship and then we got infatuated with the relationship and then everything cooled down a little bit. The drugs wore off. Then we found another level of connection. That's probably where we are in that relationship.

But throughout that relationship, in all the rises and falls of life and of that, we start hoarding grievances. We start having resentments. We can in that process start to withdraw our compassion. When we can really connect to it and become aware of it, and look our partner or our friend in the eye and looking into their soul, looking into their heart and say, you know what, and you can do this silently, I'm rooting for your suffering to end. Or you can say it out loud.

It's like Thich Nhat Hanh, the Vietnamese Buddhist monk, he has a great line. When someone tells you that they're in pain or someone acts reactive or says something mean to you, the perfect thing to say back to them is, "Darling, I'm here for you."

Linda: I love that.

Davidji: That's all any of us want, right? We just want somebody that we care about to be there for us.

Linda: That's so perfect, because if people did that today, if they really learned to put their walls down, that habitual way of looking and the courting of the grievances, and if they changed their filters so that they can really be in present moment awareness, then when they're talking to their partner and their partner is acting out in ways that are hurtful, or angry, or making them resentful, and you can actually do that 16-second reboot and centering and come from that compassionate heart that says, and this is a leap, but if you do it miracles happen, if you could actually say to your child, to your partner, "Darling, I'm here for you," wouldn't that be amazing?

Davidji: Wouldn't that be amazing?

Linda: Wouldn't that be amazing?

Davidji: If you condition yourself to say that first, before you say anything, it will even change what you're about to say next.



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Linda: Exactly. If you can even think it without saying it. Anything you can do to bring that.

davidji: It's amazing. That energetically shifts—even when I'm mad at a person and then they tell me something, I'll ask myself, what's my best version, how would my best version respond, kick them when they're down or say, "Darling, I'm here for you," It's a no brainer.

[00:45:00]

Linda: Exactly. Or even friends, or acquaintance, or co-worker. That forgiveness piece, I've always seen it as a gift we give ourselves. That when we forgive we're giving ourselves permission to let go of the hook that's in us from that interaction, but it also allows us to be present in a way that we can make new choices.

We can do it with a sense of presence that just allows you to be there, and allows you to be who you are and allows them to be who they are. Then from a compassionate space of witnessing moment of awareness, work out whatever you need to work out but from a much more heart-centered connection.

davidji: Yeah. Close your eyes just for one moment. This is what Mark Twain said about forgiveness. Just get this image in your head. "Forgiveness is the fragrance that the violet sheds on the heel that has crushed it." Every time I have that image in my head, it makes me want to forgive.

Linda: That's great. I ask my clients sometimes, if they had a magic wand or if they could flip a switch would they be willing to consider that they and the other person have each done the best they knew how to do, considering their level of awareness at the time? The more you meditate you have a more higher level of awareness. You're not in that fight/flight reactive mode, right?

davidji: Right, because that's really what Namaste means. I honor the light in you, that's also in me. When you're in that space and I'm in that space, we're one. I'm neither above you nor below you.

When we see someone doing something that we deem stupid or immature or whatever, we've been there. We'll be there again. We'll do that thing. We'll say it with our accents. We'll say it with our voice. We'll say it with our lips instead of theirs. We'll say it in our situation, not theirs. We'll say it using our words, not theirs. But we'll do it. If we can proactively just start forgiving every being that's out there, that's how the energy of the world shifts.



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Linda: What a great thing to start on Valentine's Day, or any day.

Davidji: Yeah.

Linda: I'm going to quote from your book again because you're such a poet. You said that, "It's the purpose of the spiritual journey is to expand your mind so that you can discover a self that can see the possibilities from an expanded point of view, even the ones that are opposing yours. Then from there choose creatively, intuitively and sacredly." That's so beautiful.

Let's talk about the sacred. How do you take the relationships that you have, and with meditation elevate them from whatever the fight/flight conditioned job that we're doing with it now and really bring the sacred and the love back into it?

Davidji: Abraham Maslow, he's the guy who created the Hierarchy of Needs, laid it out for the world to see. Sort of like a pyramid or a triangle. At the bottom of that essentially are our biological needs, our needs to drink water, to sleep, to eat food, to pee, to poop. We need to get those needs met before anything else happens. We can't [audio problem] else if any of those needs are not met.

The next above that are the needs of safety, freedom from fear, roof over our head, clothing, the ability to go to work without being shot, the ability to put out the garbage without being mugged. If that need is not met then we live in fear, and we can't think of anything else.

But if our need for our biological needs are met first and our safety needs are met next, the next level of needs are love and belonging. That's friendship, family, intimacy. That's where the four needs of the heart, attention, affection, appreciation and acceptance. They're actually progressive. We all want to be seen.

[00:50:00]

That's attention. We all want to be looked at. We all just want to be seen, without anything deeper. We want someone to make eye contact with us, or at least know we're there.

A little deeper into the love quotient, it's affection. We want to be seen, but we also want to be held and cuddled and patted on the head and winked at with a smile or just smiled at in general. A little further is that appreciation. Appreciation. We all want to be acknowledged in relationships, in work, in all





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those aspects of our lives. We all want to be accepted. We all want to be included. We all want to feel like we're a part of something.

So attention, affection, appreciation and acceptance, if those needs are met, Maslow says, then we can move on to self-esteem and confidence and respect and achievement, things like that. If those needs are met then, and only then, can we move to self-actualization, which is creativity and spirituality and spontaneity and truly living in the moment.

We must work and lean in the direction of having the needs of our heart, attention, affection, appreciation and acceptance, having those needs met on a daily basis. When we suddenly find ourselves reacting to someone or not being kind or being curt or being anything, we have to realize, you know what, my likelihood that right now one of my needs is not being met.

Maybe the person didn't pay enough attention to me. Maybe they didn't show me the affection I thought I was going to receive. Maybe they didn't appreciate me or show acknowledgement for something that I did. Or maybe they didn't include me.

We can stop fighting and stop arguing, and stop setting up all these things, by realizing in that moment when you're starting to feel just a little constriction inside your heart or a little heaviness inside you, rather than blurting something out or storming out of the room or shutting down, just innocently ask yourself, which of the four As, which of the needs of the heart, attention, affection, appreciation or acceptance, was not met?

Then at least you can even have a conversation and say to the person, "You know, I feel small right now. It's my issue, not yours, but I thought you were going to give me a compliment and you didn't say anything. I thought I did a really great job. I think I was looking for acknowledgement in this moment." How powerful is it for us to be that vulnerable? I think vulnerability is always a sign of strength. Never is that a weakness.

Linda: It is, and asking for what you need and getting clear on what you need gives the other party an opportunity to give it to you. Everybody has different needs and different currencies of love, so whether it's touch or words or acts of service or backrubs or cooked meals, learning how to ask for what you need is the first step in getting it.



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Learning your currency, but also learning your partner's currency, because you might be giving them hugs and they might just need space. Having these conversations, but doing it from this higher self or true self or higher level of consciousness or more compassionate openhearted presence, that's going to give you more of what you want.

Also, giving what you want is how to receive it. If you're looking for more attention give more attention. Make eye contact with the person that might be avoiding your eyes. If you're looking for more affection, learn to be more affectionate in ways that meet their needs. If you're looking for more appreciation, I guarantee you you've probably shut down in terms of appreciating the people in your life, so if you switch that you'll get more back.

That acceptance, as you said earlier, it starts with accepting yourself. It starts with accepting our humanity and our divinity, and knowing that, like you said, we're spiritual beings having human experience. We're all doing the best we can based on our level of awareness. If we can practice present moment awareness and forgiveness, life shifts in a moment.

davidji: Amen!

Linda: Amen!

davidji: That was great. That was beautiful.

Linda: Thank you, thank you. We're all co-creating and you talk about how to live a life with purpose and peace and compassion and love and fulfillment, and how when we do meditate we can transcend that to the traumas that we've lived or the struggles that we've had or the challenges of our past, and be present in the moment to make new choices. Meditation gives you that opportunity.

[00:55:00]

What can you tell new meditators, in terms of they've heard and they think, okay, it's still not for me?

davidji: I would ask new meditators a series of questions. Would you like to be happier? Would you like to feel more fulfilled? Would you like to be the calm amidst the chaos? Would you like life to come at you, almost as it's appearing in slow motion, so you would never feel overwhelm ever again? Would you like to connect more deeply to your heart? Would you like to have greater peace of mind when you put your head on the pillow at night? Would you like to have an



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increase in your sex hormone and your growth hormone and your immune system? That's all.

Linda: My goodness.

davidji: If you say no to any of those things then okay, I guess you shouldn't meditate. But if there's any of those things that you would like, you can have them all just by meditating. You don't have to live in a cave and you don't have to be chanting ohm and you don't have to have your hand in secret special mudras and be in utthita or full lotus. You can really just sit in a comfortable chair in your backyard for a few minutes every morning and every afternoon, and just connect to the stillness and silence that rests within.

Linda: That's beautiful. For those in the Midwest in the middle of the snowstorm, backyards aren't available but even to get up and get out of bed. Would you give us your very highly specialized way to ritualize meditation? I've always loved it.

davidji: Thank you for giving me the opportunity. We all wake up and we have these morning ablution rituals that we all do. We all wake up, we look at the clock and then we do between eight and fifteen things, in consecutive order on autopilot. Usually Monday through Friday is one series and Saturday and Sunday is another series, depending on if you work on weekends or not.

But we do these, and we bang them out one after another. We pee, we poop, we shower, we brush, we makeup, we hair, we cook, we eat, we drink, we pet, we do something with kids, we watch TV, we get online, we check Facebook, we send an email, we do all that stuff. We get dressed at some point in there. The technique that I developed is known as RPM (rise, pee, meditate).

Linda: Could you repeat that for those people who didn't get that down please?

davidji: Sure. RPM is rise, then pee, then meditate.

Linda: Thank you.

davidji: We figure we're all going to wake up. If we don't this is not relevant. Not too big a leap to think a few moments after you wake up you're going to pee. If the very, very, very next thing you do is to sit and meditate, whether that's for two minutes, five minutes, 20 minutes or 30 minutes, then within 35 minutes of you opening your eyes you've got a half hour, or ten minutes, or five minutes, of stillness and silence that did not exist prior to that.



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Then everything you touch throughout the day, everything you say, everything you do, has a little bit of stillness, a little bit of silence. I used to say, “I’ll meditate at 10:00.” Ten o’clock never comes. You can’t do it at a time. You truly have to do it—just like you don’t brush your teeth at a certain time. Even though you may wake up at the exact same time every day, you don’t brush your teeth at the exact same time every day. You brush your teeth after one thing and before another thing.

So if we can just squeeze that meditation in, to rise, pee, meditate, then brush or then shower or then put up the pot of coffee or then poop or whatever your morning—everyone’s got a different ritual. But I think that can really help people connect to it. I get probably 50 emails a day from people that I’ve taught really over the last 13 years saying, “I’m still RPMing. You taught me to RPM in 2005 and I still do it.”

It’s like the one way that you can sort of—just like we always brush our teeth. It’s rare that we wake up and say, you know, today I’m just not going to brush. We don’t do that. If we do it once in a year, that’s a lot. So we can do the exact same thing. We’ve ritualized it. We don’t even think about it. We pick up the toothbrush, usually right after something else. I brush my teeth and step into the shower.

[01:00:00]

I’ve been brushing my teeth and stepping into the shower, I don’t know, 25 years. I don’t think about it. I don’t say, now I’ll put down the brush. Hmm, should I walk Peaches or should I pee? No. I brush and step into the shower. For me I’ve ritualized it. If we can ritualize our daily sadhana, our daily meditation practice, then we’re not even thinking about it and we’ve locked in stillness and silence. We’ve connected to that.

When we can connect to that space between our thoughts, our breaths, our words, when we open our eyes we come back here. We’re taking back a teaspoon of stillness into this world. We’re taking back a symbol full of silence into our day. We’re taking back a tweezer full of our unconditioned self into every moment. You don’t have to think about it. Suddenly there’s just a lot of stillness around, and that’s where love—love grows in the fertile soil of stillness.

Linda: When you think of bringing that into each of your relationships in this moment onward, it’s a beautiful goal to have. I can’t tell you how many times I’ve put RPM on the board and given you credit each time for that, by the way.



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Davidji: That's very kind of you. Thank you. Thank you. You're an amazing teacher, Linda. Linda and I have taught workshops together. We have rocked it in Chicago.

Linda: It's the reason we're online, because when you were here at Infinity last year we had to close registration because too many people came, which actually motivated my desire to learn how to do all this online so that we could reach people all over the world.

Speaking all over the world, your book is going all over the world. One quote about his book is that if there's one book to read on moving through challenges and lifting your life to the next level, it's the *Secrets of Meditation*. Tell us about your book and the languages it's going into and everything. Share that with us.

Davidji: My book is published by Hay House. Each week I have a radio show on Hay House Radio also. You can go to [hayhouseradio.com](http://hayhouseradio.com). Amazing people. Deepak has been on my show and Don Miguel has been on my show. I've had some of the greatest guests. It's just amazing. I'm so grateful to Louise Hay and to Reid Tracy for really inviting me into the Hay House sandbox. Who else is on that network? Wayne Dyer has a show, Marianne Williamson has a show, Caroline Myss and Doreen Virtue. Really some amazing people. Hay House Radio is a radio for your soul. It's a great environment.

Linda: When is your show?

Davidji: My show is on—how do I do this multiple time zones—3 p.m. Pacific Time every Wednesday, 4 p.m. Mountain, 5 p.m. Central, 6 p.m. Eastern Time. If you are outside of the country, it's usually around 11 at night in the U.K., midnight in the rest of Europe. In Hawaii it's noon. It's around 11, I think, in Alaska, Anchorage. It gets replayed for four straight days.

I would encourage everyone, listen, turn it on, for whatever feels right. We talk about meditation, Ayurveda, Danta, conscious choice making, all sorts of fun and kooky stuff. We have really fun guests as well.

Everything in my life really shifted when I wrote *Secrets of Meditation*. After being a dean of Chopra Center University and the lead educator of the Chopra Center, with Deepak's blessing I left that world to travel the world and teach meditation. I still teach at the Chopra Center Induction of Spirit and Journey into Healing. It's great to be hanging out with Deepak, at least for five weeks a year.



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I have the radio show, which touches about 20,000 people every Wednesday. The replays are in the tens of thousands. I speak also at the Hay House I Can Do It! That's actually my first one ever was February 3<sup>rd</sup> up in San Jose.

The book really has led me in so many different directions. Over the last several months it's been translated into Russian and Swedish and Danish and Dutch, and just recently Bulgarian and Arabic.

[01:05:00]

Linda: Spanish.

davidji: Just today is the official release—Valentine's Day is the official release in Spanish.

Linda: Wonderful.

davidji: People have been preordering it. Yeah, I'm really excited.

Linda: How do people get all these things? I know on your website you also have guided meditations and free meditations every week, and videos and articles. How do they find you?

davidji: Visit [davidji.com](http://davidji.com). If you don't know what J-I is, after I was at the Chopra Center for about six months, Deepak Chopra and David Simon came to me and they said, "Listen, it's too confusing. You have the same name as David Simon. We have to change your name." I said, "So what are you going to change it to?" They said, "davidji." I said, "What do you mean?" They said, "J-I is a term of reverence in Hindi. It means beloved." I said, "Oh. My mother named me David because in the bible David is beloved." So I'm beloved beloved.

You can go to [davidji.com](http://davidji.com). You should sign up for the davidji sweet spot meditation community. It's free. You just have to enter your email address. You get a weekly free guided meditation, a blog, an article. You can connect to like-minded people.

You're the first person to hear about if I'm doing some kind of workshop or if I'm doing some type of fundraiser, or something along those lines. I would encourage everyone. You can always unsubscribe if it's not a love connection or if it's not truly bringing greater fulfillment into your life. I'm a privacy freak, so I will never



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share your email with anyone ever, under any circumstances. I would invite everyone, come on!

Linda: Also in person. We've got Facebook, and you've got things coming up in person. Where are the things that are coming up in person? I know they change.

davidji: I have something coming up every single month. At the end of this month if you want to come with me to the Galapagos Islands and swim, meditate and hang out with turtles, you can do that. That's at the coast of Ecuador.

In March I have my Dharma workshops if you're looking for your purpose, to discover your purpose in life. Actually, that's April 3<sup>rd</sup> to the 6<sup>th</sup>. You can catch me in Denver at the end of March at the Hay House I Can Do It! I think Louise Hay is going to be there as well.

I do teacher trainings, Masters of Wisdom and meditation teacher trainings twice a year. The next one starts in June and it ends with a full week. It's mostly online video webinars and lessons and emails and Skype sessions for three-and-a-half months. Then we all meet in person in the sweet spot of the universe, at the meditation nest, for a week. We'll be meeting—I think it's September 22<sup>nd</sup> to the 28<sup>th</sup>. I don't have the—

Linda: Once we sign up on your website you're going to send us all that information. People can get it, right?

davidji: Oh yeah. You can just go to my website or you can just send me an email at [info@davidji.com](mailto:info@davidji.com).

Linda: Fantastic.

davidji: That's actually my email. I actually see that. No one else does.

Linda: I remember when I first met you. You came to Chicago with the Chopra Center in 2008 and I saw you on stage. You not only lit up the room, but laughter was everywhere because you have such a way, as everyone can see, of bringing the infinite wisdom of the Sages into practical applications, but with such joy and such love that beloved beloved works perfectly for you, because everybody falls in love with you and Peaches. The two of you together are quite a light.

I just want to quote. I saw Jean Houston on your site has called you a “midwife of souls”. For me that is truly what you do. You help us go from our constricted ego-



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based limited way of fight/flight reactivity. By allowing us to get to that stillness and silence within, you remind us of who we truly are. As Don Miguel Ruiz said about you, “You open the heart of the beautiful dreamer resting deep within all of us.” You do it with such grace and love.

I wonder if you would lead us in that metta meditation that you were talking about possibly?

[01:10:00]

Davidji: Yeah, sure. I’d love to do that. First of all, thank you so much Linda. You’re so sweet. It’s not a one-way love. It’s a love connection.

Linda: Aw, thanks.

Davidji: I’m so inspired by you. When I’m with you—and I haven’t been with you in awhile, I’m not coming back to Chicago until it’s really warm.

Linda: Okay. It’s going to be warm soon. We’re going to get you back there. We’re going to get you back to the Midwest, I promise.

Davidji: I love spending time with you and I really appreciate—

Linda: The same here. My children, my daughters love you. You’re very loved everywhere you go.

Davidji: Thank you so much. I want to thank all of our listeners here, those who have taken the time out of their Valentine’s Day to kick it off, kick off this amazing Love Summit. We transform the world by transforming ourselves, and it happens heart by heart. This is really where we shift the world, and this is where we really shift our lives, by taking a step towards love.

Linda: As you say on your site, that quote from Lao-tzu, that, “When you let go of who you think you are, you become who you might be.” All that conditioning we can let go of and just listen to that stillness from the heart and the soul and the spirit, and compassionately communicate. You’re going to lead us in that meditation, and I’m so grateful.

Davidji: Let’s everyone get comfortable now, and let’s close our eyes. Let’s take a long, slow, deep breath in, and just let that go. We always want to be breathing through our nostrils, in and out. If we can do that, our breaths will be deeper and we’ll release more.





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Let's do that one more time. Long, slow, deep breath in, and release it. Now as you breathe in, feel the universe flow love, unconditional loving kindness into your heart. That's called metta. As you breathe in feel metta, loving kindness, fill your heart. As you exhale, feel the flow gently back out into the world.

Let's do that again. Long slow deep breath in of the universe's loving kindness into your heart. Shower yourself right now. You're so deserving of love. Shower yourself with loving kindness. As you exhale, just flow that back out into the world.

Hafiz said when all of your desires are distilled you will have but two choices, to love more and be happy. Let's do that one more time. Long, slow, deep breath in of metta, filling our hearts with attention, affection, appreciation and acceptance. Filling them. Gently release that.

Now as you breathe in, feel your heart fill with metta, unconditional loving kindness. But this time as you exhale, radiate that out to all your loved ones, loved ones who've passed to the next realm, loved ones who you live with, loved ones who you don't live with. Just shower them.

Let's do it again. Breathe in, metta, sweet loving kindness of the universe. Flow it right back out, to all those whom you love. Keep breathing. Take a long slow deep breath in. Feel your heart fill up with that metta, that sweet loving kindness. As you exhale, now flow that out to your friends, all the friends who are out there in your life, past friends, future friends, good friends, close friends, casual friends. Breathe in that metta from the universe. Feel your heart fill to the brim, and flow it out to all of your friends.

[01:15:00]

Now take a long, slow, deep breath in. Feel your heart fill with metta, forgiveness, compassion. When you exhale, flow it out to your acquaintances, those people who you're not really sure of who they are, maybe the barista in the coffee shop, maybe someone you pass on the street, just acquaintances, people whose faces you see but you don't really know who they are. Breathe in loving kindness, metta from the universe, and flow it out to all of them, bathe them in your love-filled light.

Now take a long, slow, deep breath in. Your heart is just brimming with love right now, just so filled with metta. You've got enough to spare for the whole world. So as you breathe in, fill your heart with metta, flow it out to those with whom you have a grievance, radiate it out and just shower everyone with whom you have a



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grievance with that metta. You're a conduit of love right now. You're a channel of love.

Breathe in again, long, slow, deep breath. Feel your heart fill with metta. Just release it and radiate it out to all those people with whom you have a grievance. It's bubbling over in your heart. That's why we say just fill what is empty and empty what is full. You are a channel of love.

Now take a long, slow, deep breath in. Feel your heart fill with that sweet metta loving kindness. Radiate it out to every sentient being on the planet, in every corner of the globe.

Now breathe in again. Feel your heart fill with that sweet metta loving kindness. Flow it out throughout the entire galaxy, filling the cosmos. Now with your next in breath, feel it come from every single corner of the cosmos. Feel that sweet metta loving kindness surge back into your heart and just fill you with appreciation, with gratitude and with love. Let's just sit in this space for a few moments.

When it feels comfortable, you can slowly open your eyes and hug or kiss the first person that you see. If you're alone, hug or kiss yourself. You can kiss your hand, or you can just give yourself a nice big hug, because you are just a love machine at this moment.

Linda: A love conduit, a love channel, a love magnet. With all that you just gave us, a light of love in this matrix of love that we're all connected to, both on this Love Summit and every day in every way. Through meditation and compassion and coming from your heart, you can fill with love and fill your heart and your home and the world.

I thank you so much, davidji, for all that you have given me, to the hundreds of thousands of people you've touched personally. You are a gift in my life and you are a gift in the world. I thank you from the bottom of my heart.

I thank everybody listening. What a way to start the Love Summit. What a way to start Valentine's Day. I know it's time, we have to go, but we'll see you again soon for Arielle Ford talking about being a magnet for love for the soul mate secret. Thank you all for being here.

davidji, thank you, thank you, thank you. Sending so much love.



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Davidji: Thank you, Linda. You rock! Thanks for bringing us all together so we can feel the love.

Linda: We're all doing it together. I couldn't have done it alone. I love you and we'll talk soon. Take good care, hon.

Davidji: I love you too. Namaste.

Linda: Bye-bye. Bye, everybody. See you soon.