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David began practicing Buddhism in 1971 and served as private secretary to Tibetan contemplative master Chögyam Trungpa. He was closely involved in the early development of Naropa University and Shambhala International, and a senior teacher of Shambhala Training. He studied focusing with Eugene Gendlin, Ann Weiser Cornell, Robert Lee and others. He is a Certifying Coordinator (senior trainer) with the Focusing Institute and conducts advanced training in meditation instruction for Shambhala International. His website is www.mindfulfocusing.com.