



Damian Vaughn is a former NFL player who has pursued the sphere of mind and body through meditation, the study of eastern wisdom traditions, and mindful awareness for over 15 years. At an early age he began to experience "Bliss Consciousness" and "Zone" which opened his mind and heart to a heightened awareness and curiosity. Damian strengthened his ability to realize higher states of consciousness as he continued his journey through life. The quest for expanded awareness became an essential part of him as he eventually discovered a new passion, sports.

As a former NFL player he has had to endure extreme mental and physical challenges, he was able to transcend them through meditation. This practice permitted him to discover the essence of not only the individual athlete but the whole of the team. He became fascinated with the experience of being in the zone, and recorded details of each "Zone" experience. By coupling his personal notes with eastern contemplative literature, he began to develop a deeper understanding of the nature of this state of being.

The Vaughn Center is the realization of Damian's commitment to the development of the athlete's mind and body. His teachings are meant to guide athletes toward realizing their deepest and fullest potential not only within their sport but most importantly their lives. The Center was also created to assist athletes transitioning out of sports and into new career paths or retirement. Finding fulfillment outside of the game can be a difficult challenge for many professional athletes. Using Damian's techniques to heal mentally and physically allows the athlete to transition into the rest of their lives with a strong sense of purpose, meaning, joy, and fulfillment.

Since leaving his football career, Damian has founded two successful businesses, and realized how to continue expanding the self in life out of sport. He has travelled across the country giving lectures on how to understand and master the mind, experiencing the Zone in sport, how to cultivate Flow in life, and discovering our own higher states of consciousness.

Damian is a Certified Teacher of Primordial Sound Meditation through the Chopra Center. He has studied under the tutelage of Dr. Deepak Chopra and Dr. David Simon for over 4 years. Meditation has been a part of his daily life for over 15 years. His teachings are a blend of eastern wisdom traditions, conventional science, quantum physics, neuroscience, and the science of Mindful Awareness.

Testimonials

Sean Morey - Arizona Cardinals, Wide Receiver & Special Team Captain (Current), NFLPA Player Safety & Welfare
"Working with Damian has allowed me to trust my inner voice, stabilize my mind, and to take my game and my life to a higher level of achievement and fulfillment. Damian will guide you to open new doors to a more fulfilled perspective of life."

Rory Nicol - Ohio State Buckeyes Football, Tight End (2003 - 2008)
"Competing at a very high level in sport for 5 years, I knew the transition into the business world was not going to be easy. Thankfully, I was able to connect with Damian and embark on a journey that has truly changed my life. Through the routine practice of meditation I have been able to enjoy all that life has afforded me. The daily routine that I have adopted from Damian's teachings has granted me access to my inner being that ultimately has allowed me to fulfill my deepest desires."

Ali Mcknight, U.S. Track & Field (1994 - 1999), U.S. Women's Bobsled (1999 - 2000)
"When the star in my 'Track Star' had faded, I found myself on a confused and frustrating path in search of something I hadn't even know I had lost. My identity. Who was I? What was I good at? Where did I fit in? What did I enjoy doing? Working with Damian has allowed me to answer these questions authentically for the first time in my life. Meditation has been the key to my clarity, purpose, and transformation."

John McLaughlin - Tampa Bay Buccaneers, Defensive End (1999 - 2001)
"After having played professional football for several years and getting hurt, I found adjusting to life outside the brotherhood was difficult. During this time, I experienced many lows and difficulties from my career to my relationships. It only took a phone call in which I asked for Damian's help and guidance as a friend and teacher to pull me out of what seemed like a never ending tumble. He is easy to connect with and has techniques that I was able to put into practice immediately which made an instantaneous turnaround in my daily well being. Since then, my work and personal life has begun to regain speed in the direction that I want it to go. His teachings are easy to put into practice and I now find happiness in everyday life."