

How to find the joy of life

True joy comes from within, says Iranian meditation master visiting Dubai

By Sonali Raha

At 40, he was clearly successful. He had Masters degrees from a Harvard satellite school and Columbia University. He had given up an international banking career on Wall Street to set up his own flourishing computer company in Boston, Massachusetts, USA. He lived the yuppie life, drove a posh car, had plenty of money, met the right people.

Then Kambiz Naficy gave it all up.

"I wanted to know if materialism was all there is to life. There was a nagging voice inside that said I should follow my own truth, rather than follow what everyone else was doing," he said. "I realised that many of the external authorities I looked up to were themselves confused and fearful. The only place I had not looked for wisdom and peace was inside."

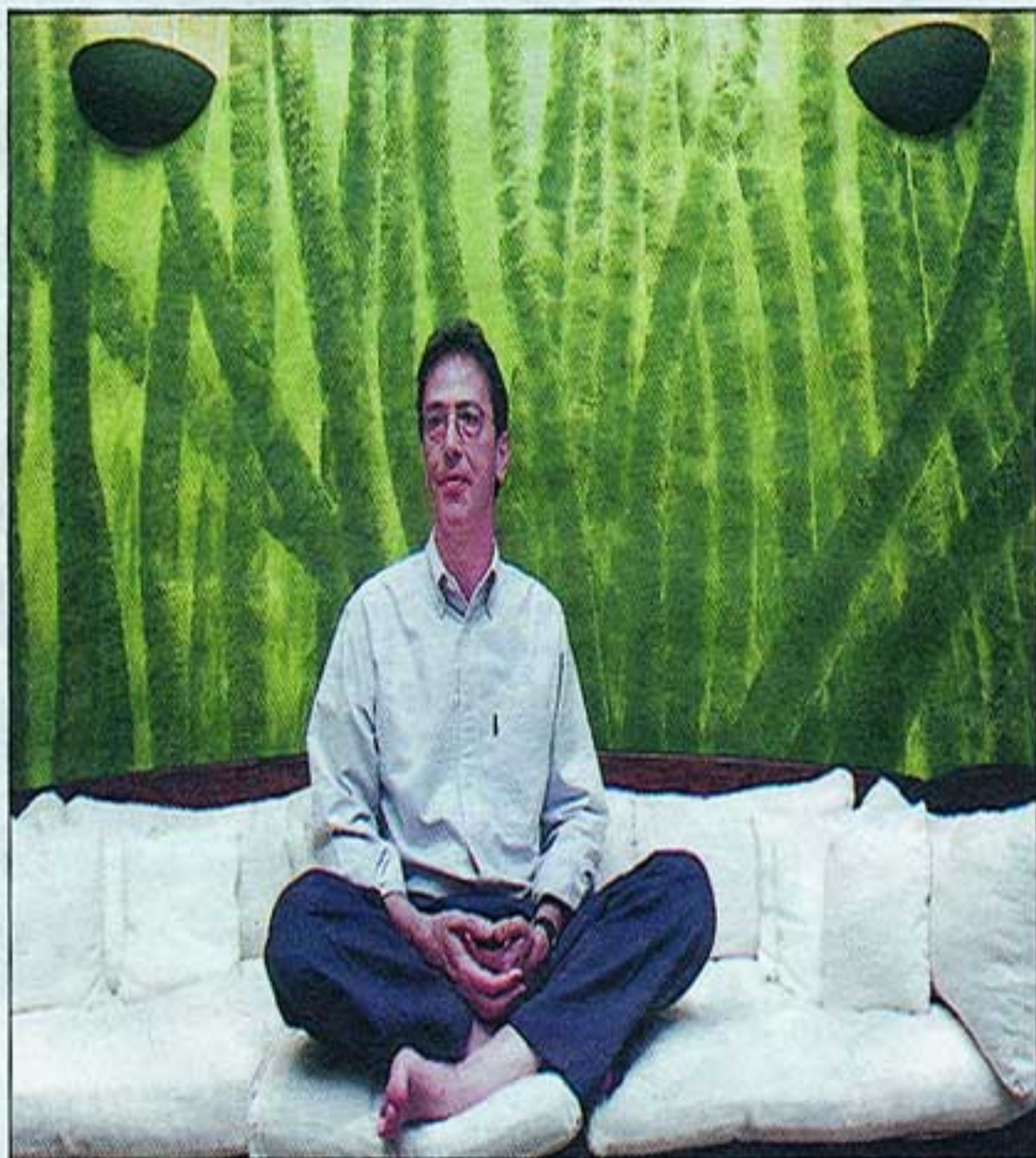
The internationally renowned Iranian meditation master, who is now in Dubai to conduct workshops (see box), found his first solace in Hatha Yoga. "I derived great peace and happiness. Yoga and meditation is not in conflict with any religion. It is a way of calming your mind. It empties and focuses the mind to make prayer more sincere," he explained.

"Then my ex-roommate in the Harvard school came to me in New York and introduced me to Transcendental Meditation (TM). He suggested I go to the Maharishi International University in Fairfield, Iowa. I spent two years there.

"I did very deep study of the ancient Indian scriptures and practised deep silence. I found the scriptures constantly made references to the atom and to an infinitely intelligent creative force beneath the atom. I also found close parallels between atomic theory and states of super consciousness in human beings."

He integrated the wisdom of the scriptures with the facts and theories of Quantum Physics and formed his own, unique Joy of Life system.

The system begins with the defini-



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tion of joy. "Joy is the energy involved in making contact with the soul. In every human being there is an energy field that we call the soul. That field vibrates at above one million cycles per second. The flesh and bones vibrate at 350 cycles a second," he said.

"Joy is when you make contact with your highest vibrating energy field (soul). The two sensations of the soul are joy and love and they are regardless of external circumstances.

"The building block of all nature is

the atom and within the atom you have wavelike movement. Because of emotional blockage and physical illness, the natural wavelike motion of the life force (prana) slows down. Then there is a lack of joy and vitality.

"The breathing technique used in this workshop induces the subatomic wave motion of the life force in the body. I have found there is a dormant life force that can be activated more efficiently through breathing. Once these waves of life force begin flowing,

there is joy and vitality and the consciousness is drastically transformed."

Today, at 50, Naficy teaches his meditation and breathing techniques in Iran and travels regularly abroad. "Meditation is the process of diving inward so that you can witness the impermanent thoughts and emotions, realising that you are far greater than your passing thoughts and moods," he said, adding that daily meditation would greatly add joy and vitality to life.



The workshop

Kambiz Naficy began a six-day Joy of Life workshop at House of Chi, Dubai, on Thursday. Participants can also join two-day modules (the workshop ends on Tuesday).

He integrates deep body relaxation, Yogic and wave-like energetic breathing techniques, hypnotherapy (the student accesses blocked emotions through self hypnosis) and silent meditation.

Two sessions are scheduled per day from 1.00pm to 4.00pm and 7.00pm to 10.00pm.

Everyday joy

Kambiz Naficy suggests five simple ways you can find joy every day:

1. Ask yourself what do I live for (your highest life priority) and don't abandon that.
2. Strive to harmonise your words, thoughts and actions with the truth of your heart.
3. Develop concentration so that you can withdraw your mind and the five senses from destructive addictions.
4. Practise meditation daily to contact your own soul.
5. Keep company with the wise and loving.

Pictures: Kiran Prasad