

*Take a step towards your serenity
& spiritual progress,
and teach what you have learnt.*



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**The Joy of Life Mentoring Program
with**

***Kambiz Naficy
Kriya Meditation Master***



What is the 3-Month Mentoring Program?

After twenty five years of solo-teaching, Master Kambiz Naficy is now on a worldwide mission to train and groom a series of centered and insightful teachers well educated in the Joy of Life Kriya Yoga meditation and personal transformation techniques.

The trainees will join Kambiz Naficy on live, teleconference sessions and the sessions will be recorded—all participants will have access to both written and recorded course materials. During the program, teacher training participants are encouraged to join one of Joy of Life's local representatives for weekly Kriya Yoga meditation sessions.

The Mentor Program lasts for three months and each month involves twice-weekly group teleconference sessions conducted personally by Master Naficy. Each week, the participants will partake in two live sessions, with each teleconference session lasting for one hour fifteen minutes. Participants graduate in three months after completing twenty four sessions.

The Joy of Life Mentoring Program is divided into three phases, each phase lasting one month.



Target Audience

Master Naficy and his Joy of Life Organization, invite anyone who is deeply interested in personal and spiritual development, and perhaps in teaching Joy of Life's meditation and transformation techniques to help the local community.

What Happens After Graduation?

For those interested in teaching, a select group will be given an opportunity to teach and spread the beautiful energy of this knowledge while making an income.

Benefits of Joy of Life's Mentoring Program:

- Deep and total understanding of Yoga.
- Deep insight and inner-cleansing of yourself leading to greater personal insights, self-confidence, and Wholeness.
- Strong camaraderie between like-minded participants on the program.
- Mastery in the art of Kriya breathing meditation which centers you and brings you abundant inner-joy and Grace.
- Earning money by teaching Joy of Life's basic courses.
- Receiving Kambiz Naficy's loving and powerful energy for an extended period of time.

Joy of Life Mentoring Program Fees: \$5,000 per participant.

• PHASE I—Odyssey of Self-Discovery

Listen to Kambiz Naficy Talk About Phase I



Phase One of the Mentoring Program runs through the first month. This phase involves living thirty practical life lessons designed by Kambiz Naficy for your personal transformation. You will gain far greater insight into who you are, where you want to go, where you are now, and what is stopping you from progressing.

You will be discussing your experiences of the thirty life-lessons with Master Naficy over eight live sessions (two sessions per week). Kambiz Naficy will act as a powerful and insightful group counselor during these live sessions. He will also provide you with dozens of transformational tools (please review the testimonials about the Odyssey).

Sample Topics

- Your original family and family dynamics
- Your childhood and teenage coping mechanisms
- Identifying defense systems that limit you
- How the subconscious mind works in your life
- Identifying and eliminating subconscious and limiting beliefs
- Identifying how your self-fulfilling prophecies have narrowed your life-choices
- Techniques for choosing empowering thoughts
- Self-confidence and where it comes from. Techniques for building confidence
- How your life-experiences relate to your perceptions—change your perceptions and you will transform your life

Benefits of Phase One

- Coming to peace with your childhood and teenage years.
- Coming to peace and loving your parents.
- Developing deep self-love and self-acceptance.
- Learning tools for building self-confidence and contentment.
- Becoming free of self-sabotage and self-fulfilling prophecies.

• Phase II—the Eight Limbs of Yoga

Listen to Kambiz Naficy Talk About Phase II:



During this phase of the Mentoring Program, you will gain deep insight about the Science of Yoga and why Yoga makes us happy.

In Phase Two, we thoroughly cover the Eight Limbs of Yoga as follows:

1. Yama—character cleanup.
2. Niyama—acknowledging and worshipping your Higher Self.
3. Asana—understanding asanas or why yogic postures center you and make you whole.
4. Pranayama—how to control your Life Force through breath-control.
5. Prathyahara—quitting addictions and unwanted behaviors through mind-control.
6. Dharana—focusing your mind on what’s important. Success and joy through a focused mind.
7. Dhyana—understanding and practicing daily meditation.
8. Samadhi—merging with the One Force that runs our Universe.

Sample Topics

- How the Eight Limbs of Yoga bring you full support of Nature.
- How the human mind can go beyond its own chattering thoughts, fears, and anxieties (transcendence).
- Understanding brain-wave activity and body metabolism during deeper states of meditation.
- Multiple techniques for deepening meditation.
- How to deal with thoughts during meditation.
- Quitting addictions and releasing obsessions through mind-control (Prathyahara).
- What is Pure Consciousness and how is it different from thinking?
- What is Kundalini and how does Kundalini bring Grace to your life?
- What is the Ego and why we suffer from this false self?
- Achieving the state of Turiya for deep peace and present-moment awareness.
- How do the Enlightened live? Understanding Samadhi and daily life after Samadhi.

Benefits of Phase Two

- Full knowledge of Joy of Life's Kriya Yoga meditation along with weekly practice.
- Deep understanding of Yoga and its eight limbs.
- Gaining practical experience of how to apply yoga to your practical life.
- Increased mental focus.
- Serenity, contentment, and living in the present moment through the eight limbs of yoga.

• Phase III—Living with Age Old Wisdom—the Vedas

Listen to Kambiz Naficy Talk About Phase III:



Renowned through the world, the Vedic scriptures of yoga touch upon every aspect of practical life and guide you to live in harmony with Natural Law for joy and abundance. In Phase III of the Mentoring Program, Kambiz Naficy guides your daily life while immersing you into the practical wisdom of these Vedic classics:

- The Bhagavad Gita
- Shiva Sutras
- Tantraloka
- Yoga Vasistha

Sample Topics

- The power of mantras and practical use of mantra repetition.
- Anchoring your life in daily prayer.
- Inviting abundance through gratitude.
- How to remain centered and balanced while living a hectic life.
- Tapping into your intuition.
- Choosing your thoughts.
- Developing inner-strength and confidence from inside-out.
- Achieving success while remaining detached from daily outcomes.
- Connecting with your Soul through breathing.

Benefits of Phase Three

During Phase III, the feeling of spiritual certainty and Soul-contact is unmistakable.

People who experience the power of Vedic scriptures report a deep sense of peace, as if everything is just fine in my life and I am Supremely protected...

Testimonials

"Thank you for giving me faith after 20 years of not believing in the God force, for helping open my heart and really discovering what love is, for teaching me how to still the mind and still be active and purposeful."



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"Kambiz Naficy is a master teacher of the art of seeing with the heart. Kambiz nurtures each student with keen perception and empathy as they learn to look at the world through the lens of self-understanding, compassion, positive thinking, and unconditional love. From this perspective, his students' patterns of behavior and habits of mind are positively redirected towards creating a life of deep joy and inner peace. With gentle patience, Kambiz employs a variety of strategies to guide personal growth which include meditation for clarity of thought, focused breathing exercises, the deliberate rewiring of negative thinking into positive visualization, and community support from an international network of students.

The Joy of Life program came into my life at just the right moment. I can honestly say that it has been a transformative journey and that I do find more joy in every day. Physically and mentally, I am more grounded and strong. Thank you, Kambiz, for teaching me how to see with my heart." ~ SH

*"The Odyssey has been tremendously fruitful to me in many respects. I feel unabashedly a lot wiser (almost Buddha-like) and more able to cope with life's increasingly complex and likely challenges. By far, the most profound meaningful experience for me has been an aroused desire to love one another, a rediscovering of the truth that ultimately we are all one, that we share so much in common...
...And yet to understand that this is only the beginning, I am vibrating at the prospect of rediscovering more and more and truly appreciating what it truly means to have life, to be alive: to have joy. Ha! The joy of life!" ~ RD, Minnesota*

"Thank you from the bottom of my heart, Kambiz, for this wonderful weekend workshop. You have a FANTASTIC TEAM with you and your methods work. Every connection I have made through Joy of Life is magnificent and I am happy to be a part of it." ~ PYP, Miami

"This has been a beautiful transformation and I am so blessed to have been able to share it with such wonderful people. I love each of you and can't wait to continue! I have found myself in great joy since finishing the Odyssey Series and catch myself witnessing the things that are happening to me all the time, letting the negative things roll right off my back sometimes with a giggle and feeling the beautiful, wonderful, loving things much more intensely. I just want to say thank you thank you thank you to Kambiz, an awesome teacher." ~ SR, Iowa

"In the days and weeks after my initial workshop with Kambiz there is a clear remembrance of feeling that something was definitely different inside of me. I did not quite know and understand the depth of this experience, however I just knew it was significant. What I found out was that as I continued with my daily meditations, as I stayed in close contact with Kambiz and the JOL coaches, and participated in the odyssey programs... I was brought to a new level and dimension of my whole existence. Every aspect of my life had changed for the better. Having the support of a loving teacher and guide and loving friends who have experience similar situations helped to keep me on track and everyday as I continued to place one foot in front of the other I realized that I was becoming more centered, more focused, and bathed in a new sense of contentment." ~ JTS, Sweden

*"The retreat in Atlanta in the Fall of 2013 was honestly the most profound thing I have ever done for myself. It was the deepest, most life changing gift I could have ever given myself."
~ MR, Ft. Lauderdale*

"I wanted to thank you so much for the amazing workshop and the very eye opening one on one consultation. After the workshop, I felt so much better, happier. I have this energy inside me that can't be explained, except for pure love and joy!" ~ PE, Los Angeles, CA

"Kambiz, you are a powerful communicator and your manner of communicating the deepest secrets of Kriya Yoga is unique. Even a hardened skeptic, an incurable agnostic (and I was one) is forced to take notice and does not even realize when you have taken him gently by the hand and led him back to faith and to true love. Each session, each discourse is different even if it is on the same topic. Everything comes without judgment, with love and with a practical, doable touch. Even casual conversation with you is full of life lessons. You have the uncanny ability of answering the questions that are on the tip of one's tongue.

Thank you once again for:

- giving me faith after 20 years of not believing in the God force
- reconnecting me with the 7 year old boy and his dreams
- helping open my heart and really discovering what love is
- teaching me how to still the mind and still be active and purposeful." ~ ASG, India

"I believe Mr. Naficy has a natural gift which is present when one is around him. The energy he radiates and the depth of his spiritual and physical energy is especially felt when one progresses in his classes. Since this time I have learned some of the art of meditation from him. I have learned to enjoy life more, cope with the stresses of daily living and have also become more successful in my work which includes my contact with the people with which I must deal. There is a special internal sensation that has enabled me to relax, and enjoy the small happiness of life that many times I have overlooked. I owe this to Mr. Naficy because it is through his teachings which I believe come from his heart and soul, that now I believe I am capable of living a healthier and happier existence which hopefully will make myself and this world better.

If only there were more people like Mr. Naficy in this world!" ~ PJD, Iran

"Riveting depth and transformation seems an apt description of my experience at the five day retreats in both Geneva and Atlanta. The five day retreats are the deepest I have experienced in my eight years of study with Kambiz." ~ EP, Seattle, WA

"Dear Kambiz,

There are days like the last two days that I am filled with gratitude. Since you were introduced to me, I never felt an inkling of a doubt that you would help me. At very memorable times in my life, a piece of knowledge descended upon me that I could not refute no matter what my rational mind tried to say. When I said I trusted you, it was more than that. I trusted you even before I knew you. And this is in entire contrast to all my relationships in life. Since the odyssey and more intensely since the retreat, I have felt my whole being start to break. I am being broken more and more and my heart is starting to melt. I am letting go of my defences. My world is changing from the inside out. It is at times incomprehensible to me. I don't even look at people the same anymore; I see through them. And now I know that you were placed in my path so I can open the door to the truth. I know this by the power of your words to me because everything you have ever said to me has changed me in some way. Nothing is static. Even words you said to me weeks ago come back and have new meaning. Your blessings upon me are like a cascade of warmth that brings to life every cell in my body."

~ MP, Canada

"The 2013 JOL retreat has been a wonderful experience for me. The wisdom, knowledge and Kriya techniques learned are powerful and continue to be a part of my-day-to-day practice. Master Kambiz is a gentle, supportive and wise teacher. I am grateful his organization was able to facilitate such a retreat venue in the U.S., otherwise, it would have been difficult to travel abroad. I recommend participating in a Joy of Life retreat and doing the workshops to anyone wanting to explore more about her or himself. The energy exchange with Master Kambiz is beautiful and ever-present." ~ PB, Houston, TX

"MANY THANKS to you for a wonderful week! It touched me deeply." ~ EV

"I feel so much joy and love it's incredible." ~ B, United Kingdom

"Dear Kambiz,

I just wanted to send my thoughts and heartfelt thanks for a wonderful experience this weekend. I felt that the experience this weekend helped me to reach another level of understanding of myself, this journey and the impact your teaching can have and is already having on my life. It was a powerful and deeply touching experience, both empowering and humbling. I recognized myself as the type who knows I don't know, but I trust that I can know and there is so much to be known. The intensity of the energy and insight I received during the meditation and from you has stayed within me and it has given me the reassurance and conviction to continue along this path to get closer to my real self – it just feels right and true. I feel very blessed." ~ CH, Switzerland

"Thank you Kambiz. I was sad when the workshop ended. I really feel like meditation is becoming a part of my life now. It was amazing how quickly you took me into deep meditation last night.

I could have stayed there for a very long time! Before your workshops, I was not sure that deep meditation – any meaningful meditation – was possible for me. I can already see and feel the results and am so grateful." ~ MK, Palm Beach, FL



Who is Kambiz Naficy?

Kambiz Naficy Biography

Master Kambiz Naficy is a modern, highly educated spiritual pioneer who integrates the best of Western psychology and quantum physics with the ancient Vedic scriptures-- with a side of Sufi poetry.

Born in Tehran, Iran, in 1953, a diplomatic mission brought Master Naficy and his family to Washington DC in 1962. Master Naficy spent the first half of his life living on two continents while procuring multiple graduate degrees in the West: one, a Harvard-sponsored MBA, and the second, a Masters in International Studies from Columbia University, New York, and lastly, a Masters in Fine Arts (poetry), from The New School for Social Research.

Following his successes on Wall Street, and an applauded book of poetry, Kambiz Naficy set out on his own personal quest for the Eternal Soul. This journey led him to India, where he studied with the Grand Masters of meditation and yoga for 15 years. Once initiated into the ancient science of Kriya Yoga by Swami Hariharananda (who comes from the lineage of Babaji and Paramahansa Yogananda --*Autobiography of a Yogi*), Kambiz Naficy delved deeply into the ancient and spiritual Vedantas.

Studying the parallels between this ancient wisdom and the modern science of quantum physics, Kambiz Naficy recognized that the integration of ancient yoga, modern psychology, and the manifestation powers of quantum physics quickly cleansed and healed the human psyche and led to rapid and profound improvements in his students' lives. This unique combination of ancient and modern knowledge and techniques, in addition to his proficiency in multiple languages, has made Master Naficy an international speaker, teacher, and spiritual coach to many accomplished people around the world.

Television:

[Kambiz Naficy's Interview with Paula Sands: January 2014](#)

- An NBC television interview in the U.S. about the art of meditation and cleansing the subconscious mind of negativities and low self-confidence.

[Kambiz Naficy Visit to India ~ Interview: May 2014](#)

- A DD Bharati television interview in India where Master Naficy shares his yoga experience and the ancient wisdom that inspires him to teach across the globe.



Kambiz Naficy Biography



Radio: [Radio Interviews of Master Naficy](#)

- CJSW Radio, Calgary, Canada
- Minneapolis (MN) Radio, U.S.A
- Seventh Wave Radio, California, U.S.A.

Printed Media: <http://www.joyolifeorganization.com/interviews/printed-media/>

- **Kambiz Naficy's Book: *Riding the Waves of Life*** - Available on www.amazon.com
- **Hindustan Times, India: *Manifesting Reality*** (January 17th 2007) – Hindustan Times
- **Yoga Chicago: *Are You Tuned in to the Energies of Life?*** (March/April 2011)
- **Edge Magazine, USA: *An Interview with Persian Guru*** (Dec 2008)
- **The Business Standard, Sri Lanka: *The odd, modern Yogi*** (June 9th 2006)

In conclusion, Master Naficy has been conducting Kriya Yoga meditation, personal transformation, and corporate coaching programs for the past twenty-five years, on three continents, to diverse audiences ranging from Indian temples, Unity Churches, IONS assemblies, and Rotary Club meetings to top-level CEO's from IBM, Mercedes Benz, and Coca-Cola. Now, Master Kambiz Naficy lives with his wife part-time in the West and part-time in Asia.

You can view a picture gallery of various retreats and workshops by visiting:
<http://www.joyolifeorganization.com/photo-gallery/>

You can access Master Naficy's spiritual blog and videos by clicking on the following links:

Spiritual Blog: <http://joyolifeorganization.wordpress.com/> **YouTube Channel:** <http://www.youtube.com/user/KambizNaficy>

You can also visit the **Joy of Life's** main website by following this link: <http://www.joyolifeorganization.com>

You may contact Master Kambiz Naficy directly at: naficyk@joyolifeorganization.com

What is Joy of Life Organization?

Founded in 2001 by Kriya Meditation Master, Kambiz Naficy, the core philosophy of Joy of Life Organization is that authentic power and success starts with the individual (Self) and manifest from inside-out.

A master in revitalizing energy in your body, mind and Spirit, Kambiz Naficy takes four approaches to elimination of stress and fulfillment of your deepest desires:

- 1. Kriya breathing meditation to revitalize 72,000 energy-centers (Nadis) and seven chakras within your body.*
- 2. Chanting of primordial sounds to sooth your body, mind, and Soul.*
- 3. Elimination of negative and limiting beliefs that hold you back.*
- 4. Fulfillment of your deepest desires through techniques that align you with the God Force.*



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