Kambiz Naficy and The Joy of Life Organization provide **60 days of live weekly support** through **meditation** and **coaching sessions** to support your wellbeing as you swim in the currents of life.

**Benefits of the Program:**
1. Live, toll-free audio/video conference calls, three times a week.
2. Two weekly group meditations and Lesson explanations by Kambiz Naficy.
3. One weekly private coaching session (75 minutes) with Kambiz Naficy.
5. Like-minded friends share and learn from each other's experiences in a safe and loving environment.

**Full Program Features**
- **Sixteen** live, audio/video group sessions with Kambiz Naficy.
- Group sessions conducted twice weekly for 1 hour explain sixteen life-lessons, and include meditation.
- Full program includes one weekly private session with Kambiz.
- Receive live recordings, written life-lessons, and coaching tools.
- **Tuition $2,500**

**Self-Study Program**
- **Twenty Four** audio session-recordings, plus written life lessons for **self-study only** without participation of Kambiz.
- Each audio recording includes 30-min. guided meditation
- Receive life-coaching education and skills.
- **Tuition $350.**

**How to Register**

Please email: joyoflife.international@gmail.com
We will answer your questions on the Full live program or the Self-Study program. When you are ready, we will email you the registration link.

Listen to audio testimonials for this program: [Audio Testimonials](#)
Kambiz Naficy and his Joy of Life Organization promote joy and well-being through the ancient science of Kriya Yoga, instilling empowering beliefs, and the manifestation of success from inside-out.

www.joymyoflifeorganization.com

"Coming Full Circle" Session Topics

<table>
<thead>
<tr>
<th>PART I--Denial &amp; Self-Sabotage</th>
<th>PART II--Opening the Heart</th>
</tr>
</thead>
</table>
| **Session 1:** Live Meditation (30 min.)  
Life Coaching Skills (Full Pgm. Only)  
TALK: Your Childhood Home & Subconscious Programming |
| **Session 9:** Live Meditation (30 min.)  
Life Coaching Skills (Full Pgm. Only)  
TALK: Living in the Present Moment + Tools |
| **Session 2:** Live Meditation (30 min.)  
Life Coaching Skills (Full Pgm. Only)  
TALK: The Power of Beliefs--How to Change Limiting Beliefs |
| **Session 10:** Live Meditation (30 min.)  
Life Coaching Skills (Full Pgm. Only)  
TALK: The Power of Intention |
| **Session 3:** Live Meditation (30 min.)  
Life Coaching Skills (Full Pgm. Only)  
TALK: Understanding & Seeing Through Fear |
| **Session 11:** Live Meditation (30 min.)  
Life Coaching Skills (Full Pgm. Only)  
TALK: Done with Addictions & Obsessions |
| **Session 4:** Live Meditation (30 min.)  
Life Coaching Skills (Full Pgm. Only)  
TALK: Toxic Shame--How it Enters and Wounds us |
| **Session 12:** Live Meditation (30 min.)  
Life Coaching Skills (Full Pgm. Only)  
TALK: Managing Difficult Emotions |
| **Session 5:** Live Meditation (30 min.)  
Life Coaching Skills (Full Pgm. Only)  
TALK: Hearing your Negative Self-Talk and Quieting it |
| **Session 13:** Live Meditation (30 min.)  
Life Coaching Skills (Full Pgm. Only)  
TALK: Tip-Toe into the Unknown  
(Developing Faith One Day at a Time) |
| **Session 6:** Live Meditation (30 min.)  
Life Coaching Skills (Full Pgm. Only)  
TALK: Identifying & Surrendering your Defense Mechanisms |
| **Session 14:** Live Meditation (30 min.)  
Life Coaching Skills (Full Pgm. Only)  
TALK: Authentic Power |
| **Session 7:** Live Meditation (30 min.)  
Life Coaching Skills (Full Pgm. Only)  
TALK: Identifying & Neutralizing the Liar in your Mind |
| **Session 15:** Live Meditation (30 min.)  
Life Coaching Skills (Full Pgm. Only)  
TALK: Power of Prayer & Meditation |
| **Session 8:** Live Meditation (30 min.)  
Life Coaching Skills (Full Pgm. Only)  
TALK: Examining & Strengthening your Self-Love and Self-Worth |
| **Session 16:** Live Meditation (30 min.)  
Life Coaching Skills (Full Pgm. Only)  
TALK: Reverence & Gratefulness for your Present Life (True Meaning of Surrender) |