



# Meditation – Sptyog Edition

## Chapter 1 – What is Meditation?

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### Page 1 – Introduction

When we hear the word *Meditation*, many images come to mind:

- A yogi sitting silently in the mountains,
- Someone chanting mantras with eyes closed,
- Or people escaping from the noise of daily life.

But is this the true meaning of meditation?

Guru Sanjeev Sptyogi says:

**“Meditation is not an act; it is a way of being fully aware of life.”**

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### Page 2 – Common Misconceptions

Many people hold wrong ideas about meditation:

- Some think it means **forcing the mind to stop thinking**.
- Others believe it is **a religious ritual**.
- Some assume meditation requires **special places or techniques**.

In reality, meditation is far more simple and natural.

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### Page 3 – The True Meaning of Meditation

Meditation means **awareness (mindfulness)**.

It is not about escaping life but living it fully.

- Walking with awareness → Meditation.

- Eating with awareness → Meditation.
- Breathing with awareness → Meditation.
- Listening deeply → Meditation.

👉 Meditation = Living in the *present moment*.

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## Page 4 – The Nature of the Mind

The human mind is like a restless monkey—  
always running to the past or the future.  
Meditation does not mean stopping this monkey.  
It means **watching the monkey calmly** until it naturally becomes still.

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## Page 5 – Awareness vs Concentration

- **Concentration:** Forcing the mind to focus on one thing.
- **Awareness:** Gently observing everything without judgment.

Meditation is not forced concentration.  
It is *effortless awareness*.

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## Page 6 – The Science of Meditation

Modern research proves that meditation:

- Reduces stress hormones (Cortisol).
- Increases happy chemicals (Serotonin, Dopamine).
- Improves memory and focus.
- Strengthens the immune system.

👉 Meditation is both **spiritual** and **scientific healing**.

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## Page 7 – The Purpose of Meditation

The goal of meditation is not to “achieve” something.  
Its purpose is to see *reality as it is*.

- Clarity of mind.

- Inner peace.
- Balanced emotions.
- Connection with the soul.

Saptyog says:

**“Meditation is not a tool; it is the natural fragrance of life.”**

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## Page 8 – Simple Examples

- A child playing deeply without distraction → Meditation.
- An artist painting lost in creativity → Meditation.
- A seeker observing the breath → Meditation.

Meditation is not difficult.

It is a **natural state of being**.

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## Page 9 – Practice: Breathing Awareness

Saptyog’s first practice:

1. Sit comfortably.
2. Close your eyes.
3. Observe your breath as it goes in and out.
4. Do not control it, just watch it.

👉 Slowly, the breath becomes calm and so does the mind.

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## Page 10 – Conclusion

Meditation is not about leaving life.

It is about living life more deeply.

- Meditation = Awareness
- Meditation = Present Moment
- Meditation = Peace & Love

Guru Sanjeev Saptyogi’s message:

**“Meditation is not something you do; it is your natural state when you live with awareness.”**



# Meditation – Sptyog Edition

## Chapter 2 – Awareness

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### Page 11 – Introduction

Awareness is the heart of meditation.

Without awareness, meditation becomes mechanical.

Guru Sanjeev Sptyogi says:

**“Where there is awareness, there is meditation. Where there is no awareness, life becomes unconscious repetition.”**

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### Page 12 – Awareness vs Unawareness

- **Unawareness:** Eating while thinking of problems, walking while lost in phone.
- **Awareness:** Eating while fully tasting food, walking while feeling every step.

👉 Awareness transforms ordinary acts into meditation.

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### Page 13 – Awareness of Breath

Breath is the simplest doorway to awareness.

- Each inhalation brings life.
  - Each exhalation releases life's flow.  
By observing the breath, awareness naturally deepens.
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### Page 14 – Awareness of the Body

- Notice the posture of your body.
- Feel the sensations in your muscles.
- Walk slowly and sense the ground under your feet.

👉 The body becomes alive when touched by awareness.

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## Page 15 – Awareness of the Mind

The mind constantly produces thoughts.

Awareness means:

- Do not fight the thoughts.
- Do not suppress them.
- Simply watch them as they rise and fade.

Saptyog teaches:

**“Watching the mind is understanding the mind.”**

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## Page 16 – Awareness of Emotions

Emotions are waves of energy.

Awareness means seeing them without being carried away.

- Anger → Watch it without reacting.
  - Sadness → Watch it without drowning.
  - Joy → Watch it and live it fully.
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## Page 17 – Practice 1: Walking Meditation

1. Walk slowly.
  2. Feel each step.
  3. Sense the touch of the ground.  
👉 This brings you back to the present moment.
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## Page 18 – Practice 2: Eating Meditation

1. Look at your food carefully.
  2. Take small bites.
  3. Taste and chew with awareness.  
👉 Food becomes nourishment for both body and soul.
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## Page 19 – Practice 3: Listening Meditation

1. When someone speaks, listen fully.
  2. Do not interrupt or prepare replies.
  3. Hear both words and emotions.  
👉 This deep listening creates love and connection.
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## Page 20 – Conclusion

Awareness is the essence of meditation.

- Awareness of body
- Awareness of breath
- Awareness of mind
- Awareness of emotions

Guru Sanjeev Saptiyogi's message:

**“Awareness transforms every act of life into meditation. Awareness is meditation itself.”**

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# Meditation – Saptiyog Edition

## Chapter 3 – Thoughts and the Mind

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### Page 21 – Introduction

The human mind is like a garden.

- Positive thoughts → blooming flowers.
- Negative thoughts → weeds.
- Uncontrolled thoughts → wild jungle.

Guru Sanjeev Saptiyogi says:

**“Do not fight your thoughts. Just watch them. Observation itself is meditation.”**

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### Page 22 – What are Thoughts?

- Thoughts are the flow of memory and experience.
- Thoughts are born from time – past and future.
- Thoughts are waves in the ocean of the mind.

👉 The mind cannot be without thoughts, but you can learn not to be their slave.

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## Page 23 – The Nature of the Mind

The mind is always running—

- into past memories,
- into future imaginations,
- into comparisons and expectations.

Meditation in Saptiyog means: Do not stop the mind, simply watch it.

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## Page 24 – Why Struggle with Thoughts?

When you say: “I must not think,”

👉 more thoughts come.

Resistance strengthens the mind.

Meditation means **dropping the struggle and accepting the flow.**

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## Page 25 – Watching Thoughts

A simple practice:

1. Sit silently.
2. Close your eyes.
3. Let thoughts come and go.
4. Watch them like clouds passing in the sky.

Slowly, the clouds become thinner, and the sky of the mind opens.

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## Page 26 – Thoughts and Emotions

Thoughts and emotions are deeply connected.

- Negative thoughts → fear, anger, sadness.
- Positive thoughts → love, joy, compassion.

Saptyog says:

**“Change your thoughts, and your life will change.”**

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## **Page 27 – Mann Yog and Meditation**

Mann Yog = training the mind through awareness.

- Flow Yoga → Let thoughts flow naturally without resistance.
- Sankalp Yog → Direct the mind with positive intentions.

When Mann Yog joins meditation, the mind becomes creative and peaceful.

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## **Page 28 – Practice: Mind Watching Meditation**

1. Close your eyes.
2. Imagine thoughts as clouds in the sky.
3. Some are dark, some are light.
4. You are only the sky—vast and untouched.

👉 This practice frees you from being trapped in your thoughts.

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## **Page 29 – Thoughts and Creativity**

When the mind is calm, true creativity blossoms.

- The musician hears new melodies.
- The poet receives words naturally.
- The seeker experiences inner truth.

Silence of thoughts → Birth of creativity.

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## **Page 30 – Conclusion**

Thoughts are not enemies.  
They are waves of the mind.  
The key is to **observe them without attachment.**

Guru Sanjeev Saptiyogi's message:

**“Do not run from your thoughts. Look at them with the eyes of meditation, and the mind will become free.”**

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## **Meditation – Saptiyog Edition**

### **Chapter 4 – Silence and Peace**

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#### **Page 31 – Introduction**

Silence is not only the absence of words.

True silence is the stillness of the mind.

Guru Sanjeev Saptiyogi says:

**“The effort to bring peace creates more noise. Silence and peace come only through natural awareness.”**

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#### **Page 32 – Outer Silence vs Inner Silence**

- **Outer Silence:** Closing the mouth, avoiding noise.
- **Inner Silence:** Quietness of thoughts and emotions.

Outer silence can help, but inner silence is the essence of meditation.

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#### **Page 33 – What is Peace?**

Peace is not something to be achieved.

Peace is the natural state of the mind when it is not disturbed.

When the mind stops chasing, peace reveals itself.

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## Page 34 – The Experience of Silence

In silence—

- Thoughts slow down.
- The heart feels light.
- The soul shines naturally.

Silence is not emptiness; it is fullness of presence.

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## Page 35 – Practice: Silence Meditation

1. Sit in a quiet place.
2. Do not repeat any mantra.
3. Just listen to the inner sounds.
4. Let silence descend on its own.

👉 Peace comes when you stop seeking it.

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## Page 36 – Silence in Nature

- Flowing river
- Singing birds
- Gentle breeze

These are not noise but deeper layers of silence.  
Nature becomes the best teacher of inner peace.

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## Page 37 – Silence in Relationships

When the mind is silent, relationships transform.

- Silence teaches us to listen deeply.
  - Silence prevents unnecessary reactions.
  - Silence brings compassion and harmony.
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## Page 38 – Peace and Health

Science confirms:

- Silence lowers blood pressure.
- Meditation reduces stress hormones.
- Peaceful mind improves sleep and immunity.

Silence is healing both for body and mind.

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## Page 39 – The Mistake of Seeking Peace

People say, “I want peace.”

But the very *wanting* creates restlessness.

👉 Peace cannot be chased—it can only be allowed.

It blossoms naturally in awareness.

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## Page 40 – Conclusion

Silence and peace are not goals.

They are natural results of meditation.

Guru Sanjeev Saptiyogi's message:

**“Enter into silence, and peace will appear by itself. This is the true door of meditation.”**

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# Meditation – Saptiyog Edition

## Chapter 5 – Love and Meditation

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### Page 41 – Introduction

Love and meditation are not two separate paths.

They are two sides of the same reality.

Guru Sanjeev Saptyogi says:

**“Without love, meditation is incomplete. Without meditation, love is blind.”**

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## **Page 42 – The True Meaning of Love**

Love is not just attraction or emotion.

- Love = unconditional acceptance.
- Love = compassion and empathy.
- Love = becoming one with life.

Meditation deepens this energy of love.

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## **Page 43 – Awareness and Love**

When awareness flowers, love arises naturally.

- Awareness of breath → self-love.
- Awareness of others → compassion.
- Awareness of life → universal love.

Love is the fragrance of awareness.

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## **Page 44 – Love in Relationships**

Most relationships suffer because people live unconsciously.

- Meditation teaches us to listen.
  - Love teaches us to understand.  
Together, they create harmony in relationships.
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## **Page 45 – Practice 1: Heart Meditation**

1. Sit comfortably.
2. Place your hand on your heart.
3. Inhale and say within: *“I am love.”*

4. Exhale and say: *"I share love."*

👉 This awakens the energy of love within.

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## **Page 46 – Practice 2: Compassion Meditation**

1. Close your eyes.
2. Visualize someone you love and send them blessings.
3. Then visualize a stranger and send love.
4. Finally, visualize someone with conflict and send them love too.

This practice expands the heart and breaks barriers.

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## **Page 47 – Love and the Soul**

True love is born from the soul, not from the ego.

When meditation connects us with the soul, love flows effortlessly.

Love is the purest expression of the spirit.

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## **Page 48 – Love, Meditation, and Society**

If every human being lives with meditation and love:

- Violence will turn into compassion.
- Hatred will transform into cooperation.
- Fear will dissolve into trust.

👉 Saptiyog envisions a society built on love and awareness.

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## **Page 49 – The Science of Love**

Research shows:

- Meditation increases oxytocin, the "bonding hormone."
- Love and compassion practices reduce stress.
- The heart becomes healthier and happier.

Love is not only spiritual but also scientific healing.

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## Page 50 – Conclusion

Love and meditation complement each other.

- Meditation calms the mind.
- Love opens the heart.  
Together they create a complete human being.

Guru Sanjeev Saptiyogi's message:

**“Where love is, there is meditation. Where meditation is, there is divine love.”**

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# Meditation – Saptiyog Edition

## Chapter 6 – Fear and Freedom

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### Page 51 – Introduction

Fear is one of the deepest roots of human suffering.

- Fear binds us.
- Fear steals our freedom.
- Fear blocks the flowering of meditation.

Guru Sanjeev Saptiyogi says:

**“The very seeing of fear is its freedom.”**

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### Page 52 – The Roots of Fear

Where does fear come from?

- From painful memories of the past.
- From uncertainty of the future.
- From the desire for security and identity.

👉 Fear is born from *time*—past and future.

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## Page 53 – The Mind and Fear

The mind creates fear by comparing and projecting.

- “What if I fail?”
- “What will people think?”
- “What if I lose?”

Meditation reveals that fear is only a *thought*, not reality.

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## Page 54 – Fear and the Body

Fear immediately affects the body:

- Racing heartbeat
- Sweating
- Trembling
- Sleeplessness

Thus, fear is not only mental but also physical suffering.

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## Page 55 – Why Escaping Fear is Wrong

Most people try to escape fear.

But escape only strengthens it.

👉 Fear cannot be removed by running away.

It dissolves only through **awareness and acceptance**.

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## Page 56 – Practice: Fear-Watching Meditation

1. Bring to mind something you fear.
2. Do not push it away.
3. Watch how it arises and passes.
4. Notice that fear is not permanent—it changes.

This practice weakens fear’s grip.

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## Page 57 – What is Freedom?

Freedom means:

- Freedom from fear.
- Freedom from expectations.
- Freedom from attachment to results.

Saptyog teaches:

**“True meditation is that which makes you inwardly free.”**

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## Page 58 – Fear and Love

Fear and love cannot exist together.

- Where there is fear, love disappears.
- Where there is love, fear melts away.

Meditation brings love, and love brings freedom.

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## Page 59 – The Science of Fear

Research shows:

- Meditation reduces activity in the amygdala (fear center of the brain).
- Nervous system calms down.
- Courage and confidence increase.

👉 Science agrees: meditation = natural therapy for fear.

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## Page 60 – Conclusion

Fear is not defeated by struggle but by awareness.

Meditation gives the strength to see fear directly and be free from it.

Guru Sanjeev Saptyogi's message:

**“Do not run away from fear. Look at it in meditation, and freedom will be born.”**

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# Meditation – Sptyog Edition

## Chapter 7 – Self-Knowledge

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### Page 61 – Introduction

The greatest question in human life is:

**“Who am I?”**

People explore the stars, science, and the world outside, but rarely turn inward.

Guru Sanjeev Sptyogi says:

**“The ultimate purpose of meditation is self-knowledge.”**

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### Page 62 – What is Self-Knowledge?

- To know oneself beyond the body.
- To watch one's thoughts, feelings, and behaviors.
- To realize the consciousness behind the “I.”

👉 True self-knowledge is not borrowed from books; it comes from direct experience.

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### Page 63 – The Illusion of “I”

What do we usually call “I”?

- The body?
- The mind?
- The emotions?
- The name and identity?

In reality, “I” is beyond all of these.

Meditation reveals the true self hidden behind these layers.

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### Page 64 – The Soul and Consciousness

The soul is eternal.

- The body changes.
- Thoughts change.
- Emotions change.

👉 But the soul remains untouched.  
Meditation connects us with this eternal awareness.

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## Page 65 – The Mirror of the Mind

To gain self-knowledge, use the mind as a mirror.

- When anger arises → watch it.
- When love arises → watch it.
- When sadness arises → watch it.

Observation turns experience into wisdom.

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## Page 66 – Practice: Self-Enquiry Meditation

1. Sit quietly.
2. Close your eyes and ask: “**Who am I?**”
3. Whatever answer comes (body, mind, thought), watch it and let it go.
4. Go deeper until only pure awareness remains.

👉 That silent awareness is the true self.

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## Page 67 – Self-Knowledge and Freedom

When you realize you are more than body and mind:

- Fear decreases.
- Expectations drop.
- Life becomes natural and free.

Self-knowledge is the door to inner freedom.

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## Page 68 – Self-Knowledge in Relationships

Real connection with others is possible only when we know ourselves.

If we are blind inside, we cannot truly see the other.

👉 Self-knowledge is the foundation of love and understanding.

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## Page 69 – The Science of Self-Knowledge

Modern psychology confirms:

- Self-awareness = Emotional intelligence.
- Meditation = Better decision-making.
- Self-understanding = Balanced and successful life.

Science and spirituality meet in self-knowledge.

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## Page 70 – Conclusion

Self-knowledge is the peak of meditation.

- The answer to “Who am I?” is not in words but in experience.
- Self-knowledge brings peace, love, and freedom.

Guru Sanjeev Saptiyogi’s message:

**“The journey of meditation ultimately leads to self-knowledge. Know yourself—this is the greatest meditation.”**

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# Meditation – Saptiyog Edition

## Chapter 8 – Meditation and Society

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### Page 71 – Introduction

Meditation is not only a personal journey.

When one person changes, their family changes.

When families change, society changes.

Guru Sanjeev Saptiyogi says:

**“The impact of meditation is not limited to the self; it radiates into the whole world.”**

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## **Page 72 – From Individual to Society**

- Meditation brings peace to the individual.
- A peaceful individual creates harmony in the family.
- A harmonious family creates balance in society.

👉 Meditation spreads like a chain reaction.

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## **Page 73 – Meditation in Education**

If children are taught meditation from an early age:

- Their concentration will grow.
- They will be free from exam fear.
- Creativity and empathy will blossom.

Saptiyog envisions: **“Meditation in every school.”**

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## **Page 74 – Meditation in the Workplace**

Modern corporate life is filled with stress.

- Meditation improves productivity.
- Meditation awakens creativity.
- Meditation strengthens teamwork.

👉 Saptiyog Meditation is becoming a part of corporate wellness programs.

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## **Page 75 – Compassion in Society**

When people meditate, compassion and love naturally arise.

- Violence reduces.
- Relationships improve.
- Cooperation increases.

Saptyog says:

**“Meditation can turn society into a garden of compassion.”**

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## **Page 76 – Meditation and Service**

Meditation is not only sitting in silence.

Meditation = Awareness in action.

👉 When we serve with awareness, service becomes Karma Yog.

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## **Page 77 – Meditation and World Peace**

The root of war and violence is the restless human mind.

If meditation spreads globally:

- Borders will soften.
  - People will accept each other.
  - Peace will be possible.
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## **Page 78 – Group Meditation**

When people meditate together, the energy multiplies.

- Group meditation = collective consciousness.
- It creates positive waves in society.

👉 Saptyog Meditation Camps are designed for this purpose.

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## **Page 79 – Science and Social Impact**

Research shows:

- Large group meditations reduced crime and violence in cities.
- Meditation programs lowered addiction and depression.

👉 Meditation is not only spiritual but also a social solution.

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## Page 80 – Conclusion

Meditation begins with the individual but reaches society.

Guru Sanjeev Saptiyogi's message:

**“Do not limit meditation to personal practice. Make it a tool of social transformation. When every heart meditates, the earth will know peace.”**

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# Meditation – Saptiyog Edition

## Chapter 9 – The Process of Meditation

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### Page 81 – Introduction

Many seekers ask: *“How do we meditate?”*

Is meditation a method? Is it a practice?

Guru Sanjeev Saptiyogi answers:

**“Meditation is not a technique but a natural flow of awareness.”**

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### Page 82 – Beginning of Meditation

The journey begins with outer preparation:

- A calm place
- A relaxed posture
- Loose clothing

👉 But remember—these are supports, not the essence.

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### Page 83 – Step 1: Preparing the Body

- Sit with comfort and stability.
- Keep the spine straight.

- Close the eyes gently.

This is **Sharir Yog Meditation**, which stabilizes the body.

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## **Page 84 – Step 2: Awareness of Breath**

- Watch the breath as it flows.
- Do not change it.
- Let it become deeper naturally.

This is **Swas Yog Meditation**, which calms the mind.

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## **Page 85 – Step 3: Watching the Thoughts**

- Allow thoughts to arise.
- Do not fight or hold them.
- Observe like watching a river flow.

This is **Mann Yog Meditation**, which brings clarity.

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## **Page 86 – Step 4: Positive Intention and Feelings**

- Bring awareness to your heart.
- Nurture love and compassion.
- Set gentle, positive intentions.

This is **Sankalp Yog Meditation**, which gives direction to life.

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## **Page 87 – Step 5: Entering Stillness**

- As awareness deepens, thoughts slow down.
- Silence arises by itself.
- You feel the presence of the soul.

This is **Atma Yog Meditation**, which connects to the inner self.

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## Page 88 – Obstacles in Meditation

- Sleepiness
- Restlessness
- Too many expectations

👉 Solution: Short and regular practice with patience.

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## Page 89 – The Deeper Experience

When meditation deepens:

- Time disappears.
- Inner light and energy are felt.
- Love and peace flow naturally.

This is the flowering of **Dhyan Yog**.

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## Page 90 – Conclusion

The process of meditation is not about strict rules.  
It is about a natural journey into awareness.

Guru Sanjeev Saptiyogi's message:

**“Do not try to do meditation. Let meditation happen. Awareness is meditation itself**

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# Meditation – Saptiyog Edition

## Chapter 10 – Meditation in Daily Life

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### Page 91 – Introduction

Meditation is not meant only for caves, temples, or isolated retreats.  
True meditation belongs to everyday life—  
in the home, at work, in relationships, in the marketplace.

Guru Sanjeev Saptiyogi says:

**“Do not separate meditation from life. Life itself is meditation.”**

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## **Page 92 – Stress-Free Living**

- 10–15 minutes of daily meditation reduces stress.
- Short breathing pauses during work bring instant calm.
- Awareness replaces worry with clarity.

👉 Meditation is the medicine for modern anxiety.

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## **Page 93 – Education and Students**

- Meditation improves concentration.
- Removes exam fear.
- Increases creativity and memory.

Saptiyog vision: **“Every student practices meditation daily.”**

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## **Page 94 – Workplace Meditation**

- Short meditation breaks during office hours.
- Two minutes of silence before meetings.
- Group meditation improves teamwork and efficiency.

👉 Many companies now adopt meditation programs for wellness.

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## **Page 95 – Meditation and Health**

- Helps in heart disease, diabetes, and blood pressure.
- Cures insomnia and improves sleep.
- Strengthens immunity and healing.

Meditation = natural health care.

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## **Page 96 – Meditation in Relationships**

- Meditation teaches listening.
- Brings compassion in communication.
- Reduces ego and reactions.

👉 Meditation builds loving and peaceful relationships.

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## **Page 97 – Meditation in Social Life**

- Group meditation creates collective harmony.
- Reduces crime and violence.
- Encourages cooperation and compassion.

Saptyog camps are designed for such social transformation.

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## **Page 98 – Meditation and Spiritual Life**

- Connects the soul with the divine.
  - Reveals the presence of God in daily life.
  - Brings deeper meaning and purpose.
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## **Page 99 – Daily Routine Practice**

1. Morning → 10 minutes of breath awareness.
2. During work → 3 minutes mindful pause, 2–3 times a day.
3. Night → 5 minutes of silence before sleep.

👉 This simple routine balances the entire day.

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## **Page 100 – Conclusion**

Meditation is not separate from life.

- Meditation in work
- Meditation in study

- Meditation in relationships
- Meditation in service

Guru Sanjeev Saptiyogi's final message:

**“Do not make meditation a practice. Make it your way of life. Only then life becomes peaceful and meaningful.”**