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Who Am I?

A Journey from Body to Soul,
from Illusion to Truth



📖 “Who Am I?”

by **Guru Sanjeev Saptiyogi**

Below is the complete structure and introduction of the **English Book**, after which I can compile it fully into one publish-ready manuscript (Word or PDF).



WHO AM I?

By Guru Sanjeev Saptiyogi

The Path of Seven Yogas (Saptiyog) – From Body to Consciousness



Preface

Human life begins with questions —

Who am I? Where did I come from? Where will I go?

Every religion, every philosophy, and every spiritual path begins from this single inquiry.

Yet today, religion has become entertainment — a show of rituals and noise.

People pray, but not to awaken consciousness — they pray out of fear, or for desires.



But true religion is not fear; it is **awakening**.

True prayer is not asking; it is **being**.

Saptiyog — The Seven Yogas — is a journey that brings human consciousness from outer illusion to inner truth.

It unites the wisdom of ancient Indian yoga with the universal spiritual essence of the world.

These seven yogas are:

1. Body Yoga (Sharir Yog)
2. Breath Yoga (Swash Yog)
3. Mind Yoga (Mann Yog)
4. Soul Yoga (Atma Yog)
5. Hatha Yoga (Hath Yog)
6. Karma Yoga (Karma Yog)
7. Meditation Yoga (Dhyan Yog)

Through these seven stages, the seeker moves from **body to soul**,
from **mind to silence**,
from **ego to eternity**.

This book is not only to be read —
it is to be *lived*.

If you live it sincerely, the question “*Who am I?*” will dissolve,
and only silence will remain — the silence that is God Himself.



Guru Sanjeev Saptiyogi

Blessing

Dear Seeker,

This book has not reached you by chance.
It is a call from your own soul.

When the question “*Who am I?*” awakens within you,
your inner journey begins.
You are not the body, not the breath, not the mind —
you are the light behind all.

May this book become a mirror for you —
to look beyond thoughts and discover your eternal Self.



Guru Sanjeev Saptiyogi

CONTENTS

1. The Fire of the Question – *Who Am I?*
2. From Birth to Death – The Journey of the Soul
3. Religion – Outer Show or Inner Practice?
4. India's Dharma – Vision, Not Ritual
5. False Religion and True Spiritual Practice
6. The Religion of Fear and Desire
7. Body Yoga – I Am Not the Body
8. Breath Yoga – The Bridge of Life
9. Mind Yoga – Beyond Thought and Emotion
10. Soul Yoga – The Experience of Pure Awareness
11. Hatha Yoga – Discipline and Energy
12. Karma Yoga – From Doer to Witness
13. Meditation Yoga – Silence and Union

- 14. The Masters – From Ramana to Nagarjuna
- 15. Energy and the Divine – Beyond the Speed of Light
- 16. Enlightenment – You Are Already That
- 17. The Ultimate Truth – I and the Divine Are One

Chapter 1: The Fire of the Question – Who Am I?

1. The Beginning of Awareness

Every great journey begins with a question.

Not the question of the mind, but the question of the soul —
“Who am I?”

Most people live and die without ever asking this.

They are born, they study, they work, they marry, they struggle, they succeed, they die —
but they never pause to ask:
“Who is the one living all this?”

👉 The day this question arises in your heart,
your spiritual journey has already begun.

2. The Ordinary Identities

When asked “Who are you?”, most people reply:

- I am a man.
- I am a woman.
- I am a teacher, a businessman, a father, a mother.

These are only **roles** — not your reality.

The body changes, the name changes, the relationships change,
but the inner witness — the real “I” — never changes.

3. The Search Across Religions

Every religion has tried to answer this one question in its own language:

- **Hinduism:** The soul (Atman) is eternal.
- **Buddhism:** There is no fixed “I,” only a flow of consciousness.
- **Christianity:** The soul is born of God.
- **Sufism:** The self dissolves in divine love.
- **Osho:** “To ask ‘Who am I?’ is to enter the temple of meditation.”

Different expressions — but the same essence:

Self-realization.

4. The Sptyog Understanding

Sptyog says:

There are seven layers between you and your true Self —

1. The body
2. The breath
3. The mind
4. The soul
5. Discipline (Hath)
6. Action (Karma)
7. Meditation (Dhyan)

When you move through these seven layers,
you discover the one who was always there —
pure awareness.

5. The Fire Within

This question — “*Who am I?*” — is not curiosity;
it is **fire**.

It burns everything false within you.

- It burns your ego.
- It burns your attachments.
- It burns your illusions.

Ramana Maharshi said:

“If you persist in asking ‘Who am I?’
the false self will vanish and the real Self will shine.”



Meditation Practice – “Who Am I?”

- Sit silently.
- Close your eyes.
- Breathe gently.
- Ask softly inside: **“Who am I?”**
- Don’t answer. Don’t think.
Just *listen* within.

Let the question echo in your heart like a living flame.
Slowly, thought will dissolve into silence.
In that silence — you will find yourself.



Conclusion

“Who am I?” is not just a question —
it is a doorway.

When the seeker lives with this question,
every breath, every moment, becomes meditation.
The day the question disappears,
the seeker and the sought become one.



That is the beginning of real life — the birth of awareness.



Chapter 2: The Journey of the Soul – From Birth to Death



1. The Eternal Question

Every human being, at some point, wonders:
“Where do I come from? And where do I go when I die?”

Birth and death appear to be opposites,
but in truth they are two sides of one eternal flow.
Birth opens one door — death opens another.
👉 Neither is the beginning nor the end.

2. The Mystery of Birth

When a child is born, the world rejoices —
but the soul has not been *created* at that moment.
It has only *changed its form*.

- The **body** comes from the parents.
- The **mind** is shaped by society.
- But the **soul** — the consciousness — comes from nowhere.

It simply *appears* in a new form,
just as a wave rises in the ocean.

The Bhagavad Gita says:

“The soul is never born, nor does it ever die.”

The body is temporary,
but the witness within is eternal.

3. The Mystery of Death

People fear death because they think it is the end.
But death is only **a change of form**.

- The body returns to the five elements —
earth, water, fire, air, and space.
- The breath merges into the wind.
- The mind dissolves into silence.

👉 And the soul —
returns to its source, the Divine Consciousness.

Just as a river merges into the ocean,
death is the merging of the individual into the Infinite.

4. Birth and Death – The Same Flow

Day and night.
Inhale and exhale.
Joy and sorrow.
Birth and death.

Everything in existence is rhythm, not opposition.
The one who truly understands life
does not celebrate birth or mourn death —
he celebrates the eternal flow.

5. The Story of King Janaka and Ashtavakra

King Janaka once dreamt that he was a beggar.
When he awoke, he asked sage Ashtavakra:

“Am I the king dreaming of being a beggar,
or a beggar dreaming of being a king?”

Ashtavakra replied:

“Neither, O King.
You are the witness of both.
You are the consciousness that sees the dream and the waking.”

👉 Likewise, we are not the birth or the death —
we are the awareness in which both appear.

6. The Sptyog Vision

Sptyog teaches that:

- Birth and death are not opposites,
they are transformations.
- Life is a school for awakening,
not a prison to escape from.
- The body dies, but the soul continues its eternal journey.

When the seeker realizes this,
death loses its power — and life becomes sacred.

Meditation Practice – “Witnessing Birth and Death”

- Sit silently with eyes closed.
 - Imagine your first breath — the beginning of life.
 - Now imagine your last breath — the release into infinity.
 - Feel both happening within the same awareness.
 - 👉 The one who witnesses both birth and death — that is your true Self.
-

Conclusion

You are not born.
You do not die.
You only change forms — like water becoming vapor, or vapor becoming rain.

 *You are the timeless consciousness through which life flows endlessly.*

Chapter 3: Religion – Outer Show or Inner Awakening?

1. The Face of Modern Religion

Look around — what we call *religion* today has become mostly **a show**.

- Loud temples and rituals.
- Endless chanting without understanding.
- Pilgrimages done out of fear or habit.
- People fighting over whose God is greater.

👉 But this is not religion — it is **spiritual entertainment**.
It may comfort the mind,
but it does not awaken the soul.

2. What True Religion Means

The word *religion* comes from the Latin *religare*,
which means “to reconnect.”
True religion is not about belief —
it is about **connection**.

Connection with what?
With your own **inner consciousness** —
the same divine essence that lives in every being.

👉 Real religion is not worship, but awakening.
Not ritual, but realization.
Not fear, but freedom.

3. Why People Cling to Outer Rituals

People turn religion into outer performance because:

- Inner silence feels difficult.
- Rituals are easy and visible.
- Society praises outer acts, not inner awareness.

So, they go on repeating mantras,
lighting lamps, and performing ceremonies —
hoping that somehow this will lead to peace.

But peace cannot be borrowed;
it must be discovered **within**.

4. The Decline of Living Religion

In ancient India, *Dharma* was not about temples or idols —
it was **vision**, **experience**, and **living truth**.

The sages spoke of *Self-realization*,
not mere worship.

But slowly, this vision turned into tradition,
tradition turned into ritual,
and ritual became empty habit.

👉 The living flame of Dharma became smoke.

5. The Sptyog View

Sptyog restores the original essence of religion —
the science of **inner transformation**.

It says:

- Religion is not a set of rules; it is a journey inward.
- The real temple is within your heart.
- The real prayer is silence.
- The real offering is awareness.

When you awaken, every breath becomes prayer,
every act becomes worship,
every being becomes God.

Meditation Practice – “The Inner Temple”

- Sit silently and close your eyes.
 - Imagine your body as a temple.
 - Breathe deeply and feel the light in your heart.
 - Whisper within:
 **“The Divine is not outside —
 The Divine lives in me.”**
 - Rest in that awareness.
-

Conclusion

True religion is not in words or temples —
it is in **awareness**.
You can burn incense and ring bells forever,

but until you light the lamp of consciousness within,
you will remain in darkness.

🌸 *Let your inner flame be your temple,
and silence be your only prayer.*

Chapter 4: India's Dharma – Vision, Not Ritual

1. The Spiritual Heart of India

India has always been more than a country —
it is a **living consciousness**,
a land where sages, mystics, and seekers have walked
in search of truth, not dogma.

👉 India's strength was never in temples or scriptures,
but in its **vision** — its *Darshan*.
For India, *Dharma* never meant religion as belief;
it meant **the way of seeing** —
a direct perception of truth through inner experience.

2. The Difference Between Vision and Ritual

Vision (Darshan) means awakening your inner eye,
seeing what truly *is*.

Ritual (Karmkand) means repeating what others have told you,
without understanding.

When Dharma was vision,
India produced enlightened souls like
Krishna, Buddha, Mahavira, Patanjali, and Kabir.
When Dharma became ritual,
India became divided, mechanical, and confused.

👉 The lamp of realization was replaced by the smoke of repetition.

3. How Dharma Declined

Over time, fear and greed entered the sacred space.

- People started worshipping out of **fear** of sin.
- Priests began to sell blessings for **desire** of wealth.
- Temples became **markets**, not places of awakening.

Thus, the pure fire of Dharma became covered by the ashes of rituals.

4. The Dharma of the Sages

The ancient rishis taught:

“Truth is within you.
Know yourself and you shall know the universe.”

They didn’t create temples — they created *methods of meditation*.
They didn’t demand belief — they invited **experience**.
They said:

“God is not to be worshipped,
God is to be realized.”

👉 For them, the human body itself was the temple,
and the heart was the altar.

5. The Sptyog Vision

Sptyog revives this ancient Indian Dharma.

It brings back the spirit of *Darshan* — direct knowing —
through seven inner paths:

Body, Breath, Mind, Soul, Discipline, Karma, and Meditation.

In Sptyog, rituals have no meaning without awareness.

The only real offering is **conscious presence**.

The only true priest is **the inner witness**.



Meditation Practice – “See, Don’t Repeat”

- Sit quietly and breathe naturally.
 - Close your eyes.
 - Drop all chants, mantras, and images for a few minutes.
 - Simply see what is —
the breath, the silence, the awareness watching.
👉 This seeing is *Darshan* —
the real Dharma of India.
-



Conclusion

India’s Dharma was never about belief —
it was about **experience**.
Ritual divides people;
vision unites them.



*When you see through the inner eye,
you discover that God was never outside —
He was always*



Chapter 5: False Religion and True Spiritual Practice



1. The Face of False Religion

Today, most of what the world calls *religion*
is only **a beautiful disguise** —
a mask that hides ignorance, fear, and ego.

- People go to temples or churches,
yet lie, cheat, and harm others.
- They worship idols of peace,
yet live in anger and conflict.
- They donate in the name of faith,
yet their hearts remain empty.

👉 This is not religion.
It is **deception** —
a ritual without realization.

2. Why False Religion Exists

False religion survives because it is easy.
It asks nothing from you except **performance**.
It doesn't demand transformation;
it only requires appearance.

- It is easy to ring a bell,
hard to silence the mind.
- It is easy to light a lamp,
hard to awaken inner light.
- It is easy to memorize a mantra,
hard to dissolve the ego.

👉 True spirituality begins only when you grow tired of pretending.

3. What True Religion Is

True religion has nothing to do with temples or rituals.
It is the awakening of consciousness.

- When you breathe with awareness, that is prayer.
- When you live with compassion, that is worship.
- When you see the same divine in everyone, that is God-realization.

👉 True religion begins where fear ends and love begins.

4. The Words of the Masters

- **Kabir** said:
*"Counting beads all your life won't change you —
turn your mind within."*
- **Buddha** said:
"No outer act can purify you — only awareness can."

- **Jesus** said:
“The Kingdom of God is within you.”

Every enlightened being pointed inward —
never outward.

5. The Sptyog View

Sptyog teaches that spirituality is **inner science** —
a journey through seven yogas
to cleanse the body, breath, mind, and ego.

It says:

“Leave behind the religion of fear and ritual,
and enter the religion of consciousness.”

👉 The real temple is your heart.
The real deity is awareness.
The real offering is your silence.

Meditation Practice – “Truth Within”

- Sit quietly and close your eyes.
 - Forget all outer symbols — no mantra, no image.
 - Breathe slowly and feel your heart.
 - Ask softly:
 “Am I performing religion, or living truth?”
 - Let the question echo within until only silence remains.
-

Conclusion

False religion lives in fear.
True religion lives in freedom.

False religion asks you to follow.
True religion asks you to awaken.

🌸 *When you drop outer show and turn inward,
you discover the only true temple —
your own consciousness*

Chapter 6: The Religion of Fear and Desire

1. The Hidden Forces Behind Religion

Most people turn to religion not for awakening,
but because they are **afraid** or **desperate to fulfill desires**.

They pray not out of love, but out of fear.
They worship not for truth, but for reward.

👉 Fear and desire — these two forces dominate almost every so-called religion today.

2. Religion Born of Fear

- People pray so that punishment won't come.
- They donate so that "sins may be forgiven."
- They perform rituals to please a fearful God.

But a religion born from fear cannot bring peace.
It can only bring more fear —
because fear itself is darkness.

True prayer does not come from trembling hands,
but from a silent, trusting heart.

3. Religion Born of Desire

- Some pray for wealth.
- Some fast for power.
- Some visit shrines to ask for success or love.

This is not devotion — this is **spiritual greed**.

Desire, no matter how holy it looks,
still keeps the mind restless.

The moment you ask for something,
you have lost the purity of prayer.

4. The Teachings of the Wise

- **The Gita** says: *“You have the right to action, not to its fruits.”*
- **Buddha** said: *“Desire is the root of suffering.”*
- **Kabir** sang: *“The temple you seek is within; why beg outside?”*

Every enlightened master has said the same thing —
Fear and desire are the two locks on the door of consciousness.
Only awareness can open them.

5. What True Religion Means

True religion begins when both fear and desire end.
When you pray, not to get something —
but to simply *be* in tune with existence.

When you love God not because He is powerful,
but because He is **you**.

👉 Then religion becomes freedom, not slavery.

6. The Sptyog Vision

Sptyog teaches:

- Fear binds, desire blinds.
- Awareness frees.

When you rise beyond fear and desire,
you touch the real essence of Dharma —

the pure consciousness that neither begs nor bows,
but simply **is**.


Meditation Practice – “Beyond Fear and Desire”

- Sit silently, close your eyes.
- Bring to mind one fear.
Look at it — don’t resist it.
- Bring to mind one deep desire.
Watch it — don’t follow it.
- Stay as the witness of both.

Slowly you’ll see —
you are not fear, not desire.
You are the **space** in which both appear and disappear.

Conclusion

Fear creates slaves.
Desire creates beggars.
Awareness creates masters.

 *When fear and desire end,
the heart opens —
and in that openness,
God is found.*

Chapter 7: Body Yoga – I Am Not the Body

1. The First Identification

Every human being begins with the same illusion —
“I am this body.”

We say, *I am tall, I am short, I am young, I am old, I am beautiful, I am weak.*
But these are only **descriptions of the body**, not of the Self.

The body changes constantly —
cells die and are replaced every moment.
Yet something inside you watches all this change and remains unchanged.
👉 That watcher is *you*, not the body.

2. The Nature of the Body

The body is a miracle —
a temple made of five elements:
earth, water, fire, air, and space.

- It grows, it feels, it moves, it decays.
- It is the vehicle through which consciousness experiences the world.
- But it is not the driver.

The moment the soul leaves,
this living temple becomes dust again.
That which is born and dies cannot be the real “I.”

3. The Teachings of the Sages

- **Upanishads:** “I am not the body; I am the immortal Self.”
- **Buddha:** “This body is impermanent — do not cling to it.”
- **Osho:** “Respect the body, but remember, it is your servant, not your master.”

The body is sacred — it must be cared for.
But worshipping the body is like worshipping the lamp and forgetting the flame.

4. The Purpose of Body Yoga

Saptyog begins with **Body Yoga (Sharir Yog)** —
not to strengthen the ego,
but to **purify the instrument** through which higher realization can flow.

Through asanas, stretching, cleansing, and discipline,
you align the body's rhythm with nature's rhythm.
When the body becomes light,
the mind naturally begins to calm down.

👉 A healthy, balanced body is the first doorway to meditation.

5. Living the Discipline of Body Yoga

- Eat simply and consciously.
- Wake with the sun, sleep with the moon.
- Move daily — let every motion be awareness in action.
- Treat the body as a sacred space, not a burden.

Remember, you are not “in” the body.
The body is **in you** — in your consciousness.

Meditation Practice – “I Am Not the Body”

- Sit quietly, eyes closed.
- Feel your body — your legs, your hands, your heartbeat.
- Now silently say:
“This body is mine, but I am not the body.”
- Watch the sensations rise and fall.
- Slowly, a distance will appear between *you* and *the body*.

In that space, the soul begins to shine.

Conclusion

The body is your sacred tool, not your identity.
Care for it, but don't cling to it.
Use it to go beyond it.

🌸 *You are not the body —
you are the consciousness that gives it life*



Chapter 8: Breath Yoga – The Bridge of Life



1. Breath – The Thread of Existence

The simplest and most powerful mystery of life is **breath**.

Without food, you can live for weeks.

Without water, for days.

But without breath — only for moments.

Every birth begins with an inhale,
and every death ends with an exhale.

👉 Between these two breaths lies your entire life.



2. Breath and the Life Force

Breath is not just air —
it carries **Prana**, the subtle life energy.

- Prana animates your body.
- Prana nourishes your mind.
- Prana connects you to the cosmic rhythm of existence.

When breath flows naturally,
the body is healthy and the mind becomes still.



3. The Connection Between Mind and Breath

Observe deeply:

- When the mind is restless, the breath becomes shallow and fast.
- When the mind is peaceful, the breath becomes slow and deep.

👉 Therefore, the easiest way to calm the mind
is to become conscious of your breathing.

This is the secret the ancient Yogis discovered thousands of years ago.

4. Teachings of the Masters

- **Patanjali:** “Through control of breath, the mind becomes steady.”
 - **Buddha:** taught *Anapanasati*, the awareness of inhaling and exhaling.
 - **Osho:** “Breath is the bridge between your body and your soul. Walk consciously upon it.”
-

5. What Is Breath Yoga?

In **Saptyog**, the second path is **Breath Yoga (Swash Yog)** — the art of observing, purifying, and harmonizing the breath.

Breath Yoga is not merely about technique;
it is about *awareness in breathing*.

When you breathe consciously,
you begin to feel the invisible flow of life itself.

👉 You become aware that you are being breathed by existence.

6. Practice of Breath Yoga

- Sit comfortably in fresh air.
- Close your eyes.
- Breathe slowly through the nose — in and out.
- Don’t control, don’t count — just *watch*.
- Feel how the breath enters, nourishes, and leaves.

At first, it feels mechanical.
Soon, a rhythm appears —
a deep harmony with the universe.

Meditation Practice – “Watching the Breath”

- Sit silently.

- Feel each breath entering and leaving.
- Don't interfere. Don't change it.
- Simply witness.

As thoughts come, return to the breath.
Soon, the breath and the observer become one.
That moment is meditation.


7. The Sptyog Insight

Sptyog teaches that breath is **the bridge** —
between body and soul, matter and spirit.

- Breath links the visible with the invisible.
 - Breath connects the individual with the universal.
 - Breath is God's whisper flowing through you every second.
-

Conclusion

When you become aware of your breath,
you become aware of life itself.

 *Breath is the music of existence —
listen to it, and you will hear the voice of the Divine.*

Chapter 9: Mind Yoga – Beyond Thought and Emotion

1. The Restless Master

The **mind** is the most restless force in existence.
It runs faster than light,
wanders between past and future,
and rarely lives in the present.

When the mind is turbulent,
life becomes chaotic.
When the mind is calm,
even ordinary life becomes divine.

👉 Therefore, mastering the mind
is the key to mastering life.

2. The Nature of the Mind

The mind is a flow of thoughts, memories, and emotions.
It is not a thing — it is a **process**,
a movement of energy between consciousness and the world.

Thoughts are like clouds;
they appear, change shape, and disappear.
But the **sky** behind them — your awareness — never moves.

3. Thoughts and Feelings

Every thought creates an emotion,
and every emotion strengthens a thought.
This circle keeps you imprisoned.

When you say, “I am angry,”
you are mistaken.
Anger arises in you,
but you are not anger.
You are the one **who sees** anger arising and dissolving.

👉 This realization is the beginning of freedom.

4. The Wisdom of the Masters

- **Bhagavad Gita:** “The mind is both your friend and your enemy.”
- **Buddha:** “As you think, so you become.”
- **Krishnamurti:** “Observe your thoughts without judging — that very seeing is freedom.”
- **Osho:** “Mind is a beautiful servant, but a dangerous master.”

Every master agrees —
Don't fight the mind.
Just **watch** it.
Watching transforms it.

5. What Is Mind Yoga?

In **Saptyog**, the third path is **Mind Yoga (Mann Yog)** —
the art of witnessing the movements of the mind.

Mind Yoga does not aim to control thought,
but to create **distance** from thought.

When you become the watcher,
thoughts lose their power over you.

6. The Practice of Mind Yoga

- Sit silently for a few minutes every day.
- Close your eyes and let the mind do whatever it wants.
- Don't stop it. Don't follow it. Just **observe**.
- Watch thoughts rising and falling like waves.

At first, it will seem impossible.
But slowly, a gap appears between you and your thoughts.
That gap is the door to stillness.

Meditation Practice – “The Sky of the Mind”

- Imagine your mind as a vast sky.
- Every thought is just a cloud passing by.
- Don't chase the clouds, don't push them away.
- Simply remain as the sky — silent, vast, untouched.

👉 The more you stay as the sky,
the fewer clouds will appear.
And one day, the sky will be clear.


7. The Sptyog Understanding

Mind Yoga is not about becoming thoughtless —
it is about becoming **aware**.

When awareness dawns,
thoughts naturally slow down,
emotions lose their grip,
and peace arises like a sunrise within.

Conclusion

You are not your thoughts.
You are not your emotions.
You are the **witnessing consciousness**
in which thoughts and feelings come and go.

 *When you understand the mind,
you go beyond it —
into the stillness of pure being.*

Chapter 10: Soul Yoga – The Experience of Pure Consciousness

1. The Journey Inward

After the body is purified,
the breath harmonized,
and the mind quieted,
a deeper silence begins to awaken within you.

This silence is not empty —
it is **alive**, **luminous**, and **eternal**.

It is your **Soul** — your true Self —
the witness behind every experience.

👉 Soul Yoga is the art of experiencing that eternal awareness directly.

2. What Is the Soul?

The soul is not your personality, not your thoughts, not your feelings.
It is the invisible consciousness that sees, feels, and knows everything —
without ever changing.

- The body changes every few years.
- The mind changes every moment.
- But the soul remains the same — pure, aware, untouched.

You can burn the body,
you can change the mind,
but you cannot harm the soul.

Bhagavad Gita says:

“The soul is unborn, eternal, ever-existing, undying, and primeval.”

3. The Soul and the Divine

The soul is not separate from God.
It is a **spark** of the same infinite light.
Just as a wave belongs to the ocean,
the soul belongs to the Divine.

When the wave forgets the ocean, it suffers.
When it remembers, it rejoices — because it was never separate.

👉 Soul Yoga is remembrance —
remembering that “I am That.”

4. Teachings of the Masters

- **Upanishads:** “This Self is Brahman.”
- **Ramana Maharshi:** “Ask ‘Who am I?’ — the false self disappears and the Self shines.”
- **Osho:** “The soul is not something to be achieved — it is to be realized.”

Every sage points to one truth:
You are already the soul;
you only need to awaken to it.

5. The Practice of Soul Yoga

- Sit quietly in a place where you won’t be disturbed.
- Close your eyes and take a few slow breaths.
- Now ask gently inside:
 “Who is breathing?”
- A thought may come — “I am.”
- Ask again, “Who is this I?”

Keep asking — not intellectually, but with awareness.
Gradually, thoughts will fade, and a silent presence will appear.
That presence is your **true Self** — the soul.

Meditation Practice – “The Witness Within”

- Sit comfortably and watch every sensation — sounds, breath, thoughts.
- Notice that everything comes and goes, but the watcher remains.
- Shift your identity from the seen to the seer.
- Stay as that witness.

👉 This witnessing is Soul Yoga.
It transforms the seeker into the Self.

6. The Saptiyog Understanding

Saptiyog teaches that the soul is not somewhere to be reached —
it is your very nature.
When you go beyond the noise of the mind,
you don’t “find” the soul — you **return home** to it.

The body is your temple,
the breath your prayer,
the mind your doorway,
and the soul your divine center.

✨ Conclusion

You are not in the soul —
you **are** the soul.

You are not a part of God —
you are made of the same divine substance.

🌸 *The journey ends where it began —
in your own being,
in the light of pure awareness*

📖 Chapter 11: Hatha Yoga – Power and Discipline

🌿 1. The Meaning of “Hatha”

The word **Hatha** comes from two Sanskrit roots:

- *Ha* = Sun (the active, masculine energy)
- *Tha* = Moon (the receptive, feminine energy)

Hatha Yoga is the **union of these two forces** —
the balance of strength and softness, effort and surrender, doing and being.

👉 It is not stubbornness, but **steady determination** — the power to persist with awareness.

🌿 2. The Need for Discipline

Without discipline, even the highest wisdom cannot flower.
The body becomes lazy, the mind becomes scattered,
and energy is wasted in endless desires.

Discipline (Tapasya) is not punishment —
it is purification.
It gathers your scattered energy
and directs it toward awakening.

3. The Foundations of Hatha Yoga

Hatha Yoga trains the body and mind to support meditation.
It includes:

- **Asanas (Postures):** to strengthen and purify the body.
- **Pranayama (Breath control):** to balance the life force (Prana).
- **Bandhas and Mudras:** to awaken and channel subtle energies.
- **Shatkarma (Cleansing):** to remove toxins and blockages.

When the body becomes light and the mind still,
meditation happens naturally.

4. The Wisdom of the Masters

- **Gorakhnath:** “Hatha Yoga is the foundation of all spiritual paths.”
- **Patanjali:** “Through discipline, the body becomes a fit vehicle for the soul.”
- **Osho:** “Hatha Yoga is not just exercise; it is preparation for stillness.”

Every Master used discipline not as repression,
but as a way to awaken freedom from within.

5. The Sptyog View

In Sptyog, Hatha Yoga is the **fifth step** —
a bridge between energy and meditation.

It is the practice of:

- **Strengthening the body** so that it can hold silence.
- **Balancing the breath** so that the mind becomes calm.
- **Refining the energy** so that awareness can rise higher.

👉 Without discipline, energy is chaos.
With discipline, energy becomes divine order.

6. The Inner Attitude of a Hatha Yogi

A true Hatha Yogi is humble, patient, and persistent.
He does not compete, he does not rush.
He listens to his body and moves in harmony with it.

His strength is not in muscles,
but in awareness and stillness.

Meditation Practice – “Strength in Stillness”

- Sit in a steady posture (Asana).
- Keep the spine straight, the breath relaxed.
- Feel the body — strong, yet soft.
- Now close your eyes and rest in awareness.
- Let strength and silence merge.

👉 This is the true essence of Hatha Yoga — balance between action and rest.

Conclusion

Discipline is not against freedom;
it is the door to freedom.

The body is the temple.
Energy is the priest.
Awareness is the deity.

🌸 *When discipline and awareness unite,
the human being becomes divine energy in motion.*



Chapter 12: Karma Yoga – From the Doer to the Witness



1. The Truth About Action

Every moment of life is action.

Walking, speaking, breathing, even thinking — all are actions.

You cannot escape action.

Even in deep sleep, the body breathes, the heart beats,
the universe moves within you.



The real question is not *whether* to act,
but *how* to act — consciously or unconsciously.



2. The Illusion of “I Am the Doer”

The greatest bondage of humanity comes from a single thought:

“I am doing it.”

- When something succeeds → “I did it.”
- When something fails → “I am suffering.”

This “I” becomes the root of ego and misery.

The truth is — actions happen through you,
but not *by* you.

Just as the wind blows and rivers flow,
existence works through you as its instrument.



You are not the doer — you are the witness of the doing.



3. The Wisdom of the Gita

Lord Krishna said to Arjuna:

“You have the right to perform action,
but not to claim its fruits.”

When you act without attachment to results,
your action becomes pure —
a movement of divine intelligence,
not personal ambition.

Such action does not create karma;
it liberates you from it.

4. The True Meaning of Karma Yoga

Karma Yoga means acting with total awareness,
without the sense of “I” and “mine.”

- Work sincerely, but remain unattached.
- Serve fully, but stay egoless.
- Move in the world, but be rooted in stillness.

When the ego dissolves,
every act — from washing dishes to teaching —
becomes worship.

👉 In Karma Yoga, *life itself becomes meditation.*

5. The Saptiyog Understanding

In Saptiyog, Karma Yoga is not mere social service or duty.
It is the **transformation of ordinary work into sacred flow.**

It teaches that:

- The body acts.
- The mind plans.
- But the soul simply witnesses.

When you remain the witness,
you act with perfect efficiency and inner peace.

6. Living Karma Yoga in Daily Life

- Eat with awareness.
- Walk with awareness.
- Speak with awareness.
- Listen with awareness.

Whatever you do,
let a part of you remain *just watching*.
That watcher is your soul —
and that witnessing turns every act into prayer.


Meditation Practice – “Awareness in Action”

- Choose any daily activity — such as walking or drinking water.
- While doing it, stay completely aware of every movement.
- Feel each step, each motion, each breath.
- Don’t rush — just be present.

Soon you’ll realize that even the smallest act
can be a doorway to divine stillness.

Conclusion

Action is not the problem — identification is.
When you act as a doer, you create bondage.
When you act as a witness, you create freedom.

 *Karma Yoga is the art of living in the world,
yet remaining untouched by it —
like a lotus on water*

Chapter 13: Meditation Yoga – Silence and Union

1. The Essence of Meditation

Meditation is not concentration,
not prayer,
not effort.

Meditation is **pure being** —
a silent awareness where doing ends and being begins.

When body, breath, mind, and action are in harmony,
you arrive at the point of stillness
where nothing remains to be done —
only **existence** remains.

👉 Meditation is not an act;
it is the natural fragrance of awareness.

2. The Nature of the Mind

The mind is noise —
a constant river of thoughts, memories, and imaginations.

You cannot silence it by force.
Silence cannot be achieved;
it can only **happen** when the mind is understood.

When you watch the mind without resistance,
its noise slowly fades,
and silence appears by itself —
like a lake becoming still when the wind stops.

3. The Path of All Yogas Leads Here

All the six previous Yogas of Saptayog
— Body, Breath, Mind, Soul, Discipline, and Karma —
are preparations for this final flowering.

- The body has been purified.
- The breath has been harmonized.
- The mind has been quieted.

- The soul has been realized.
- The energy has been balanced.
- The action has become awareness.

Now, what remains?

Only **MEDITATION** — pure awareness without an object.

4. What Is Meditation?

Meditation is **seeing** without the seer.

It is **listening** without the listener.

It is **being** without identity.

It is the state where the observer and the observed dissolve into one infinite presence —
the experience of Oneness, of God, of Truth.

👉 In that moment, you are no longer separate.
You are the **universe itself**.

5. Words of the Masters

- **Patanjali**: “Yoga is the cessation of the movements of the mind.”
- **Buddha**: “Meditation brings wisdom; lack of meditation leaves ignorance.”
- **Osho**: “Meditation is not a technique but a way of living — a constant remembrance of being.”

All Masters have said the same —
when you are fully present,
you are already in meditation.

6. The Sptyog Understanding

In Sptyog, Meditation Yoga (Dhyan Yog)
is the **crown** of all other Yogas.

It is the state of complete surrender,
where the seeker disappears,
and only the **Divine Presence** remains.

There is no “you” meditating —
there is only meditation happening.

That is the moment of **Union — Yog.**



Meditation Practice – “Entering the Silence”

- Sit comfortably in stillness.
- Close your eyes.
- Let the breath flow naturally.
- Don’t try to focus; don’t fight thoughts.
- Just be present — aware of awareness itself.

At first, you will feel thoughts moving like waves.

Don’t resist.

Be the ocean that allows all waves to rise and fall.

Soon, the waves settle —

and the ocean reveals its depth.

That depth is **your true Self**.



Conclusion

Meditation is not an escape from life —

it is entering life more deeply.

It is not about leaving the world,

but seeing it as it truly is —

a dance of energy in eternal stillness.



*When meditation blossoms,
the seeker and the sought dissolve,
and only pure consciousness remains —
the eternal answer to “Who am I?”*



Chapter 14: The Masters – From Ramana to Nagarjuna



1. The One Light, Many Lamps

Truth is one, but its expressions are many.
Every enlightened being — whether in India or beyond —
is like a lamp lit by the same eternal flame.

Their words may differ,
their paths may seem separate,
but their essence is **Oneness**.



2. Ramana Maharshi – The Path of Self-Inquiry

Ramana Maharshi taught the simplest and most direct path:

“Ask yourself — *Who am I?*
The mind will dissolve, and the Self will shine.”

He did not give mantras, rituals, or dogmas.
He gave a question — sharp as a sword,
cutting away every false identity until only the truth remains.

👉 For Ramana, enlightenment was not something to gain —
it was already there, hidden behind ignorance.



3. Swami Ramakrishna – The Path of Love and Devotion

Ramakrishna Paramhansa saw God in all forms —
in Kali, in Krishna, in Christ, and even in the formless.

He said:

“As many faiths, so many paths —
all lead to the same Divine.”

For him, love was the ultimate meditation.
He dissolved his ego in devotion so completely
that only the Divine remained.

👉 Ramakrishna's message: *Love is the bridge between man and God.*

4. Osho – The Path of Awareness and Freedom

Osho brought ancient wisdom into modern life.
He said:

“You are already that which you seek —
just become aware of it.”

He taught meditation not as withdrawal,
but as living consciously —
in love, in laughter, in silence, in dance.

👉 For Osho, enlightenment was celebration —
not renunciation, but **rejoicing in existence**.

5. J. Krishnamurti – The Path of Thoughtless Awareness

Krishnamurti destroyed all authority — religious or spiritual.
He said:

“Truth is a pathless land.
No one can lead you there — you must see it yourself.”

He taught that liberation happens when you observe
without judgment, comparison, or conclusion.

👉 Freedom is seeing without the seer —
pure, choiceless awareness.

6. Nagarjuna – The Path of Emptiness

Nagarjuna, the great Buddhist philosopher, revealed the Middle Way — the vision of **Shunyata**, or Emptiness.

He said:

“There is no birth, no death, no coming, no going.
All things are empty — and that emptiness is full of being.”

He showed that existence is not solid but fluid —
a dance of interdependent energy,
without beginning or end.

👉 In emptiness, the ego dissolves —
and what remains is infinite compassion.

7. One Truth, Many Doors

- Ramana: Through *Self-inquiry*
- Ramakrishna: Through *Love and Devotion*
- Osho: Through *Awareness and Celebration*
- Krishnamurti: Through *Observation and Freedom*
- Nagarjuna: Through *Emptiness and Wisdom*

All walked different paths,
but reached the same destination —
Silence, Oneness, God.



Meditation Practice – “Meeting the Masters Within”

- Sit quietly, eyes closed.
- Imagine yourself sitting in a circle with these Masters.
- Ramana asks: “Who are you?”
- Ramakrishna smiles: “Love everyone as God.”
- Osho laughs: “Celebrate this moment.”
- Krishnamurti whispers: “Just watch.”
- Nagarjuna says: “Let go — there is no one here.”

Feel their teachings merging inside you —
different notes forming one melody.

✨ Conclusion

All true Masters are mirrors.
They don't give you something new —
they help you see what was always within.

🌸 *The light that shone in them
is the same light shining in you.*

📖 Chapter 15: Energy and the Divine – Beyond the Speed of Light

🌿 1. Science and the Mystery of Energy

Modern science has discovered a profound truth:
Everything that exists is **energy**.

The solid matter of your body,
the air you breathe,
the light of the sun,
the thoughts in your mind —
all are different vibrations of one energy field.

Einstein expressed it as:

E = mc² — energy and matter are one and the same.

👉 What science calls *energy*,
spirituality calls *Divine Consciousness*.

🌿 2. The Limit of Matter

Science tells us that the **speed of light** (300,000 km per second) is the ultimate limit of material existence.

Nothing with mass can cross that boundary —
beyond it, matter ceases to exist as matter.

But the mystics have gone further —
they have crossed the boundary not by machines,
but by **meditation**.

👉 When awareness transcends time and mind,
it enters a dimension beyond light —
the realm of pure consciousness.

3. Matter Is Frozen Energy

When energy slows down, it becomes form.
When energy dissolves, form disappears.

Everything that is visible is condensed energy;
everything invisible is subtle vibration.
Even thought and emotion are forms of energy.

The Upanishads declared this long before modern physics:

“From energy, all things arise;
by energy, all things are sustained;
into energy, all things return.”

4. The Divine as Energy

God is not a person sitting in the sky —
God is **the very energy of existence** itself.

He is the breath in your lungs,
the heartbeat in your chest,
the fire in the sun,
the stillness in the void.

👉 God is the intelligence that moves the galaxies
and also blinks through your eyes.

To call Him “God” or “Energy” makes no difference —
both are names for the same infinite force.

5. The Paradox of the Divine

People often ask:

“If God is energy, why can’t we see Him?”

The answer is simple:

The seer and the seen are one.

You can’t see light with light —

you can only *become* it.

You can’t see God as an object —

you can only realize,

“I am part of that Divine Energy.”

6. The Sptyog Vision

Sptyog unites science and spirituality.

It teaches that the physical, mental, and spiritual worlds

are not separate — they are different frequencies of the same Divine energy.

When the seeker meditates deeply,

his vibration becomes so subtle

that he moves beyond form —

into the field of infinite consciousness.

👉 That is the state where energy and God are experienced as One.

Meditation Practice – “Feeling the Energy of Existence”

- Sit comfortably and close your eyes.
- Breathe deeply and feel the air entering your lungs.
- Now sense the vibration of life inside your body —
in your heartbeat, in your breath, in your hands.

- Realize that this vibration is the same energy that moves stars and winds.
- Melt into that awareness.

You will feel — not with your senses, but with your being — that everything around you is alive with the same Divine pulse.

✨ Conclusion

Science explains *how* energy works;
spirituality reveals *what* energy truly is.

Matter, mind, and soul are one continuum —
different songs of the same cosmic orchestra.

🌸 *When you experience energy as consciousness,
you realize that God is not somewhere else —
God is the life flowing through everything.*

📖 Chapter 16: Enlightenment – You Are Already That

🌿 1. The Illusion of Attainment

All over the world, seekers are searching for enlightenment —
through meditation, scriptures, gurus, and journeys.

But what they seek is not lost.
It is **their very nature**.

The sun doesn't need to search for light;
it only needs to remove the clouds.

👉 Enlightenment is not a destination —
it is the **removal of ignorance** about what you already are.

2. The Cloud and the Sun

Your consciousness is like the eternal sun —
always radiant, always present.

Thoughts, desires, fears, and identities are clouds
that come and go,
creating the illusion of darkness.

When the clouds pass,
you don't "gain" the sun —
you simply see what was always there.

This is enlightenment:
the recognition of your own eternal light.

3. The Ego's Subtle Trick

Even the idea "I want to be enlightened"
is a desire —
and desire belongs to the ego.

The ego says:

- "I will become pure."
- "I will attain God."
- "I will reach Nirvana."

But in this "I will,"
the ego secretly survives.

👉 Enlightenment happens only when the "I" disappears.
It cannot be achieved by effort —
it happens in surrender.

4. The Wisdom of the Masters

- **Ramana Maharshi:** "The Self is always realized. Realize this, and your search ends."
- **Buddha:** "You are the awakened one — you only need to wake up."
- **Osho:** "Enlightenment is your nature. All effort is only to see it."

All Masters say the same:
You are already That.
You don't need to reach;
you need to **remember**.

5. Enlightenment Is Everyday Awareness

People imagine enlightenment as a thunderbolt or miracle.
In truth, it is very simple:
to be **totally present** in each moment.

When you eat — eat consciously.
When you walk — walk consciously.
When you breathe — breathe consciously.

There is no tomorrow for the enlightened one —
there is only *now*.

👉 Enlightenment is not found in caves;
it is found in the clarity of this very breath.

6. The Sptyog Understanding

Sptyog teaches that all seven Yogas —
Body, Breath, Mind, Soul, Discipline, Action, and Meditation —
are steps not toward something new,
but toward remembering what was forgotten.

The more you cleanse, balance, and silence yourself,
the more you realize —
you were never asleep, never ignorant, never separate.

You were always the light —
only unaware of it.

Meditation Practice – “I Am Already That”

- Sit silently, close your eyes.


- Let go of all effort — no goal, no technique.
- Just feel your own being.
- Whisper inwardly:
 **“I am That.
 I am already free.
 I am the light itself.”**

Rest in that awareness —
not as a thought, but as a living experience.

Conclusion

You cannot attain what you already are.
You can only awaken to it.

When the seeker disappears,
only light remains —
the same light that has always been.

 *Enlightenment is not becoming divine;
it is realizing you were never*

Chapter 17: The Ultimate Truth – I and the Divine Are One

1. The End of the Search

The journey that began with the question **“Who am I?”**
now reaches its final revelation.

You searched through the body,
through the breath,
through the mind and soul,
through discipline, karma, and meditation —
only to discover that what you were seeking
was always within you.

👉 The seeker was never separate from the truth.
The wave was never separate from the ocean.

2. The Illusion of Separation

All suffering arises from one false idea —
that / am separate from existence.

This illusion creates fear, greed, jealousy, conflict, and sorrow.
You feel lonely because you believe you are an island.
But in reality, you are the sea itself.

The drop and the ocean are not two —
the drop *is* the ocean,
just limited by form.

3. The Nature of the Divine

The Divine is not a being outside of you.
It is **the consciousness that breathes through you**.

- It is the stillness behind every sound.
- The light behind every shadow.
- The love behind every heartbeat.

When you are silent, you feel it.
When you surrender, you become it.

👉 God is not to be worshipped —
God is to be *realized* as your own essence.

4. The Words of the Sages

- **Upanishads:** “Tat Tvam Asi” — *Thou art That*.
- **Bhagavad Gita:** “The wise see the same Self in all beings.”
- **Buddha:** “Between you and the universe, there is no wall.”
- **Kabir:** “Wherever I look, there is only You.”
- **Osho:** “You are not in existence — you are existence itself.”

All Masters point to the same truth:
There are not two — only **One**.

5. Death and Eternity

When the body dies,
nothing real is lost.

The form dissolves,
but the essence continues —
as light, as consciousness, as life itself.

The river merges into the ocean,
not to vanish,
but to become infinite.

👉 You were never born,
and you will never die —
you simply change shapes in the play of existence.

6. The Sptyog Realization

In Sptyog, the journey begins with the body
and ends in the Infinite.

- Through the body, you learn stillness.
- Through breath, you feel connection.
- Through mind, you learn awareness.
- Through soul, you taste eternity.
- Through discipline, you gain strength.
- Through action, you learn surrender.
- Through meditation, you dissolve into Oneness.

And then — the final realization dawns:
“I and the Divine are not two.”

There is no meditator, no meditation —
only the luminous silence of pure being.



Meditation Practice – “Oneness with All”

- Sit silently.
- Feel the boundaries of your body dissolve.
- Feel the air entering you — and leaving you.
- See how the air outside and the air inside are one.
- Feel how life moves through all forms equally — trees, rivers, people, stars.

Now say silently:

“I am That.

I am the sky, the breath, the silence, the light.

I am the Divine itself.”

Let this awareness flood your being
until the “I” disappears —
and only **existence** remains.



The Final Understanding

When the question “Who am I?” disappears,
the answer shines wordlessly:



I am That.

I am the One without a second.

I am the timeless consciousness from which all arises.

There is no higher truth,
no greater realization.



The journey ends,
and the eternal begins.



Epilogue: The Infinite Silence

You started as a seeker.
You end as silence itself.

Nothing has been gained —
only illusions have been lost.

Now there is no path, no destination, no goal —
only an endless, peaceful, radiant now.

🌸 *This is Enlightenment.*

🌸 *This is Freedom.*

🌸 *This is You.*

🙏 **Guru Sanjeev Sptyogi**
Founder of Sptyog – The Seven Yogas of Awakening