

**Book Title:**

# **Seven Spiritual Sptyog of Successful Life**

***By Guru Sanjeev Sptyogi***

Proposed Structure

(Approx. 12-14 pages per chapter):

## **1. Introduction**

- What is Sptyog?
- Why this book?
- The spiritual crisis of modern life
- How Sptyog is different from traditional yoga or religion

- Daily physical sadhna
- Natural diet, sleep, rest

## **2. Swasthya Sptyog (Health Harmony)**

- Healing from within
- Naturopathy, pranic energy, herbal lifestyle
- Medicine-free living

## **3. Mann Sptyog (Mind Mastery)**

- Dealing with stress, anxiety, overthinking
- Mind cleansing rituals
- Mandala, meditation, silence

## **4. Atma Sptyog (Spiritual Awareness)**

- Connection to soul

- Complete trust in divine rhythm

- Gratitude and devotion

#### 4. Daily Sptyog Routine

- Morning rituals (Sun salutation, affirmations)

- Meditation practices

- Food habits, energy habits

- 24-hour sptyog lifestyle

#### 5. Real-Life Success Through Sptyog

- Stories of transformation (students, practitioners)

- Healing without medicine

## 2. The Origin and Foundation of Sptyog

- Personal journey of Guru Sanjeev Sptyogi
- Ancient inspirations: Mahadev, Buddha, Mahavir, Nanak, Krishna
- Indian and global traditions blended into Sptyog
- Sptyog is not an exercise, it is a way of life (Manav Dharma)

## 3. The Seven Sptyog Explained

Each will be a sub-chapter:

### 1. Sharir Sptyog (Body Discipline)

- Body as the temple of the soul

- Soul's power in everyday life

- Inner light and universal connection

#### 5. Karma Saptiyog (Purposeful Action)

- Real karma vs busy life
- Selfless action, dharmic duty
- Alignment of action and truth

#### 6. Prem Saptiyog (Love & Relationships)

- Love as energy, not emotion
- Forgiveness, compassion, union
- Building saptiyog families and friendships

#### 7. Samarpan Saptiyog (Surrender and Faith)

- Letting go of ego, control
- Complete trust in divine rhythm

You don't need to leave your home, your job, or your family.

You just need to begin - one step at a time.

A Journey to the True You

The real success in life is not how much you earn, but how much you awaken.

Saptyog helps you:

- Reconnect with your inner power
- Heal your body and emotions
- Find clarity and peace
- Live in harmony with the world
- Discover your real self

- Healing without medicine

- From chaos to clarity

## 6. How to Begin Your Sptyog Journey

- Step-by-step beginner plan
- Offline & online practice
- Joining live sessions (Budha Park, Sptyog centers)
- Becoming a Sptyog Sevak or teacher

## 7. Conclusion: A New Life Begins

- Your life is your dharma
- You are your own guru

- Pranic energy flow
- Water therapy, mud therapy
- Naturopathy and herbal healing
- Cleansing of body, organs, and blood

Modern health systems focus on treating symptoms.

Saptyog heals the root cause – your disconnection from your natural self.

Daily Practice:

- Morning detox: triphala, tulsi, neem
- 10 minutes deep breathing
- Eating seasonal and sattvic food
- One day fasting per week

" Success Sign: You don't fall sick easily, and don't depend on doctors .



## The Power of Combining All Seven

You don't need to master all seven in one day.

You just need to begin. Step by step, each Saptiyog will open doors in your life.

Together, they will bring :

- Health in body
- Calm in mind
- Power in soul
- Direction in life
- Love in relation ships
- Peace in heart
- Oneness with existence

It doesn't ask you to change your religion or culture. It only invites you to know your real Self.

### From Struggle to Service

After walking this path myself, I began sharing Sapyog with others – through morning sessions, meditations, camps, talks, and one-on-one healing.

What I witnessed was nothing short of miraculous:

- People left medicines behind
- Broken hearts began to smile again
- Addictions disappeared
- Peace returned to anxious minds
- Students became guides

- Mann Sapyog:
- Observe thoughts - journaling helps
- Avoid negative content or gossip
- Practice 5 minutes of silence before dinner

Swasthya Sapyog Dinner Tips :

- Light, sattvic, seasonal food
- Eat before 8 PM
- Chew slowly - digestion begins in the mouth

Night (9:00 PM - 10:30 PM) - Inner Completion and Surrender

1= Before Sleep:

## **Story 2: Depression to Direction**

Name: Rakesh Yadav, 29 years

Background: Corporate job, facing burnout and depression

"I had everything - salary, phone, parties - but no peace. I was addicted to my screen and couldn't talk to my own family. One day I joined a Mandala Meditation session by Saptyog. Something shifted inside me. I cried after years. I started waking up early, sitting in silence, journaling, and slowly felt alive again. I'm still in the same job - but now I am working with joy, not pressure."

- nursaay soul
- Friday - Karma
- Saturday - Love
- Sunday - Surrender

One week, one yog . Deep practice.

Simple focus. True change.

Step 5: Live with Awareness, Not Auto-Pilot

Sptyog is not about just "doing." It's about being aware in everything:

- Eating mindfully
- Talking respectfully
- Walking with breath
- Feeling your emotions
- listening to your soul

- Step 6: Connect With the Community

No one grows alone. We rise faster when we walk together.

- Attend Sunday Mandala Meditation with Saptiyog family
- Join offline group healing and sadhna
- Invite friends, family, or partner to Join you
- Share your experiences in sessions or on social media

Spiritual energy multiplies when shared.

## Step 7: Become a Saotvoa Sevak

## Step 2: Start Your Daily Saptiyog Practice (10-60 mins)

You don't need 5 hours . Start small. Even 10 minutes with presence is powerful.

Begin with these simple daily rituals:

- Wake up before sunrise
- Drink warm lemon water
- 5-10 Surya Namaskars
- 10 minutes silence or guided meditation
- Write 3 things you're grateful for
- Pray: "Let me walk today in truth and love."

**Saptyog Teaching Learning:** Learn to teach Saptyog principles and build your own healing path

This is not a business . This is seva - service to humanity.

What You'll Need

- A mat or quiet space
- Water bottle
- Open heart and clear intention
- Notebook or Saptyog journal
- (Optional) Saptyog app or OR access to guided content

**Reminders for the Journey**



You don't need permission to live a spiritual life.

You already have it.

**You were born divine.**

### **The World Needs Your Light**

The world today is dark - not because of evil - but because of disconnection. When you begin to live in truth, you don't just heal yourself - you become a healing force for others.

Your smile can uplift a stranger.

Your peace can calm your family.

Your courage can inspire your children.

Your discipline can awaken your community.

This is spiritual success - not only saving yourself, but lighting the way for

## Chapter 7: A New Life Begins

Your Life. Your Light. Your Saptiyog.

You have now walked through the sevenfold map of Saptiyog. You have seen what's possible - not in some future, but right now.

You have learned that health, peace, love, and spiritual power are not outside - they are already within you .

You are not broken.

You are not lost.

You are not weak.

You are simply disconnected.

And Saptiyog reconnects you - to your body, breath, mind and dharma

## **The Final Message**

You don't need more time.

You don't need more money.

You don't need anyone's approval.

You only need one deep breath, one moment of honest awareness, and the courage to walk the path of your soul.

You are not here to suffer.

You are here to shine.

Welcome to Saptiyog.

Welcome to your new life.

Guru Sanjeev Saptiyogi Founder of Saptyo ' The Eternal Path of Human Dharm

## **Your New Life Mantras**

Repeat these daily to anchor your Saptiyog path:

I am a soul, pure and powerful.

I choose truth, health, and harmony.

I surrender my fear. I walk in faith.

I love myself. I forgive others.

My actions are aligned with purpose.

I am not the body, I am the eternal light within.

Every day, in every way, I am becoming more whole.

## **Where You Can Go From Here**

Now that you have this map, choose your next step.

I am not the body, I am the eternal light within.

Every day, in every way, I am becoming more whole.

### **Where You Can Go From Here**

Now that you have this map, choose your next step:

- Join live Saptiyog sessions (offline or online)
- Share this book with someone you care about
- Start a small Saptiyog circle in your area
- Become a Saptiyog Sevak or Guide
- Make your home a space of daily sadhna

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Repeat these daily to anchor your Saptiyog path:

I am a soul, pure and powerful.

I choose truth, health, and harmony.

I surrender my fear. I walk in faith.

I love myself. I forgive others.

You don't need a temple to pray – your breath is the prayer.

You don't need a guru outside – your soul is your guru.

You don't need to escape the world - your life is your ashram.

### **You Are Your Own Guru**

The purpose of Sptyog is not to make you a follower - but to awaken the guide within you.

"A true guru doesn't give you answers.

He shows you the mirror - and

makes you fall in love with your own truth ."

You are not meant to be dependent. You are meant to be empowered,

- Notebook or Sptyog journal
- (Optional) Sptyog app or OR access to guided content

### **Reminders for the Journey**

You will feel resistance in the

beginning. That's normal.

Some days will feel magical. Some will feel dry. Keep going.

Don't wait to be perfect. Start with what you have.

Trust the process. Energy builds slowly and deeply.

Celebrate even small shifts.

Remember: Sptyog is not a race. It is a return. To your truth. To your peace. To your power.



You are not broken.

You are not lost.

You are not weak.

You are simply disconnected .

And Saptiyog reconnects you - to your body, breath, mind, soul, and dharma.

### **You Are Not Just Living – You Are Awakening**

Most people just survive. You are choosing to live with awareness. Most people wait for change. You are becoming the change.

You don't need a temple to pray – your breath is the prayer.

You don't need a guru outside – your soul is your guru.

You don't need to escape the world –

or on social media

Spiritual energy multiplies when shared.

(5, Step 7: Become a Sptyog Sevak or Teacher (Optional)

If you've been practicing Sptyog and feel ready to guide others, you can join :

- Sptyog Sevak Program - serve in camps, events, support groups
- Sptyog Teacher Training - learn to teach Sptyog principles and build your own healing path

This is not a business . This is seva - service to humanity.

- nursery – Soul
- Friday - Karma
- Saturday - Love
- Sunday - Surrender

One week, one yog. Deep practice.

Simple focus . True change.

### **Step 5: Live with Awareness, Not Auto-Pilot**

Sptyog is not about just "doing ." It's about being aware in everything:

- Eating mindfully
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- Listening to your soul

### **Step 5: Live with Awareness, Not Auto-Pilot**

Saptyog is not about just "doing." It's about being aware in everything:

- Eating mindfully
- Talking respectfully
- Walking with breath
- Feeling your emotions
- Listening to your soul

Even washing dishes can be a spiritual act when done with awareness .

### **• Step 6: Connect With the Community**

No one grows alone. We rise faster

### **Step 4: Choose One Sptyog to Focus Weekly**

Trying all seven at once may feel overwhelming. Start with ONE.

Example weekly plan:

- Monday - Body
- Tuesday - Health
- Wednesday - Mind
- Thursday - Soul
- Friday - Karma
- Saturday - Love
- Sunday - Surrender

One week, one yog . Deep practice.

Simple focus: True change

Step 1: Decide - "Yes, I want to change."

Transformation begins with one decision :

"I will not live in confusion, fear, and pain anymore. I choose a higher life."

You may not know how yet - but your inner YES is enough to start the journey.

Write this in your journal: "Today, I commit to my Sptyog journey."

Step 2: Start Your Daily Sptyog Practice (10-60 mins)

You don't need 5 hours. Start small.

Pray: Let me work today in truth and love

Step 3: Join a Saptyog Session or Circle

Offline:

If you're in Delhi, attend Guru Sanjeev Saptyogi's daily Saptyog sessions at Budha Park (6am, 7am, 8am).

Feel the collective energy. Learn directly from the source.

Online Options (coming soon):

- Guided videos via Saptyog app
- Zoom meditations
- WhatsApp support groups
- Digital weekly challenges

## **Chapter 6: How to Begin Your Sptyog Journey**

### **A Step-by-Step Guide for a Spiritually Successful Life**

You don't need to change your religion.

You don't need to leave your job.

You don't need to run away from your family.

You just need to begin - right where you are .

Sptyog is for all - young or old, rich or poor, believer or non-believer.

This chapter gives you a clear, step-by-step way to start walking on this sevenfold path of transformation.



## Why Saptiyog Works

Because it activates your natural intelligence

Because it does not depend on medicine or dogma

Because it combines body, mind, soul, and relationships

Because it brings discipline with love - not pressure

Because it awakens your own energy - not guru worship

You don't need to believe blindly - you just need to begin, like these people did .

Your story can be next.

## Common Results Reported by Practitioners

After 30-90 days of practicing Sptyog :

- 80% people report better sleep and digestion
- 60% reduce or eliminate medicine use
- 90% feel emotionally more stable and peaceful
- Many report spiritual experiences, clarity, and renewed purpose
- A growing number join Sptyog Sevak training to share with others

## **Why Sptyog Works**

### **Story 4: Youth with Purpose**

Name: Abhishek Verma, 21 years

Background: Student, addicted to gaming and alcohol

"I was wasting my life. I had no self-control. Then I saw a Saptyog reel and visited Budha Park. Guruji didn't scold me - he showed me a higher purpose. With regular practice, I overcame addiction, started studying again, and now I want to become a Saptyog trainer myself. I want to give back what I received ."

### **Story 5: Family Transformation**

Name: Rajiv & Seema Gupta

## **Story 5: Family Transformation**

Name: Rajiv & Seema Gupta

Background: Married couple, constant fighting and emotional gap "We were living under one roof but completely disconnected. We both began practicing Prem Saptiyog and Samarpan together. We started small - gratitude, silent meals, heart-talk.

Our love came back. We now practice together every Sunday and feel like we're on a shared journey, not a battlefield."

Common Results Reported by Practitioners

I'm still in the same job - but now I am working with joy, not pressure."

### **Story 3: Healing from Within**

Name: Kusum Devi, 62 years

Background: Arthritis patient, unable to walk freely

"Doctors told me I will live with pain forever. But Guruji said: 'The real pain is emotional, not physical. I began regular Saptiyog practice - movement, herbs, sunlight, affirmations. In 6 months, my body became light, I now walk 2 km every morning and do Surya Namaskar. More than the body, my spirit has healed."

courage.

### **Story 1: From Medicine to Meditation**

Name: Anjali Sharma, 46 years

Background: Housewife, suffering from chronic diabetes, insomnia, and stress

"I was dependent on 7 types of medicines daily. My sugar level was uncontrolled. I couldn't sleep without pills. Then I attended Guru Sanjeev Saptiyogi's morning Saptiyog session. Within 3 months of daily practice, my mind calmed down. My body began healing. Now I live without any medicine - only with yoga, herbs, and inner peace. Saptiyog gave me a new life."

## **Chapter 5: Real-Life**

### **Success Through Sptyog**

True Stories of Healing, Awakening, and Life Transformation Every philosophy must prove itself - not in books, but in people's lives . Sptyog is not a theory. It is a living, breathing practice that has already changed thousands of lives.

This chapter shares real stories of transformation - people who were once stuck in pain, disease, fear, or confusion, and found light through the path of Sptyog.

These are not celebrities. These are ordinary people with extraordinary courage.

meditation

Ate natural, mindful food

Spoke words of love or kindness

Worked with purpose and awareness

Closed the day with gratitude and surrender

Even if you do just 3 out of 7 daily, you are already walking on the path of Sptyog.

'\* Your Day Becomes Your Temple

You don't need to escape to Himalayas.

You don't need hours of rituals.

You don't need expensive programs.

You need presence, practice, and purpose - that's Sptyog .



## **Weekly Sptyog Rhythm**

You can also choose one day of the week to focus deeply on each Sptyog:

Day	Focused Sptyog
Monday	Sharir Sptyog
Tuesday	Swasthya Sptyog
Wednesday	Mann Sptyog
Thursday	Atma Sptyog
Friday	Karma Sptyog
Saturday	Prem Sptyog
Sunday	Samarpan Sptyog

This creates balance and deepens your practice without pressure.

## **Simple Daily Checklist**

Woke up early before sunrise

Moved your body naturally

Practiced at least 5 minutes meditation

Ate natural, mindful food

Spoke words of love or kindness

Worked with purpose and awareness

Closed the day with gratitude and surrender

the mouth

Night (9:00 PM - '0:30 PM) -

Inner Completion and Surrender

1= Before Sleep:

- Write 3 things you are grateful for
- Pray with your own words
- Say : "I trust. I surrender. I let go ."

**Samarpan Meditation:**

- Lie in bed. Breathe gently.
- Feel your whole body relaxing
- Visualize light entering your heart

**Avoid:**

- Screens before sleep

- Screens before sleep
- Overeating or arguments
- Unfinished emotional stress (release or write)

Weekly Sptyog Rhythm You can also choose one day of the week to focus deeply on each Sptyog :

Day Focused Sptyog

Monday Sharir Sptyog

Tuesday Swasthya Sptyog

## **Mid-Day (12:00 PM - 3:00 PM)**

### **- Karma and Balance**

#### **Karma Saptiyog:**

- Work with awareness
- Focus on giving, not just getting
- If anger or stress arises, take a minute deep breathing break
- Prem Saptiyog:
- Smile at others intentionally
- Say kind words, offer silent blessings
- Eat lunch mindfully, without screen distraction

#### **Gratitude Pause:**

- Close your eyes for 1 minute Say : "Thank you, life. I am flowing in your grace."

Evening (6:00 PM - 8:00 PM) –

Slowing Down, Returning Inward Walk or Light Movement:

- Ground walk barefoot if possible
- Observe nature or spend time in stillness

**Mann Sptyog:**

- Observe thoughts - journaling helps
- Avoid negative content or gossip

### **Sharir + Swasthya Sptyog:**

- Drink warm water with lemon/ herbs
- Do 10-21 Surya Namaskar or light body movement
- Practice Kapalbhati + Anulom Vilom for breath Mann + Atma Sptyog:
- 10 minutes Mandala or silent meditation
- Mirror gazing or self-affirmations
- Read one page of spiritual truth or listen to a satsang

### **Samarpan Sptyog:**

- Bow down in surrender and gratitude
- Say: "O divine, I surrender today in your flow"

to clarity.

Morning (5:00 AM - 8:00 AM) -

The Foundation of the Day

This is the most powerful time for body, mind, and soul alignment.

Wake Up:

- Wake before sunrise (Brahma Muhurat - 4:30-6:00 AM)
- Sit silently for 5 minutes and say:

"I am a soul. I choose to live consciously today."

Sharir + Swasthya Saptiyog:

- Drink warm water with lemon/ herbs
- Do 10-21 Surya Namaskar or light body movement



- Letting go of ego
- Faith in universe's timing
- Gratitude in every situation
- Union with God (Ishwar Yog)

### **Daily Practice:**

- Prayer with devotion
- Gratitude journal
- Chanting or singing from heart
- Saying "I trust, I surrender" before sleep

Success Sign: You stop worrying and start trusting - life flows smoothly.

The Power of Combining All Seven

## **Chapter 4: Daily Sptyog**

### **Routine**

#### **Your 24-Hour Guide to a Successful, Healthy, and Blissful Life**

You don't need big changes to transform your life.

Just a few powerful habits, done every day with awareness, can shift everything.

That's the beauty of the Sptyog lifestyle.

This chapter shows you how to practice all seven Sptyog daily, even with a busy schedule. Whether you're a student, homemaker, professional, or retired, this simple routine will guide you from stress to strength, confusion

#### 4. Atma Saptiyog (Spiritual Awareness)

"You are not the body, not the mind. You are the soul witnessing all

Atma Saptiyog is about discovering your true Self - the light within that is eternal and untouched by pain.

It awakens:

- Inner silence
- Soul-level strength
- Connection with divine source
- True identity beyond name and role

#### **Daily Practice:**

- Early morning silence (Brahma

- The world needs your light

#### 8. Bonus Section:

- Affirmations for each Saptyog
- Daily checklists
- Saptyog Mantras
- QR codes to reels, website, app

If this outline is approved by you, I can start writing Chapter 1: Introduction right now.

Would you like me to proceed with that?

- Eating seasonal and sattvic food
- One day fasting per week

Success Sign: You don't fall sick easily, and don't depend on doctors .

### 3. Mann Saptiyog (Mind Mastery)

"The real disease is not in your body. It begins in your thoughts."

Mann Saptiyog helps you master your inner world - your emotions, thoughts, and mental habits.

Most suffering today is mental : anxiety, depression, confusion .

This Saptiyog teaches:

- How to stop overthinking

Success Sign: You feel light, flexible, and pain-free.

## 2. Swasthya Saptiyog (Health Harmony)

"Health is not the absence of disease.

Health is the presence of inner balance."

This Saptiyog brings natural healing. It focuses on removing medicine dependency and activating the body's own intelligence.

It includes:

- Pranic energy flow
- Water therapy, mud therapy
- Naturopathy and herbal healing

This Sptyog teaches:

- How to stop overthinking
- How to stay calm in chaos
- How to use silence as healing
- How to protect your energy

**Daily Practice:**

- Mandala meditation (21 min)
- Thought observation
- Digital detox (1 hour no-phone)
- Writing journal of inner awareness

Success Sign: You feel peace even when the world is not peaceful.

Saptyog is the path of seven spiritual yog (unions) - that awaken the seven powers already present inside you .

Here we explain each Saptyog – its meaning, purpose, and how to start practicing it in your daily life.

### 1. Sharir Saptyog (Body Discipline)

"Your body is your first guru. If you ignore it, you ignore your life."

Sharir Saptyog focuses on physical awareness and discipline.

Today, many people suffer not from lack of medicine - but from lack of movement, attention, rest, and natural habits.



This Saptiyog teaches you :

- To rise early with the sun
- To move your body with respect
- To follow natural diet and rhythms
- To connect physical energy with spiritual purpose

**Daily Practice:**

- 10 Surya Namaskars
- Ground walking (barefoot on earth)
- Simple detox: lemon water, herbs, pranayama
- Restful sleep without screen before bed

Success Sign: You feel light, flexible, and pain-free.

You don't need to run away from life.

You need to bring light into your life.

That is the mission of Saptiyog .

- In the next chapter, we will explore the seven Saptiyog in detail - what they are, how they transform you, and how you can begin each one.

Shall I continue with Chapter 3: The Seven Saptiyog Explained?

Perfect. Let's now begin:

- People left medicines behind
- Broken hearts began to smile again
- Addictions disappeared
- Peace returned to anxious minds
- Students became guides

This was the proof - Saptiyog works.

Not because of me, but because it is your own truth.

Your Life Is Your Temple Saptiyog teaches :

"You are not separate from the divine.

Your life is your ashram. Your body is your temple. Your breath is your mantra. Your love is your prayer."

## **Chapter 3: The Seven Sptyog Explained**

### **The Seven Keys to a Spiritually Successful Life**

In the ancient scriptures and yogic sciences, human life is described as a combination of multiple layers - physical, mental, emotional, energetic, and spiritual. True success comes not from excelling in one area, but from harmonizing all.

Sptyog is the path of seven spiritual yog (unions) - that awaken the seven powers already present inside you.

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## **Inspirations from Great Masters**

Saptyog is inspired by the wisdom and essence of many spiritual giants:

**Mahadev (Shiva)** - the silent yogi, symbol of ultimate union and surrender

**Krishna** - teacher of Karma Yog and divine love «: Buddha - guide of inner awareness and detachment

**Mahavir** - master of soul purification and non-violence

**Guru Nanak** - voice of unity, devotion, and equality

**Patanjali** - codifier of ancient yogic discipline

## **Modern psychology and naturopathy**

- tools for mental healing and natural living

But Saptyog is not a copy of any of them. It is a synthesis of the timeless

## **Saptyog is Manav Dharma – Not Religion**

Religion divides. Saptyog unites.

Religions change with geography and history, but the true nature of a human being never changes.

- Every human has a body that needs balance.
- A mind that needs peace.
- A soul that needs awakening.
- A heart that needs love.
- A life that needs purpose.

That is why Saptyog is not yoga, not religion, not cult - it is the eternal Dharma of mankind.

It belongs to no one, yet it belongs to everyone.

Patanjali - codifier of ancient yogic discipline

"Modern psychology and naturopathy - tools for mental healing and natural living

But Saptiyog is not a copy of any of them. It is a synthesis of the timeless truths found in all.

### **Global and Indian Harmony**

Saptiyog respects Indian spiritual roots, but is designed for the modern global seeker. Whether you're in India or Germany, America or Africa – Saptiyog speaks the language of the soul.

It doesn't ask you to change your religion or culture. It only invites you to know your real Self.

Likewise, there are 7 energies in a human life that must be awakened and balanced for true success and fulfillment.

Hence the path is called Sptyog – the union of the 7 spiritual forces:

1. Body
2. Health
3. Mind
4. Soul
5. Karma
6. Love
7. Surrender

Sptyog is Manav Dharma – Not Religion



## The Journey of Guru Sanjeev Sptyogi

Like many, I too was once trapped in the cycle of stress, disease, confusion, and worldly struggle. Despite knowing many techniques - yoga, meditation, books - I felt something was missing . Healing was incomplete. Answers were partial. After years of silence, observation, inner experiments, and divine guidance – the vision of seven-fold Sptyog emerged clearly within me.

I did not "create" it. I only discovered what was always within me – and within you.

### **Why the Name "Sptyog"?**

## **Chapter 2: The Origin and Foundation of Saptyog**

### **The Birth of a New Path**

Every spiritual movement is born from deep personal realization.

Saptyog is not a borrowed philosophy or copied system - it is a path that has emerged from lived experience, divine inspiration, and years of practice.

This chapter reveals how Saptyog was born, its roots in ancient wisdom, and the purpose for which it exists today.

The Journey of Guru Sanjeev

Saptyogi

Like many, I too was once trapped in the

Are You Ready?

If you are ready to leave behind confusion, di sease, fear, and stress - and walk towards truth, light, love, and health - then you are ready for Saptiyog.

This is not a theory. It is a living path. This is not just a book. It is a doorway.

Let us begin this sacred journey together - towards a truly successful life.

- Guru Sanjeev Saptiyogi Founder of Saptiyog

- We have forgotten how to listen to the soul.

Saptyog is not a new invention - it is a reminder of what has always existed within you.

What Makes Saptyog Unique?

- It is not based on any religion, caste, or country.
- It blends the wisdom of Mahadev, Buddha, Patanjali, Mahavir, Nanak, Krishna, and even modern psychology.
- It is not about rituals or blind belief - but practical spiritual living.
- It is universal - for students, housewives, businessmen, leaders, and anyone seeking transformation.

This book is written for:

- Those who are tired of medicines but want real health.
- Those who have everything, yet feel empty inside.
- Those who seek purpose, but don't know where to start.
- Those who want a spiritual path without religion or dogma.
- Those who want to live naturally, truthfully, and joyfully.

If you are one of them, this book is your personal guide.

The Crisis of Modern Living We are more connected. yet lonelier.

## **The Crisis of Modern Living**

We are more connected, yet lonelier. We are more advanced, yet sicker.  
We are more informed, yet more confused.

Modern life has made us forget who we are.

- We have forgotten how to breathe with awareness.
- We have forgotten how to sit in silence.
- We have forgotten how to eat with gratitude.
- We have forgotten how to listen to the soul.

It is a simple, natural way to realign your life with truth, health, purpose, and bliss.

### **What is Sptyog?**

"Spt" means seven . "Vog" means

- union.

Sptyog is the union of the seven powers within you - your body, mind, soul, breath, action, love, and surrender - to create a complete and successful life.

Unlike modern yoga, which focuses mainly on physical postures (asanas), Sptyog goes deeper into the spiritual, emotional, mental, and energetic dimensions of life.

## **Why This Book?**

This book is born out of real pain and real transformation.

I, Guru Sanjeev Saptiyogi, have walked through illness, stress, loss, and confusion - and found a new light through this seven-fold path. Over 20 years of practice, teaching, and healing, I've seen people cure their diseases, overcome mental suffering, and discover their higher purpose – without medicine, without therapy, without external dependence.

This book is written for:

- Those who are tired of medicines but want real health.
- Those who have everything, yet feel



### **Daily Practice:**

- Early morning silence (Brahma Muhurat)
- Soul gazing in mirror
- Deep meditation on "Who am I"
- Reading or listening to spiritual truth

Success Sign: You feel guided from within and unshaken by outer events.

- 5. Karma Saptiyog (Purposeful Action)

"Don't escape life. Enlighten it."

This Saptiyog helps you take right actions in the world - not out of ego or fear, but from truth and purpose.

## **7. Samarpan Sptyog (Surrender and Faith)**

"The final key is surrender – not weakness, but complete trust in the divine."

When you surrender, you let go of fear, control, and worry.

This Sptyog connects you with divine flow - the rhythm of life itself.

It includes:

- Letting go of ego
- Faith in universe's timing
- Gratitude in every situation
- Union with God (Ishwar Yog)

Daily Practice:

## **Chapter 1: Introduction**

### **A New Path Begins**

In today's fast-paced world, people are chasing success, wealth, health, and happiness - yet feel more lost, anxious, and disconnected than ever before.

Depression is rising. Diseases are increasing. Relationships are breaking.

And even after achieving everything, something still feels missing. The question arises :

What is the true purpose of life?

That's where Saptiyog begins.

Saptiyog is not just yoga. It is not religion. It is not exercise.

Saptiyog is the eternal spiritual path of the human being - the original Dharma of mankind.

It is a simple, natural way to realign

## **6. Prem Sptyog (Love & Relationship Harmony)**

"True love is not a demand. It is a presence."

This Sptyog transforms your relationships - with yourself, your partner, your family, and the world.

It teaches:

- How to love without attachment
- How to forgive deeply
- How to dissolve ego in relation ships
- How to radiate unconditional love

### **Daily Practice:**

- Heart-center breathing

It brings:

- Clarity in decisions
- Selfless service
- Balance between work and life
- Spiritual power in daily work

Daily Practice:

- I good deed without expecting return
- Mindful working (with awareness)
- Accepting results without stress
- Offering your work as devotion

Success Sign: You feel joy and alignment in your actions.

6. Prem Sptyog (Love

- How to love without attachment
- How to forgive deeply
- How to dissolve ego in relationships
- How to radiate unconditional love

**Daily Practice:**

- Heart-center breathing
- Gratitude for people in life
- Saying "I love you " to yourself
- Hug therapy and smile sharing

Success Sign: Your relationships become soft, deep, and divine.

**• 7. Samarpan Sptyog (Surrender and Faith)**

The final key is surrender –