



# The Seven Spiritual Sptyogs of Successful Life

*A Complete Path to Health, Wealth, and Inner Peace*

**By Guru Sanjeev Sptyogi**

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## Preface

Human life has always been a search – a search for health, wealth, happiness, and ultimately, peace. In today's modern age, man has progressed in every field: technology, science, medicine, and communication. Yet despite this advancement, dissatisfaction, stress, and imbalance continue to grow.

The need of our time is a spiritual system that connects the wisdom of the ancient past with the demands of the modern present. **Sptyog** is that system – a sevenfold path that brings harmony to body, breath, mind, soul, action, awareness, and love.

This book, *The Seven Spiritual Sptyogs of Successful Life*, is written inwith one purpose – to guide every seeker towards a life of balance, prosperity, and inner joy. Step by step, you will learn how to apply these seven yogic paths in daily life, and discover that success is not only measured by wealth, but also by health, peace, and fulfillment.

May this book serve as a light on your journey.

— *Guru Sanjeev Sptyogi*

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## Chapter 1 – Introduction

### *The Contradictions of Modern Life*

Modern life is a life of contradictions. Outwardly, the world is progressing at a rapid speed. Technology has made our lives comfortable, science has taken us to the moon and beyond, and human achievements are growing every day. Yet within, man is restless. Dissatisfaction, stress, and instability are spreading like a silent epidemic.

People live longer but not necessarily better. Facilities have increased, but peace has decreased. Wealth is multiplying, yet the sense of emptiness inside continues to expand. Depression, anxiety, and lifestyle disorders are becoming the diseases of our age.

The greatest challenge of our times is not survival, but balance. How can we live in this fast, competitive world without losing our inner peace? How can success be achieved while still experiencing joy, health, and fulfillment?

The answer lies in **Sptyog** – the seven spiritual yogas of successful life.

Sptyog is not limited to physical exercise or meditation; it is a complete life system. It unites the body, breath, mind, soul, action, awareness, and love into one harmonious flow. Through Sptyog, human life becomes balanced, purposeful, and deeply joyful.

This book will guide you step by step through each of the seven Sptyogs. It is an invitation to transform stress into strength, confusion into clarity, and emptiness into fulfillment

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## Chapter 2 – Sharir Yog (Body Yoga)

### *The Foundation of Health*

The body is the temple of the soul. If the body is weak, unhealthy, or filled with disease, then the journey of life becomes heavy and painful. True success is impossible without physical health. That is why **Sharir Yog** – Body Yoga – is the very first step in Sptyog.

Modern life has distanced man from his natural rhythm. Wrong diet, lack of movement, stress, pollution, and artificial lifestyle have damaged the body's natural energy. Sharir Yog reconnects us to the body, making it strong, flexible, and full of vitality.

## The Principles of Sharir Yog

1. **Movement is Life** – A body that does not move becomes a home of disease. Daily asanas (yogic postures) keep the joints, muscles, and spine young.
2. **Balance of Effort and Relaxation** – Yoga is not about force, it is about awareness. Every posture must end with relaxation so that energy flows freely.
3. **Discipline over Intensity** – Ten minutes of daily practice is more powerful than two hours once a week. Consistency is the key.
4. **Food as Medicine** – The body is built from what we eat. A light, sattvic diet (pure, natural food) is the foundation of health.
5. **Rest and Sleep** – Without proper rest, the body cannot heal or grow. Yoga teaches alignment of work, rest, and sleep.

## Benefits of Sharir Yog

- Strengthens muscles and bones
- Improves flexibility and posture
- Boosts digestion and metabolism
- Reduces stress and tension stored in the body
- Slows down ageing and increases vitality

## Practice of Sharir Yog

Start your day with a few simple asanas:

- **Surya Namaskar (Sun Salutation)** – for overall energy and flexibility
- **Tadasana (Mountain Pose)** – for posture and balance
- **Bhujangasana (Cobra Pose)** – for spinal strength and opening the chest
- **Vrikshasana (Tree Pose)** – for stability and concentration
- **Shavasana (Corpse Pose)** – for deep relaxation

With regular practice, the body becomes not just a machine for survival, but a divine instrument of joy. Sharir Yog purifies the body, making it ready for higher practices of breath, mind, and soul.

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# Chapter 3 – Swash Yog (Breath Yoga)

## *The Essence of Life Energy*

Breath is life. The very moment the breath enters the body, life begins; and the moment it leaves, life ends. Between these two breaths lies the entire journey of existence. Yet most people live their lives without ever becoming aware of their breathing.

**Swash Yog** – Breath Yoga – is the practice of reconnecting with the source of life energy through conscious breathing. The breath is not merely oxygen; it is *prana*, the subtle energy that nourishes both body and mind. When the breath is disturbed, the mind becomes restless. When the breath is steady, the mind becomes calm.

## The Principles of Swash Yog

1. **Awareness of Breath** – Simply observing your natural breath creates relaxation and clarity.
2. **Deep and Rhythmic Breathing** – Expanding the lungs increases oxygen and energy flow.
3. **Balance of Inhale and Exhale** – A calm rhythm of breathing harmonizes the nervous system.
4. **Pranayama Practices** – Systematic breath-control techniques awaken hidden energy.
5. **Sound and Vibration** – Humming (Bhramari), whistling (Seetkari), and rhythmic clapping stimulate healing vibrations in the body.

## Benefits of Swash Yog

- Increases energy and stamina
- Strengthens lungs and heart
- Reduces stress, anxiety, and anger
- Improves focus, memory, and mental clarity
- Awakens inner joy and positivity

## Simple Swash Yog Practices

1. **Anulom Vilom (Alternate Nostril Breathing)** – Balances left and right brain, brings peace.
2. **Kapalabhati (Skull-Shining Breath)** – Cleanses toxins, energizes the body.
3. **Bhramari (Humming Bee Breath)** – Calms the mind through vibration.
4. **Seetkari (Cooling Breath)** – Cools the body, reduces anger.
5. **Silent Observation** – Just sit and watch your natural breath, becoming one with it.

Through Swash Yog, the scattered energies of life gather into one powerful current. The mind begins to flow like a calm river, and a deep sense of harmony arises. Breath is the bridge between body and soul; mastering it opens the door to inner freedom.

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## Chapter 4 – Mann Yog (Mind Yoga)

### *Flowing with Awareness*

The mind is both the greatest gift and the greatest challenge in human life. When the mind is scattered, life becomes full of confusion, fear, and instability. But when the mind is focused, it becomes a powerful instrument of creativity, clarity, and peace.

**Mann Yog** – Mind Yoga – is the art of training the mind to flow with awareness. Just as water can either flood destructively or flow gently to nourish life, the mind can either create chaos or harmony. Through conscious practice, the restless mind can be transformed into a calm and luminous force.

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### The Principles of Mann Yog

1. **Awareness is the Key** – The mind wanders in past and future; yoga brings it back to the present.
  2. **Thought Management** – The goal is not to stop thoughts but to choose them consciously.
  3. **Single-Pointed Focus** – Like a laser beam, concentration makes the mind powerful.
  4. **Positive Direction** – A disciplined mind naturally flows towards creativity, love, and growth.
  5. **Stillness and Silence** – Silence is not emptiness; it is the deepest nourishment for the mind.
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### Benefits of Mann Yog

- Reduces stress, fear, and overthinking
- Improves memory, focus, and decision-making
- Awakens creativity and intuition
- Brings mental stability and emotional balance

- Leads to deep inner peace
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## Simple Mann Yog Practices

1. **Tratak (Candle Gazing)** – Concentrating on a flame strengthens focus.
  2. **Mantra Repetition** – Repeating a sacred sound brings clarity and steadiness.
  3. **Mindful Observation** – Watching thoughts as clouds passing in the sky.
  4. **Visualization** – Creating mental images of success, peace, or love.
  5. **Silence Practice** – Sitting quietly for a few minutes daily, without phone, book, or distraction.
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When the mind becomes disciplined, life transforms. A peaceful mind can turn every action into meditation. Mann Yog teaches us not to fight with the mind, but to befriend it. When the mind flows with awareness, success and happiness follow naturally.

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# Chapter 5 – Aatma Yog (Soul Yoga)

## *The Path of Liberation*

Beyond the body, beyond the breath, and beyond the restless mind lies the eternal soul – the real self. The body changes, the mind changes, even emotions and thoughts change, but the soul remains untouched, pure, and eternal.

**Aatma Yog** – Soul Yoga – is the journey of turning inward to realize this eternal truth. It is not about escaping life, but about discovering the unchanging essence within life. When a person experiences the soul, fear of death disappears, suffering loses its grip, and life becomes radiant with freedom.

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## The Principles of Aatma Yog

1. **You are not the body** – The body is a vehicle, but not your true self.
2. **You are not the mind** – Thoughts come and go; you are the witness behind them.
3. **Self as Eternal Consciousness** – The soul is not born and does not die.
4. **Union with the Divine** – The soul is a drop of the infinite ocean of existence.
5. **Liberation through Awareness** – Freedom comes not by running away, but by realizing the truth of who you are.

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## Benefits of Aatma Yog

- Freedom from fear, especially fear of death
  - Inner stability beyond circumstances
  - Deep sense of love, compassion, and unity with all beings
  - Awakening of spiritual strength
  - Experience of bliss and silence within
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## Simple Aatma Yog Practices

1. **Self-Inquiry (Who am I?)** – Repeatedly asking “Who am I?” leads beyond body and mind.
  2. **Witnessing Meditation** – Sitting silently, watching thoughts and feelings without attachment.
  3. **Chakra Awareness** – Focusing on inner energy centers awakens spiritual consciousness.
  4. **Silence and Solitude** – Spending time alone in silence connects you with your inner self.
  5. **Reading of Wisdom Texts** – Scriptures and spiritual books act as mirrors to the soul.
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Aatma Yog is the heart of spiritual life. It is the path from illusion to truth, from bondage to freedom, from fear to love. When the soul awakens, life is no longer a burden but a blessing.

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# Chapter 6 – Hath Yog Awareness

## *Balancing Effort and Energy*

Hath Yog is one of the most ancient and powerful branches of yoga. The word “Hath” means **force**, but its deeper meaning is the union of **Ha (sun energy)** and **Tha (moon energy)** – the balance of masculine and feminine, activity and rest, strength and surrender.

In modern times, people misunderstand Hath Yog only as difficult postures or physical gymnastics. But in truth, Hath Yog is not about showing strength; it is about **creating awareness of energy**. It teaches us how to balance body, breath, and mind so that higher dimensions of consciousness can be awakened.

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## The Principles of Hath Yog Awareness

1. **Balance of Opposites** – Heat and cold, effort and relaxation, day and night – everything in life seeks balance.
2. **Body as an Energy Instrument** – Postures are not exercises, but tools to align energy flow.
3. **Awareness with Effort** – Every movement should be done with mindfulness, not with force.
4. **Breath as Bridge** – The breath connects body and consciousness during every posture.
5. **Preparation for Meditation** – Hath Yog prepares the body and mind for deeper states of silence.

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## Benefits of Hath Yog Awareness

- Increases strength, stamina, and flexibility
- Balances the nervous and endocrine systems
- Awakens inner energy and vitality
- Removes laziness, dullness, and heaviness from the body
- Creates harmony between body and mind

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## Simple Hath Yog Practices

1. **Surya Namaskar (Sun Salutation)** – Balances solar energy, awakens vitality.
2. **Shatkarma (Cleansing Techniques)** – Purifies the body from toxins.
3. **Asanas with Awareness** – Holding each posture with calm breathing and mindfulness.
4. **Bandhas and Mudras** – Subtle locks and gestures that direct energy flow.
5. **Shavasana (Complete Relaxation)** – Absorbs energy and integrates awareness.

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Hath Yog is not about conquering the body but about befriending it. It awakens discipline, balance, and awareness, making the body a fit vessel for higher yogic practices. Through Hath Yog, life becomes a dance of energy – strong, balanced, and full of awareness.

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# Chapter 7 – Karma Yog (Action Yoga)



## ***Work as Worship***

Life is action. Every moment we are doing something – breathing, speaking, walking, working, thinking. Action is the very foundation of existence. But most people act unconsciously, driven by habit, greed, or fear. This unconscious action creates bondage, stress, and suffering.

**Karma Yog** – the Yoga of Action – transforms ordinary work into a path of freedom. It teaches us to act with totality, awareness, and surrender, without being attached to the results. Work then becomes worship, and life itself becomes yoga.

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## **The Principles of Karma Yog**

1. **Awareness in Action** – Do every action mindfully, however small it may be.
  2. **Detachment from Results** – Focus on effort, not on outcome. The fruit will come naturally.
  3. **Selfless Service** – When work is done for the good of others, it purifies the heart.
  4. **Equanimity in Success and Failure** – Accept both with balance, without pride or despair.
  5. **Action as Meditation** – Every movement can become spiritual when done in awareness.
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## **Benefits of Karma Yog**

- Freedom from stress and anxiety about results
  - Development of discipline and efficiency
  - Awakening of compassion and humility
  - Ability to face challenges with balance
  - Transformation of daily life into a spiritual journey
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## **Simple Karma Yog Practices**

1. **Mindful Work** – Whether cooking, cleaning, or writing, do it with full awareness.
  2. **Service without Expectation** – Help someone without seeking reward or recognition.
  3. **Daily Gratitude** – Begin work with thankfulness and end with surrender.
  4. **Balanced Living** – Work hard, but also rest and care for your body.
  5. **Surya Namaskar (Sun Salutation)** – As a daily practice, it aligns body, action, and energy.
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Karma Yog teaches us that no work is small or big – it is the attitude behind it that makes it sacred. When every action becomes yoga, then life itself becomes a celebration. Success, wealth, health, and peace flow naturally in the life of a Karma Yogi.

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## Chapter 8 – Dhyana Yog (Meditation Yoga)

### *Entering Inner Silence*

Meditation is the heart of yoga. Without meditation, yoga remains incomplete. The body can be trained, the breath can be controlled, the mind can be disciplined, but true transformation happens only when we enter the silence within.

**Dhyana Yog** – Meditation Yoga – is the art of turning inward. It is not about concentrating or forcing the mind to stop; it is about relaxing deeply into awareness. In that silence, the soul is revealed, and a deep joy arises that is beyond words.

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### The Principles of Dhyana Yog

1. **Relaxation, not Force** – Meditation begins when effort ends.
  2. **Awareness of the Present** – Being here and now, without past or future.
  3. **Witnessing the Mind** – Observing thoughts without judgment or attachment.
  4. **Silence is Healing** – Silence is not emptiness; it is fullness, it is nourishment.
  5. **Union with Existence** – In deep meditation, the individual dissolves into the universal.
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### Benefits of Dhyana Yog

- Reduces stress, anxiety, and fear
- Brings deep peace and inner stability
- Awakens creativity, intuition, and clarity
- Improves sleep and emotional balance
- Leads to self-realization and bliss

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## Simple Dhyān Yog Practices

1. **Breath Awareness** – Sit quietly and watch the natural breath.
  2. **Mantra Meditation** – Repeat a sacred word or sound to quieten the mind.
  3. **Chakra Meditation** – Focus on inner energy centers to awaken spiritual power.
  4. **Osho Dynamic Meditation** – Active methods like movement, dancing, or shaking before silence.
  5. **Silent Sitting** – Simply sitting in stillness, allowing everything to be as it is.
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When meditation becomes a part of daily life, ordinary living turns extraordinary. Work, relationships, even challenges become lighter. Dhyān Yog leads us to the ultimate goal of yoga – union with the divine, freedom from suffering, and the joy of simply

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# Chapter 9 – The Seven Paths Together

## *A Complete Life System*

Each of the seven Saptayogs – Body, Breath, Mind, Soul, Hath (Energy), Karma (Action), and Dhyān (Meditation) – is complete in itself. Yet, when practiced together, they form a holistic system that transforms every dimension of life.

Just as a week has seven days, and the rainbow has seven colors, Sptyog reveals seven gateways to balance and success. Practicing even one path brings benefits, but walking all seven paths creates harmony and wholeness.

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## How the Seven Sptyogs Work Together

1. **Sharir Yog (Body Yoga)** – Builds health and strength as the foundation.
  2. **Swash Yog (Breath Yoga)** – Fills the body with energy and vitality.
  3. **Mann Yog (Mind Yoga)** – Brings focus, clarity, and peace of mind.
  4. **Aatma Yog (Soul Yoga)** – Connects us to our eternal self.
  5. **Hath Yog Awareness** – Balances energies and prepares for meditation.
  6. **Karma Yog (Action Yoga)** – Transforms work into worship.
  7. **Dhyan Yog (Meditation Yoga)** – Leads us to silence, bliss, and ultimate freedom.
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## The Flow of Sptyog

- The **body** becomes healthy.
- The **breath** becomes powerful.
- The **mind** becomes calm.
- The **soul** is realized.
- **Energy** becomes balanced.
- **Action** becomes conscious.
- **Meditation** becomes natural.

This is the complete circle of life – physical, mental, emotional, and spiritual harmony.

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## Benefits of Practicing All Seven

- Health of the body and peace of the mind
  - Inner strength, vitality, and creativity
  - Freedom from fear, stress, and negativity
  - Balance between worldly success and spiritual growth
  - A joyful, meaningful, and successful life
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Sptyog is not an escape from life; it is a way of living life fully. When these seven yogic streams flow together, a human being becomes whole, balanced, and enlightened. This is the vision of Sptyog – to create a world where people live with health, happiness, and harmony.

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# Chapter 10 – Weekly Sptyog Practice Schedule

## *Seven Days, Seven Yogas*

Sptyog is designed not only as a philosophy but as a living practice. To bring balance and transformation into daily life, each of the seven Sptyogs is connected to one day of the week. In this way, every day becomes a step on the path of health, awareness, and spiritual growth.

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### Weekly Sptyog Plan

- **Monday – Sharir Yog (Body Yoga)**  
Begin the week by strengthening the foundation. Physical postures, stretching, and Surya Namaskar energize the body and prepare it for the days ahead.
- **Tuesday – Swash Yog (Breath Yoga)**  
Focus on breathing practices and pranayama. Deep, rhythmic breathing increases vitality, calms the mind, and removes stress.
- **Wednesday – Mann Yog (Mind Yoga)**  
Train the mind through concentration and awareness practices. Candle gazing, mantra repetition, and mindfulness bring clarity and focus.
- **Thursday – Aatma Yog (Soul Yoga)**  
A day to turn inward. Self-inquiry, witnessing meditation, and silence practices connect you to your inner self.
- **Friday – Hath Yog Awareness**  
Balance body and energy through traditional Hath Yog postures, bandhas, mudras, and relaxation techniques.
- **Saturday – Karma Yog (Action Yoga)**  
Dedicate the day to action with awareness. Practice Surya Namaskar with energy, engage in selfless service, and transform daily work into worship.
- **Sunday – Dhyan Yog (Meditation Yoga)**  
The week culminates in meditation. Silent sitting, dynamic meditation, and awareness

practices open the door to inner peace and bliss.

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## **The Power of the Weekly Cycle**

By practicing one Sptyog each day, life becomes balanced and disciplined. The body, breath, mind, soul, energy, action, and silence are all given equal attention. Slowly, yoga stops being just a practice and becomes a way of life.

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## **Daily Timing**

Morning hours (between 6 AM and 8 AM) are the most powerful for Sptyog practice. At this time, nature is quiet, the mind is fresh, and energy flows smoothly. Evening sessions may also be added for relaxation and renewal.

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## **The Promise of Sptyog**

In just seven days of continuous practice, you will begin to feel lighter, healthier, and more peaceful. In seven weeks, new habits will form. And in seven months, your life will be transformed into one of balance, health, success, and inner joy.

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# **Chapter 11 – Closing Reflections**

## ***Towards a Successful Life***

Human life is a journey – sometimes joyful, sometimes painful. At times we rise to heights of success, and at times we fall into valleys of struggle. But through all these ups and downs, one truth remains: the real success of life is not measured only by wealth, status, or achievements, but by **health, peace, love, and fulfillment**.

The seven paths of Sptyog offer a complete way of living. They are not theories to be read and forgotten; they are practices to be lived each day. By uniting the body, breath, mind, soul, energy, action, and meditation, life becomes whole and balanced.

When practiced with sincerity:

- The **body** becomes strong and disease-free.
- The **breath** flows with vitality and calm.
- The **mind** becomes focused and peaceful.
- The **soul** awakens to its eternal nature.
- **Energy** flows in harmony.
- **Action** becomes sacred.
- **Meditation** opens the door to bliss.

This is the vision of Sptyog – to create a life where health and prosperity meet inner peace and joy. A life where man is not a slave of stress, fear, or greed, but a master of his destiny.

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## The Seven Keys of Sptyog

1. Health through the body
2. Vitality through breath
3. Peace through the mind
4. Freedom through the soul
5. Balance through Hath Yog
6. Fulfillment through action
7. Bliss through meditation

These are the seven treasures available to every human being, here and now.

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## Final Message

Success is not a destination but a way of living. By walking on the sevenfold path of Sptyog, every person can become healthy, prosperous, peaceful, and awakened. The world needs not more competition, but more compassion; not more stress, but more awareness.

Sptyog is an invitation to you – to transform your life, and through your transformation, to bring light to others. When one person changes, a family changes. When families change, society changes. And when society changes, the whole world becomes a garden of peace.

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✿ *May these seven paths guide you towards health, wealth, peace, and inner joy. May Sptyog be the light on your journey of life.*

— *Guru Sanjeev Sptyogi*

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