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**Neerja Bhatia**

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Transcript of live chat with Neerja Bhatia, Inspirational Speaker, on April 24, 2003

**“Our true nature is spiritual”**

**tina>** What is Rhythm of Success? What do they do?

**neerja.bhatia>** We are an organisation dedicated to help individuals increase self awareness - tapping into our higher self.

**alice>** How can you help someone achieve spiritual growth? Is it not an individuals own's efforts?

**neerja.bhatia>** Absolutely it is up to the individual - however we can only facilitate the growth.

**cgd>** What kind of workshops do you conduct and where all have you done such workshops?

**neerja.bhatia>** Workshops are based on dissolving problems, increasing inner balance and I have conducted workshops in Corporate America and retreat centres in Canada and United States.

**doll>** Do you also do programmes in India as well? If yes, where all have you done workshops?

**neerja.bhatia>** Have not conducted workshops in India yet but looking forward to being of service to my country.

**mpr>** I am a drunkard and I want to change. Can you help me?

**neerja.bhatia>** Addictions keep us away from our higher self.

**bangalore\_girl>** What according to you are factors that prevent us from achieving our higher self?

**neerja.bhatia>** Our ego self that takes form of victim self and pompous self.

**cgd>** In a stressful world there is hardly time for oneself as a result most people neglect the spiritual self. How can that be remedied?

**neerja.bhatia>** Making ourselves the priority - the more we increase self awareness, the more energy we will have to deal with day to day challenges and slowly we can create a stress free world but first we have to do so for ourselves.

**bangalore\_girl>** You said ego prevents us? How can we overcome that hurdle to reach

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the higher self?

**neerja.bhatia**> When we become aware of our ego self and start to learn from it without judging. Learning begins when we are ready to self examine each behaviour and be willing to grow from it. Our behaviours are the false self we are much greater than that.

**aditi**> How relevant is SQ in today's world? Is it a mere fad or are people really taking it seriously?

**neerja.bhatia**> Please elaborate SQ – what does it stand for?

**fem**> How important is it to have a spiritual quotient?

**neerja.bhatia**> Ah! from EQ and IQ now we are on SQ. We are spiritual beings having a human experience - so at the bottom of all we want, do and need lies our need to be pure joy and pure bliss - we can give it whatever name we want but our true nature is spiritual.

**bindu**> How sincere are companies in getting spiritual training for their employees, after all what is in it for them?

**neerja.bhatia**> When employees come from the spiritual self, they come from service - they have a bigger perspective of life and work. Instead of what is in it for me, they ask how can I make a difference - besides happier employees will produce greater results.

**kaps**> What are the benefits that a person attending your workshop will gain?

**neerja.bhatia**> Our focus is on helping individuals recognise and release habitual patterns that hold them back. Instead of being in reacting mode, one will start to take action from higher self.

**nitin**> Do you think that Americans are becoming more spiritually aware of themselves? What is the kind of response that you get from your workshops?

**neerja.bhatia**> I think in America most people are coming to the realisation that there is more to life than being a workaholic.

**sunita**> What should we do to gain Spiritual Quotient?

**neerja.bhatia**> Set aside time for yourself - get to know your self in terms of your emotions, your beliefs, your values, your passions, your likes, dislikes - it is like self assessment - knowing what makes you angry - slowly and surely learning to let go of what holds you back and mostly living in the now... you can check our website for additional information [www.rhythmofsuccess.com](http://www.rhythmofsuccess.com)

**nitin**> Tell me according to you where do Indians stand in terms of spiritual awareness?

**neerja.bhatia**> Indians are so fortunate to have such powerful spiritual teachings - I think like everyone else we translate the teachings according to our own limited perceptions. Each one of us hits the wall at some point in life be it an Indian or an American and eventually we all return to our spiritual self, our true self.

**dhruv0308**> A person who is aware about his hidden strengths but is just too lazy to do anything about it. Please advise a good inspirational book.

**neerja.bhatia**> I read a great book eight years ago "Dare to be Yourself" can't remember

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the authors name. You will also find recommended reading on our website. Good luck as you unleash your strengths.

indian> You just said that people should live in now but as humans we are all programmed to think ahead and always told to think for future, how can you change something as basic as that?

**neerja.bhatia**> The key word is programmed - we know we are programmed, our higher self is free of the programming and we need to break through the dysfunctional programming that is holding us back. Slowly and surely with awareness, mindfulness, meditation and introspection we will release the programming and become free.

**lookesh**> I am very depressed. Please help and advice, what should I do?

**neerja.bhatia**> First and foremost, stop living in the past - it is no more - you have the power right now to make a difference. Living in the past makes us depressed. Past is like a dream. When you wake up from your sleep, you don't hold on to your dreams and get depressed. Same way let go of the past - loose the stories you tell yourself about you and create something new. Find things you love to do - I know you can do it. Don't waste your precious life in the past.

**arru**> Which methods do you think will help us break free of the barriers that we have installed on our higher self? How useful is meditation in that?

**neerja.bhatia**> Meditation is a tool that helps you to create space between your thoughts - this calms the mind. It is through the space one can tap into the higher self - it has been said that it is the space between the bars that keeps the tiger imprisoned. Increase the space and free your self. Your higher self is your true teacher - take a small step and your higher self will guide you to the best teachings that are tailored just for you.

**fem**> Who do you think is more spiritually inclined, men or women?

**neerja.bhatia**> Both - we need to find the balance of our yin and yang energy within us. The yin will show us the devotion and yang will show us the courage to dive deep within.

**hukhuk**> What according to you is the root cause of depression and are medicines the answer?

**neerja.bhatia**> Medicine treats the symptoms not the root cause. Root cause is much too deep - as a society we are plagued with dysfunctional behaviours. You see it all over the world. We have created our own world and only we can change it. Each one of us must do our own work. Depression is from suppressing our higher self and believing ourselves to be something we are not. You are unique, there never was and never will be another you. So spend time and discover your unique and innate talents and share them with world.

**prashant**> How do I increase my self confidence?

**neerja.bhatia**> Through self awareness - stop believing in what people tell you about your self and most of all stop listening to your inner critic that holds you back. You are perfect as you are so stop covering yourself up with all the negative things you believe yourself to be.

**cgd**> Which according to you is the right way to meditate?

**neerja.bhatia**> There is no right way - meditation really means being one with the present

moment. One can walk and be one with the nature. Initially when one is taking the path of meditation, it is important to sit straight or lie on your back. The important thing is to feel presence in every cell of your body.

**madhukar**> What are your views about degeneration in the society and what do can we do to check that?

**neerja.bhatia**> We cannot make an impact in the society without erasing the inner conflict -- the society is in us. We have created the society. We each must do our own work first and come from a place of inner harmony and then we can empower others. So whatever you see in the society, ask yourself how that aspect reflects the person I am.

**fem**> How many days does the workshop go on for? Do you do it alone or do you have a team?

**neerja.bhatia**> I do have a partner and I run the workshops alone as well. We have done weekend retreats, one day workshop and also three-hour workshops.




**sonal**> If all people become spiritually inclined then how will the world progress because there won't be any competition and everybody will be contented?

**neerja.bhatia**> That is the paradox, we all have to experience night to experience the day, that is the law of nature.

**Signoff Message**> Thanks for your time - bye for now.

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