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New Book on Knowing the Self

Stamford, Conn.-based self development consultant Neerja Bhatia went through a personal emotional and spiritual crisis in the 1990s. Drawing upon her own intense experience of how she attained both spiritual and emotional balance, she has written a book, "Bliss is in Knowing the Self."

"It is my desire to share the insights I have gained through my very own inner separation from the Self," Bhatia says. "In early 1996, I was at the peak of being driven by the comforts of life and had shut myself from the Self." Hired as a director of sales and marketing for a firm, she thought she was on a journey to a great profession, financial independence, a better lifestyle and wonderful friends. But deep inside, she felt there was something missing.

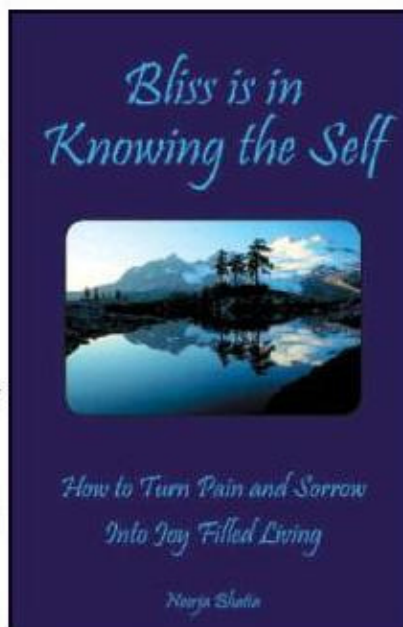
"My profession nurtured my desire for social status, but did not fulfill my yearning to be an integral part of the whole. I felt as though I was not making a difference in the world," she says. "The questions that kept me up at night were: What is my life purpose? What is my role in this vast Universe? Who am I? What am I doing with my life?"

In 1999 Bhatia quit her job to begin a new chapter. "It was not easy; however, it led me to my purpose and over time I became closer to the Self," she says. "The experience with the Self provided me with amazing insights and abilities."

Bhatia says the book can be used as a daily inspiration through poetry and metaphors. The direction and examples bring insights and inner clarity. Each chapter provides questions to reflect and to map life experiences that were significant in shaping the reader.

Interested readers can get more information at www.knowingtheself.com or by email at: nbhatia@knowingtheself.com

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(Above): Neerja Bhatia, author of "Bliss is in Knowing the Self."