

Hari Bhartia

Co-Chairman & MD

Chaotic Interconnectedness

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Hari Bhartia, Co-Chairman & MD, Jubilent Organosys Ltd.

What does spirituality mean to you?

A spiritual person is one who is able to find happiness on his own and whatever circumstances he is in. Spirituality to me is not about religion. I was born a Hindu and am a Hindu. But what is Hinduism? There are no books we follow, it is a way of life. God is in us, the concept of god is a way to relate to myself and to the reality around.

Do you believe you are guided and protected by a superior force?

I don't. My belief is that the power is within you. I strongly believe the more faith you create in yourself, the more power you bring to yourself. Things do happen though and you do not have control over them and you flow with it. But I do not know if it is pre-programmed by some force. I think it is a chaotic interconnectedness.

Do you believe you have a special mission or purpose in this life?

No, I wouldn't define it as a general mission. You are born to live your life as a human being with your fellow travellers, be connected, make sure you feel right about what you do and who you are.

What is spirituality for you in your day- to-day life?

I do not pray every day, I do not think about God. But every day, I must have moments with myself. Otherwise, I would only be constantly reacting to the pressures of life. There is always a mail, an SMS, a call, a meeting, a crisis of some sort, it is so difficult to stay connected. So even at work, I just disconnect myself from everything for a few minutes, I get lost in my own self. I re-evaluate everything in those moments.

What is the role of spirituality in the world of business?

If you cheat somebody, you can't ever feel really good about yourself. And if you have done so, which happens in life, you regret it even though you may look confident on the outside. So if you want inner happiness, it is a self-correcting mechanism. The wrong and right definition can change from one situation to the other but you actually know if you are doing something wrong.

Can you tell us about a unique experience that changed or shaped your spiritual beliefs?

I grew up in a family business. But seven or eight years back, we decided to all go our own way. That gave me such a sense of freedom. This increased sense of freedom while coming out of the traditional mould of what is expected of you in a business family, has been a defining moment. The process enabled me to explore more of who I am.

Tell us about one powerful spiritual experience.

It is about meeting a certain person in the most random and uncanny ways, over and over again and seeing what the connection is about. Often, we meet people and are afraid to reveal who we really are, either because we fear their reaction or are unhappy about ourselves. But if you are constantly guarded, you're not really alive. You have to give a piece of yourself and take the risk.

What are your spiritual inspirations?

When I was 10 or 12 years old, I attended a lecture by a teacher of the Ramakrishna Mission. He talked about god and Hinduism and said so clearly how god takes different forms. He explained how god is within you. I also spent a lot of time with people like Deepak Chopra, but ultimately you have to find your own answer.

If you were to be reincarnated, what would you like to be reincarnated as, when & where?

I would choose to do something more creative, in an artistic way.

What is your idea of happiness ?

It is about being able to maintain a sense of calm and peace no matter what happens.

If there was one question you could ask god, what would it be?

What is the purpose of creating this entire world? Was it a game? Is it play for you to watch people, producing children, running after each other, suffering, feeling, killing and so on? What is it all about?