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[Empathy as accessing 3 kinds of ignorance](#)

As a Design Thinking facilitator one of the key challenges I face is following: How do we create an experiential understanding of the concept of empathy? Participants do go through observations, interviews etc. However, how does one know if one is actually empathizing with the other? In this article, I am proposing a way of looking at empathy as a process of accessing 3 kinds of ignorance: content, intent and illusion. [Full article](#)



[Rapid prototyping: 1-hour, 1-day and 1-week prototypes](#)

How rapid is rapid prototyping? This question evokes different timelines in peoples' minds. And it is not uncommon to see that many of my workshop participants are thinking in terms of months. That makes sense if you are building high fidelity prototypes of complex solutions. However, that is not necessarily a good place to start. Hence, I suggest we think in terms of: 1-hour, 1-day and 1-week prototypes. [Full article.](#)



[What's wrong with practicing mindfulness to become better?](#)

This article proposes that mindfulness is more of an investigation than a practice. It is an investigation into the mindfulness hypothesis which states that behind every negative emotion such as worry, anxiety, anger, guilt, blame, there is a cognitive illusion lurking behind. I argue that just like Sherlock Holmes's investigation, mindfulness is also a creative process and goes beyond a practice. [Full article.](#)



[My 3 takeaways from Edgar Schein's "Humble Consulting"](#)

"Humble Consulting" is a concept Prof. Edgar Schein has been developing and refining over the past five decades. In this approach Schein turns the conventional wisdom of consulting – gather data, diagnose & propose solution – on its head. In this article, I present 3 of my takeaways: importance of curiosity led humble questions, content seduction trap and significance of adaptive moves for simultaneous diagnosis and initial intervention. [Full Article.](#)