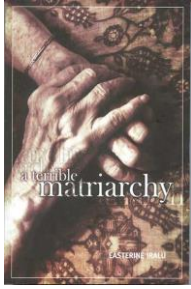


## Catalign Quarterly December 2016

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<http://www.catalign.in/p/catalign-quarterly.html>



### [Empathy as understanding the assumptions behind the rigid reflexes](#)

Do you get upset about somebody's behaviour? Say, a public figure such as a politician or someone close to you, your spouse, kids, parents, friends? Then that is an indication that you haven't empathized with the person enough. Once we see that the behaviour of a person is a result of almost mechanical and rigid reflexes, it becomes difficult to sustain grudge against the person. You don't get angry with a computer or a car, do you? Empathy is that understanding of rigid reflexes. [Full article](#)



### [Five minutes innovation manager](#)

Managers can get started with enabling innovation in their teams with just five minutes of their time per week. Here are a few five minutes exercises that might help in the journey: Publicize a challenge book, Listen to team members' ideas, Solicit ideas from team, Appreciate the effort such as prototyping in team meeting. [Full article.](#)



### [Four hurdles in self-discovery](#)

Self-discovery is a process of learning through introspection about the process of thinking especially about how it creates and sustains cognitive illusions. While it is easy to get started into self-discovery journey, anyone who has dabbled in this would know that the approach has several challenges. This article presents four of them: lack of urgency, "in order to" attitude, electrochemical smog and fear of uncertainty. [Full article.](#)



### [Reflections from Rishi Valley on responsibility, corruption and rural education](#)

I got an opportunity to participate in the annual gathering organized by Krishnamurti Foundation India (KFI) at Rishi Valley near Madanapalle in Andhra. The article explores what Samdhong Rinpoche mentioned as one's primary responsibility in his talk, What corruption is according to J Krishnamurti and the rural education program at Rishi Valley. [Full Article.](#)