

Catalign Quarterly Dec 2017

Reflections on innovation, design thinking and mindfulness

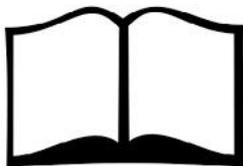
Dec 30, 2017

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



[3 ways a metaphor helps in challenge framing](#)

Metaphors can play an important role in framing a good challenge. One, it makes the challenge concrete. A challenge statement with only abstract words can be interpreted differently by different people. That's not very helpful when teams are involved in solving tough challenges. Second, a metaphor can help bring out the uniqueness of the challenge by mentioning how it is different from the metaphor. And Third, a metaphor can be generative i.e. it can generate new questions [Full article](#)



Design Thinking
Resources

[Design Thinking resources #1: Overall process](#)

This article lists a few resources (articles, books, videos) on Design Thinking that I have found useful. It carries a bias for stories which highlight the iterative nature of the process. It includes [Stanford D-school resources](#), [IDEO shopping cart video](#), [a watch for everyone including blind](#), [Husk Power Systems story](#), [Addressing malnutrition in Vietnam](#), [Infinite vision book](#), [40 design thinking success stories](#). [Full article.](#)



[Why does Ishiguro say Stevens the butler is a monster](#)

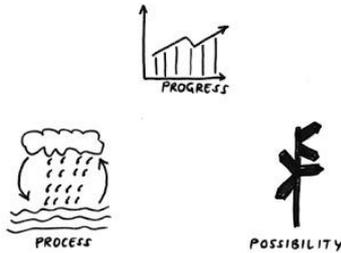
In a conversation with a fellow writer Ishiguro says that Stevens the butler from his novel (and movie) "Remains of the day" is a monster. While he doesn't do any violent act himself, due to his blind faith in his master, Stevens ends up supporting a monstrous act. Metaphorically, most of us are like the butler doing our job for some employer upstairs. Who knows to what purpose does our work is getting used to? Blind faiths are dangerous. [Full article.](#)

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[Progress, process and possibility: 3 words and their new meanings](#)

This article presents the new meanings 3 words have acquired through the process of self-investigation for me. All there is – is the Unknown which is a *process* of meaning getting expressed into matter, thoughts and actions and simultaneously getting compressed back into the Unknown. *Progress* is a cognitive illusion which results when meaning making process misperceives reality and treats relatively stable structures as independent entities. Insight can break through the illusion and bring clarity. This results in every moment bringing several *possibilities*. [Full Article.](#)



[Mindfulness on the go: Podcast series:](#)

This quarter, my wife Gauri and I continued our podcasts. The three podcasts we published this quarter dealt with the three flavours of mindfulness: (1) present moment awareness: Am I aware that I am breathing? (2) recognition of wasteful thinking: Is this thought useful? (3) awareness of cognitive illusion: Could I be wrong? [Check here.](#)