

ZEN AND THE ART OF HAIR DRESSING

I went for a hair cut after many months. A new and fancy looking Toni and Guy or some such shop. Very close to home so i decided to take a chance. The last time i went to one these "branded- unisex hair stylists" type places was a disaster. This time around to my pleasant surprise, a young guy in his twenties invites me to his table. Proceeds to wash my hair and cut it meticulously. Thin strands one at a time, the way Sashi used to a long long time ago. for more than an hour, his only focus was getting the hair on my head, and my beard cut as evenly as he could.

The care he took and the total concentration on his face made me contemplate on zen and craftsmanship! I realised that I had relaxed completely just knowing that this guy was clearly intending to do the best he could. Got me thinking about team work and leadership (thats me:). More than any thing else, it struck me that trust is built when one knows that ones team members will do their very best, simply because they are committed to themselves. No need for any motivational speeches, no 'bonding', no facilitation and game play!

I was full of respect for the guy, it did not matter how the final outcome would turn out, the process was full of care and attention. I often feel tense when i sit in the hair dressers seat, one feels vulnerable, much like being in a dentists chair but with less pain and the effects last for a shorter time too:) With a few guys waiting in the queue, there is always the sense of hurry, and with loud music blaring away, and a TV on the experience builds tension. The ambience was muted and aesthetic too, and for the first time i almost fell asleep as the hair cut was going on. And the final surprise, the price was reasonable so i give the guy a generous tip and told him that I really learnt a lot from him.'