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## Context to the nugget

Jayashri talks about what it takes to perform with other artists on stage and discusses the notion of emptying oneself and a levelling attitude with oneself for the music to take over. She talks about creating a space inside her from which the music could flow freely.

## Transcription

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Deepak Jayaraman (DJ): Picking up on this dynamic in the concert, am curious about team work as a theme, again of the various concerts you have done and people you have performed with what's been your insights around when it all comes together, what are some of the pieces if you sort of decode that what are some of the underlying things that need to go right for you to come across as one voice to the audience?

Bombay Jayashri (BJ): First and foremost is to have a very healthy attitude and peaceful relationship with everybody on the stage on and off stage, the second is to at least in my case what I try to do is I try to empty myself completely before I going to the stage without a baggage or without a notion of how I want the music to sound, I try to just ok now I am just going empty and I have often found that when I do that everybody else is able to do that at the same time which happens sometimes with people who have worked for the long time, you tend to have a kind of a levelling attitude with each other and then the music takes over, we don't have to do much, I don't know if I can explain this in words but, I have had experiences that enriching my thought process to believe that empty yourself and then years of training and practice just flows through.

DJ: And when you say empty yourself, I am sure its simple statement but I am sure its complex, so give us a sense of how you empty yourself?

BJ: Maybe what I mean to say is if I take a melody, I could compare it to say a river, river that flows through hill or valley and at every turn there's a melody, there's what we called a Gamaka or Anusura there are these inflections in music, when we look at the river, look at the beauty and we say aah! We are not thinking of all these things, when I am trying to perfecter, when I trying to learn a Raga or I am trying to perfect it's like a river, every Raga is a different river it flows through me and the nuances come through my voices but when I have worked and internalized these nuances, these vocabulary, that grammar for many months, after that point I am not thinking of the book that vocabulary that created that Raga, I know it, but I must allow it to flow freely from inside of me, so I try to create that space inside me and that's what I meant by emptying myself. So that river can gush out.

## Reflections from Deepak Jayaraman

DJ: The big takeaway for me here is that getting a team to work harmoniously (no pun intended) is often not just about getting 5 people who are good at what they do and getting them to work together. The key as a leader is often to create the space or the climate for the artists or experts or the CXOs to come together to collaborate and perform. If this topic is of interest to you, you might find the article in New York Times by Charles Duhigg on Project Aristotle relevant. He talks about how Google looked at high performing teams and what they had in common was this notion of psychological safety. They felt the team was a space where they felt comfortable collaborating. That insight, at some level, is quite similar to what Jayashri talks about here.

## End of nugget transcription

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### **About Deepak Jayaraman**

Deepak seeks to unlock human potential of senior executive's / leadership teams by working with them as an Executive Coach / Sounding Board / Transition Advisor. You can know more about his work [here](#).

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