

How to build a Contemplative Scientific Collaboration, Community and Culture

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Today many researchers struggle with overdrive competition for scarce resources, publication and career pressure, leading to reduced quality of research-and-life. Consequently, scientists are calling for a transformation of academic and research culture [1-6]. We want to support this movement with bottom-up community-building approaches firmly grounded in the contemplative process [7-9]. We therefore propose to co-create a **Contemplative Scientific Collaboration, Community and Culture (CSC³)** based on these principles:

- **Shared values:** use participatory processes like “Systemic Konsensing” [10] to co-create a foundational set of shared values and intentions: an “ethical code” that fosters genuine dedication to highest-quality scientific conduct and interdisciplinary collaboration [11-12] as well as the contemplative process [13] and skillful community-building.
- **Shared practices:** co-create safe containers and encourage participants to engage in “best practices” including contemplative (mindfulness/compassion meditation, Insight Dialogue, ...), embodied (movement, dance, play, contact improvisation, walking meetings, ...), scientific (internal peer-review, ...), and “we-space” (Council/Circle, Bohm Dialogue, Art of Hosting, ...) practices [14-17].
- **Building community:** facilitate semi-virtual, autopoietic spaces to encourage authentic sharing, regular meaningful interaction, participatory sense-making and decision-making, knowledge exchange, experimentation, reflection, and mutual support to bring out the best in each other [18-19]. Support collaborations doing rigorous and slow science as a living, embodied, enactive, truly contemplative process [20]. Slow down, pay close attention, understand what other experts and nature have to tell us. The quality of contemplation and interaction in community provides a strong foundation for successful collaboration and excellent research that truly matters to us.

As a small group (“EnActivists”) we have been doing preliminary research, prototyping and experimentation. Next, we seek funding to launch a year-long **collaborative innovation process** with diverse stakeholders (including you?), embodying the CSC³ principles as a living experiment while learning to understand the “problem” and test new “solutions” and methodologies in pilot projects. We hope you join us to explore and embody this new way together!



visit our webpage:
Contemplative Scientific Collaboration
www.contemplativecollaboration.org

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