

# How to build a Contemplative Scientific Collaboration, Community and Culture

Wolfgang Lukas, PhD – [wolfgang.lukas@gmail.com](mailto:wolfgang.lukas@gmail.com) – [www.contemplativecollaboration.org](http://www.contemplativecollaboration.org)

## Challenges / Opportunities

I

Today many researchers struggle with **overdrive competition** for scarce resources, publication and career pressure. To offer an alternative to the “academic rat race”, we propose to co-create a **Contemplative Scientific Collaboration, Community and Culture** (CSC<sup>3</sup>) based on principles that you will find on “the other side”.

II

Scientists are already calling for a **transformation of academic and research culture**. We want to support this movement with **bottom-up community-building** approaches firmly grounded in a powerful game changer: the **contemplative process** in all its manifestations. We hope you **join us** to explore & embody this new way together!

III

**Ongoing:** preliminary research, smaller-scale prototyping and experimentation (“enActivists”).  
**Next steps:** get national & EU **funding** to launch a year-long **collaborative innovation process** with diverse **stakeholders** (including you?), embodying the CSC<sup>3</sup> principles as a **living experiment** while learning to understand the “problem” and discover & test new “solutions”.



... scan me for  
references & more resources!

Meditator silhouette by Rojal,  
Creative Commons 4.0 BY-NC

## Practices & Principles

1

Use participatory processes like “Systemic Konsensing” 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** as well as the **contemplative process** and skillful **community-building**.

2

Co-create safe **spaces** & encourage participants to engage in best **practices** incl. **contemplative** (mindfulness/compassion meditation, Insight Dialogue, ...), **embodied** (movement, dance, play, contact improv, walking meetings, ...), **scientific** (internal peer-review, ...), “**we-space**” (Council/Circle, Bohm Dialogue, Art of Hosting, ...).

3

Build 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**. Co-create collaborations doing **rigorous** and **slow science** as a **living**, embodied, enactive, truly **contemplative process**.

This work is  
supported by the

