How to build a Contemplative Scientific Collaboration, Community and Culture
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Challenges / Opportunities

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) based on principles that you can find on “the other side”.

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!

Practices & Principles

1) Establish: use participatory decision-making such as “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, interdisciplinary collaboration, the contemplative process, and skillful community-building.

2) Enact: co-create safe spaces & encourage participants to engage in best practices – incl. contemplative (mindfulness/compassion, Insight Dialogue, ...), embodied (movement, dance, play, contact improv, walking meetings, ...), scientific (internal peer-review, ...), "we-space" (Council/Circle, Bohm Dialogue, Art of Hosting, ...).

3) Extend: build community by facilitating autopoietic spaces to encourage authentic sharing, meaningful interaction, play, 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.

Ongoing: preliminary research, smaller-scale prototyping and experimentation ("enActivists"), growing collaborative initiatives ("The Mindful Researchers").

Next steps: get EU funding to launch year-long collaborative innovation process with diverse stakeholders (including you?), embodying the CSC principles as a living experiment while discovering & testing solutions.

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... scan me for references & more resources!