

How to build a Contemplative Scientific Collaboration, Community and Culture

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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) based on principles that you can 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”), 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.



... scan me for
references & more resources!

Meditator silhouette by Rojal,
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Practices & Principles

1

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

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

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**.

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