

# Contemplative Scientific Collaboration: a CERN-inspired vision for a mindful research culture

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

## Challenges / Opportunities

I

Today many researchers struggle with **overdrive competition** for scarce resources and chronic publication / career pressure. To offer an alternative to the “academic rat race”, we propose to co-create a **Contemplative Scientific Collaboration** (CSC) to establish a mindful research culture based on a set of core design principles.

II

Many scientists are calling for a **transformation of academic and research culture**. We aim to support this movement with **bottom-up community-building** firmly grounded in embodied and situated human experience of researchers. This effort has given rise to the emerging **Mindful Researchers** grass-roots initiative & community.

III

**Ongoing:** research, prototyping, collaborative initiatives (e.g. **Mindful Researchers**). Studying impact on research methods, quality of collaborations, ways to enact new epistemologies.

**Next steps:** acquire funding to launch year-long **collaborative innovation process** with diverse stakeholders, embodying the CSC principles as a **living experiment**. We hope you **join us!** :)



... scan me for  
references & more resources!

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## Practices & Principles

1

1) **Establish:** use participatory decision-making such as “Systemic Konsensing” to co-create a set of **shared values and intentions** – an “ethical code” that fosters genuine dedication to highest-quality **scientific** conduct, **interdisciplinary** collaboration, **open** and **slow** science, **contemplative practice**, and skillful **community-building**.

2

2) **Enact:** co-create “brave **spaces**” & invite researchers to engage in supportive **practices** – including **contemplative** (mindfulness, Insight Dialogue), **embodied** (movement, dance, contact improv, walking meetings), **co-creative** (Playful Academic), and “**we-space**” (Listening Circle, Bohm Dialogue, Art of Hosting) practices.

3

3) **Extend:** build community by **facilitating spaces** to encourage authentic **sharing**, meaningful interaction, **play**, **participatory sense-making** and **decision-making**, knowledge exchange, experimentation, innovation, **reflection**, and **mutual support**. Co-create collaborations doing **rigorous, open, slow science** as a **living**, embodied, enactive, situated **contemplative process**.

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