Contemplative Scientific Collaboration: a Shared Vision for a Mindful Research Culture
Wolfgang Lukas, PhD – IGDORE – wolfgang.lukas@igdore.org – www.contemplativecollaboration.org

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 and to establish a novel mindful research culture based on a set of core design principles.

Challenges & Opportunities

Shared values: develop an “ethical code” that fosters genuine dedication to highest-quality research, interdisciplinary collaboration, open science, contemplative practice, and community-building.

Best practices: engage in genuine contemplative, embodied, co-creative, “we-space” practices. Enact an ethical, rigorous, slow science as a living, embodied, enactive, situated contemplative process.

Building community: facilitate collaborative spaces for authentic sharing, participatory sense-making and decision-making, co-design, open knowledge exchange, reflection, mutual support.

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. We strive to co-create a supportive environment to explore the integration of our professional & contemplative life as a collective living inquiry. We intend to cultivate a welcoming shared space, a living lab supporting the emergence of a generation of researchers rooted in genuine embodied, situated, contemplative practice.

We seek to foster a beneficial transformation towards a more compassionate, generous, kind, inclusive, collaborative, ethical academic culture that is able to enact new epistemologies – via research, prototyping, events and collaborative initiatives. With funding we aim to launch a multi-stakeholder process to support systemic change, and to study the impact on research methods, collaborations and communities. Will you join us?

Collaborators:
Dav Clark
Enrico Fucci
Dara James
Annika Lübbert
Francesco Noera
Mary Rees
Frank Schumann

Mindful Researchers

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. We strive to co-create a supportive environment to explore the integration of our professional & contemplative life as a collective living inquiry. We intend to cultivate a welcoming shared space, a living lab supporting the emergence of a generation of researchers rooted in genuine embodied, situated, contemplative practice.

We seek to foster a beneficial transformation towards a more compassionate, generous, kind, inclusive, collaborative, ethical academic culture that is able to enact new epistemologies – via research, prototyping, events and collaborative initiatives. With funding we aim to launch a multi-stakeholder process to support systemic change, and to study the impact on research methods, collaborations and communities. Will you join us?

Collaborators:
Dav Clark
Enrico Fucci
Dara James
Annika Lübbert
Francesco Noera
Mary Rees
Frank Schumann

This work has been supported by the
Yoga Science Foundation

scan me for references & more resources!