

Contemplative Scientific Collaboration: a Shared Vision for a Mindful Research Culture

Wolfgang Lukas, PhD – IGDORE – wolfgang.lukas@igdore.org – www.contemplativecollaboration.org

Challenges & Opportunities

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.

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**.

Collaborators:

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

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.

scan me for
references &
more resources!



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**?

This work has
been supported by the



Meditator silhouette by Rojal,
Creative Commons 4.0 BY-NC