The Mindful Researchers initiative took shape after ESRI 2020. Our main goals are to build community, support the needs and foster the creative potential of the community and our members— in contemplative science and beyond. In the first phase (2020-2022) our activities included regular newsletters and 30 co-facilitated online events with up to ~25 participants each.

In the ongoing second phase (since 2023) we are implementing a structured participatory co-creation process through which we aim to foster bottom-up, community-driven activities and projects while also giving shape to the initiative itself. To this end we have convened and co-facilitated several online events, including five small-group ‘visioning’ workshops with a total of 26 participants.

We envision fostering new contemplative cultures in science, academia, and beyond.

We are going to launch our poll soon! Keep in touch by writing an email to: contact@mindfulresearchers.org … or visit our website via the QR code:

From these data we identified clusters and derived items for a community-wide poll that will be launched in coming weeks. The next step in our co-creation process is to understand the current situation in our community in terms of needs, goals, priorities, etc. based on the poll results. In parallel, we aim to convene online gatherings and host spaces for self-organized communal activities, because an engaged community is the ‘backbone’ of our initiative:

... our ecosystem is filled with life by people like you, practicing together and bringing their creative ideas, which may also catalyse new collaborative projects and help us evolve the initiative. We invite old and new members to join our emergent, participatory process to co-create our future path together!