

# Mindful Researchers

*exploring together our contemplative,  
personal and professional lives*





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The Mindful Researchers initiative emerged after the online ESRI in August 2020, hosted by MLE.

Our first collective “seed moment” was co-creating a panel proposal (which later became a talk) titled:

***“The Mindful Researcher –  
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## Who We are

## Vision & Mission





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*to explore how to **integrate and make sense of our contemplative, personal and professional lives,** while supporting one another to hold this inquiry as a living journey.*

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## Vision & Mission

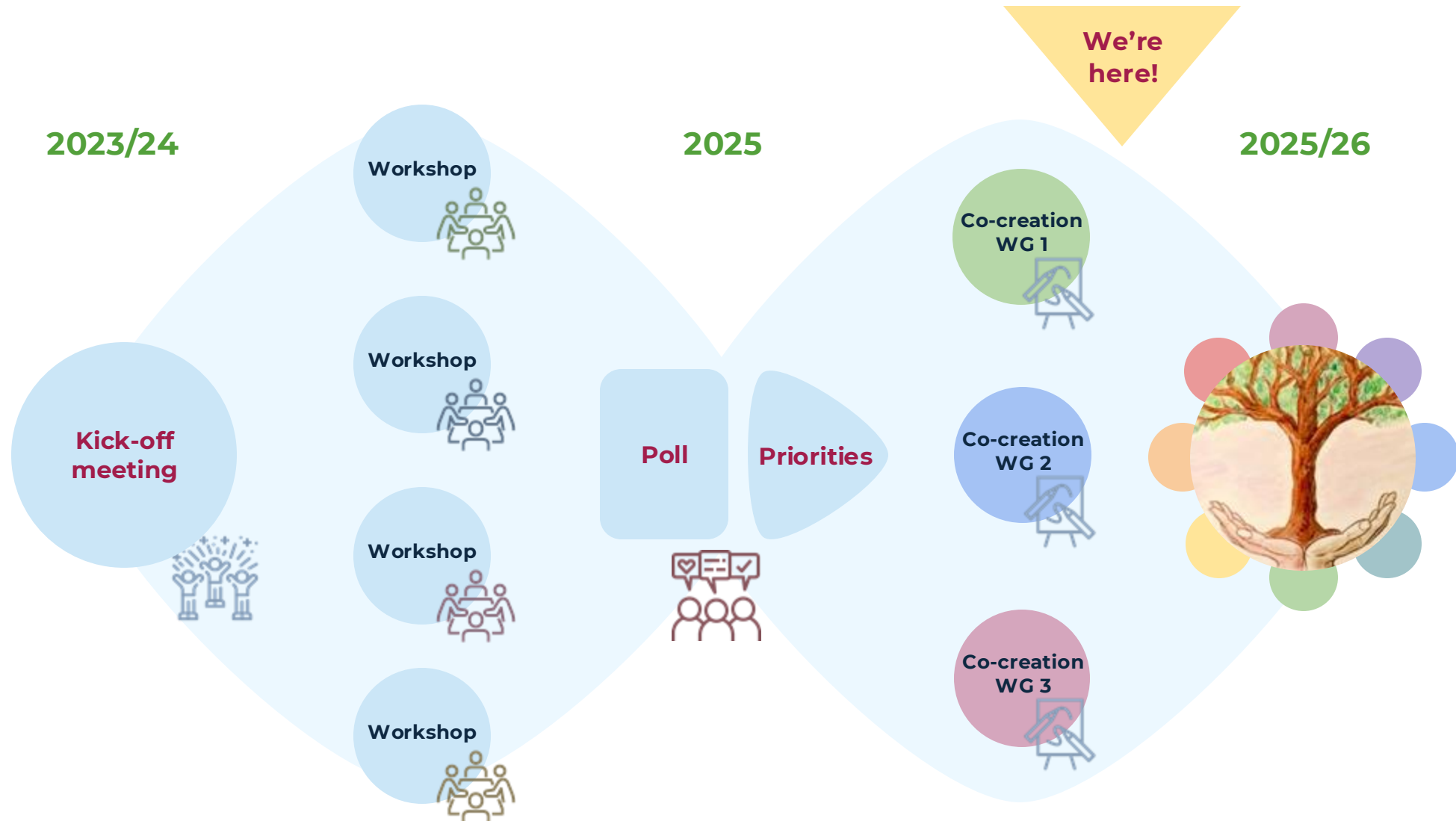
Our main goals are to build / weave community, support the needs and foster the creative potential of the community and our members.

*Thereby we aim to **cultivate new contemplative cultures** in science, academia and beyond.*

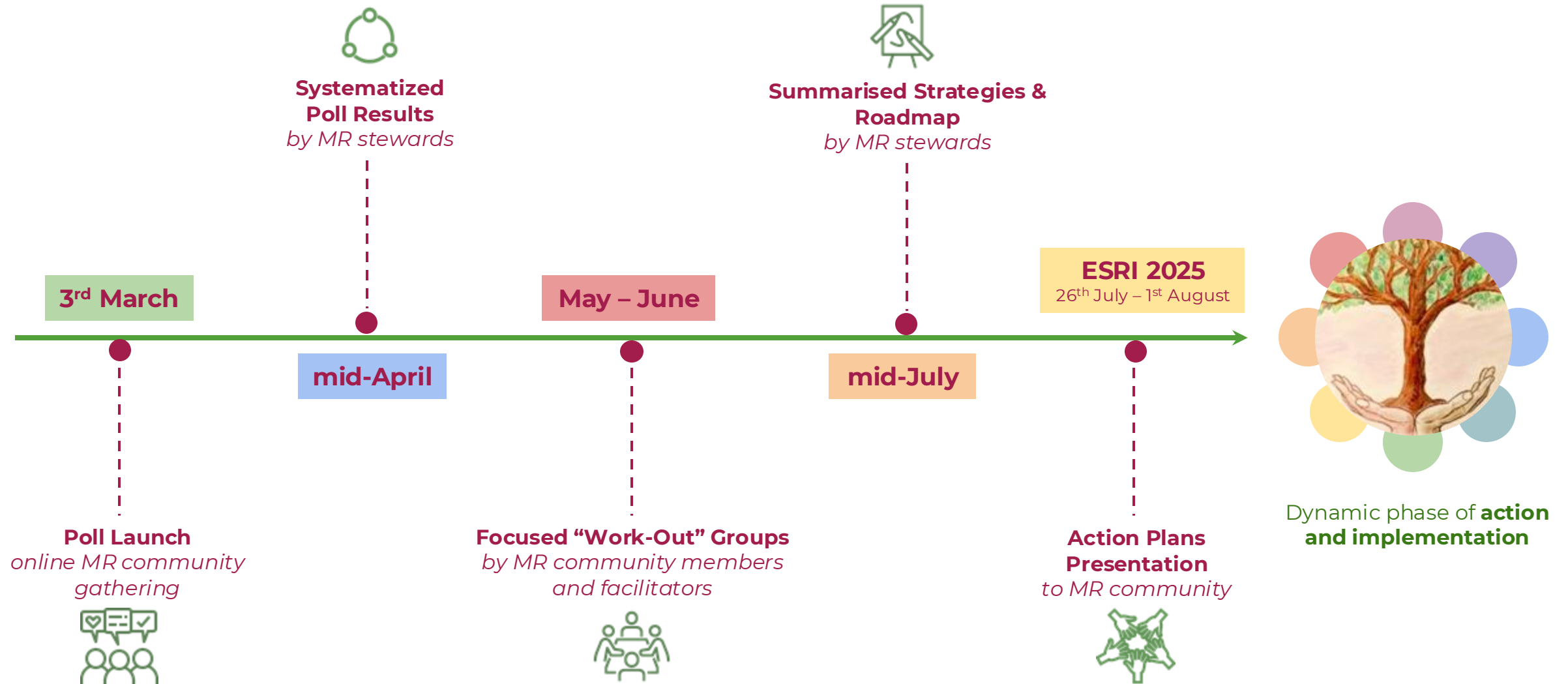
Together we are learning to put this “living question” into practice.



# Visioning – Leading Us Where We Are



# Visioning Phase: Zoom-in 2025



## Co-creation “Work-Out” Groups

### **WG 1 - Mutual & Personal Support**

Exploring how open dialogue and shared contemplative practices can foster mutual support and create an inclusive and safe collective space and community.

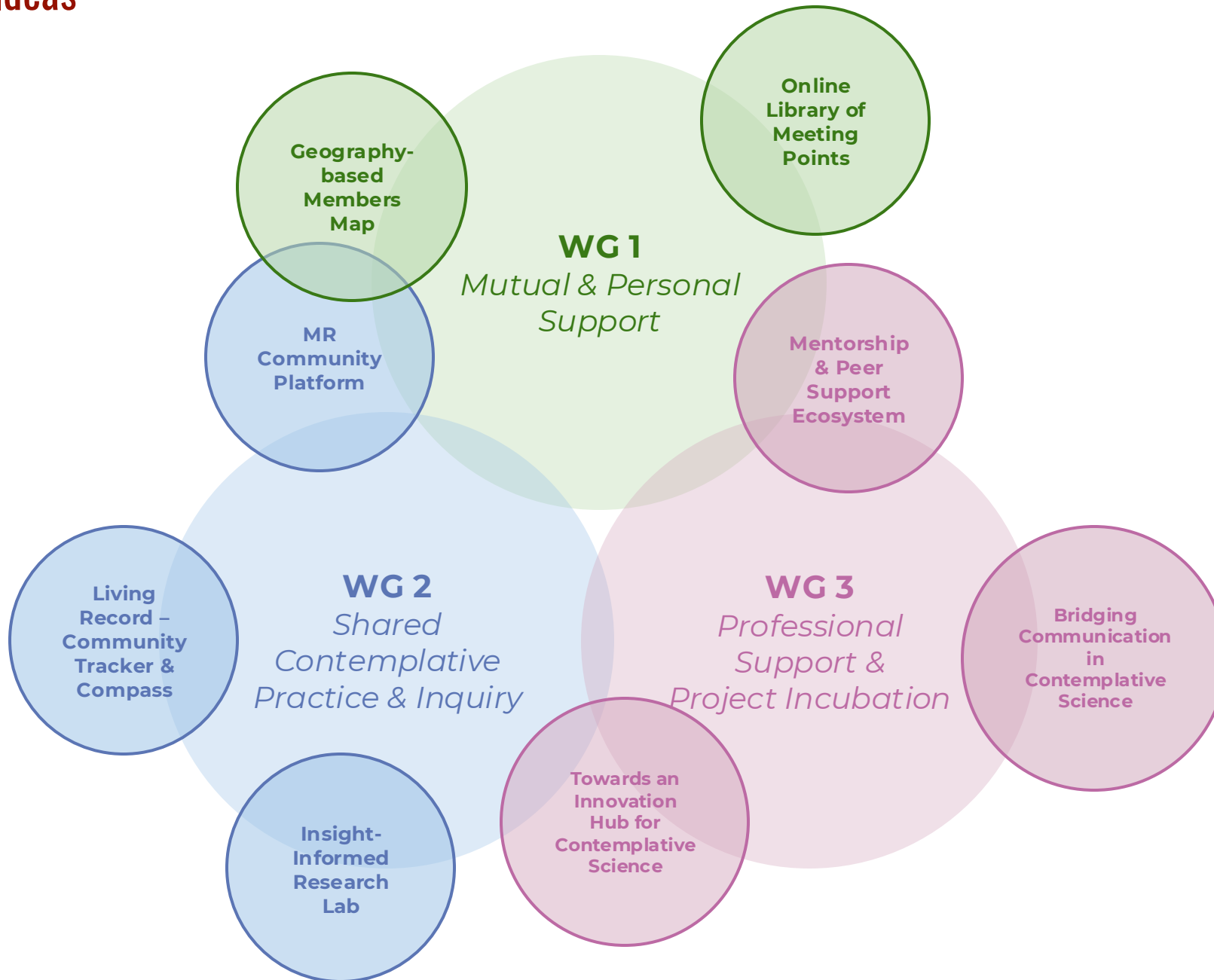
### **WG 2 - Shared Contemplative Practice & Inquiry**

Creating a space for researchers to deepen their engagement with contemplative traditions through shared inquiry and practice, within academic research and beyond.

### **WG 3 - Professional Support & Project Incubation**

Supporting researchers in developing and realizing projects related to or informed by contemplative traditions and practices, encouraging open innovation and co-creation.

## Emerged Key Ideas







### WHY

The **Online Hub of Meeting Points** is a low-barrier, informal online space for mutual support, co-working, and contemplative co-practice, encouraging decentralized, community-led connection and activity.

### WHAT

- Co-working & Focus Spaces  
*Writing Hours, Reading Hours*
- Listening Circles  
*Kitchen Philosophy Hours, Council / Listening Circles, Let's Just Meditate!, Shared Silence*
- Emergent Gatherings  
Spontaneous sessions around emerging needs or themes.

### HOW

- Community care & safety
- Coordination for flow, access, and onboarding
- Hosting, facilitation & space holding
- Digital platform design & maintenance



### WHY

The **Geography-based Member Map** is a community-powered tool to foster local connections and spontaneous gatherings by showing where members are based. It builds grounded belonging while maintaining privacy boundaries.

### WHAT

- Opt-in Visual Map  
Shows approximate member locations with optional proximity notifications.
- Member Profiles  
Includes interests, contact preferences, and availability for meet-ups and collaborations.
- Guidelines & Boundaries  
Ensures privacy, consent, and non-obligatory engagement.

### HOW

- Community care & safety
- Mapping and digital tools
- Coordination for onboarding and engagement
- Digital platform design & maintenance



### WHY

The **MR Community Platform** is a dedicated digital space connecting researchers, contemplative practitioners, and artists within the community through shared profiles, communication tools, and collaborative opportunity and resources.

### WHAT

- Profile & Discovery  
Location, area of research, practices, etc.
- Communication & Collaboration  
Messaging, discussion forums, announcements, offerings, and coordination tools for group work.
- Community Calendar
- Creative Showcases & Resource Library  
Living repository of tools, materials, creative, artistic and academic works.

### HOW

- Community building, care & safety
- Content curation & facilitation
- Digital design & platform upkeep



### WHY

The **Living Record – Community Tracker & Compass** is a, co-created repository of the MR community's unfolding journey and collective sense-making, offering both a mirror of where we have been and a compass pointing forward.

### WHAT

- Orientation & Direction  
“Where we are” and “Where we’re going”, related to our current understandings of challenges and aspirations of the contemplative research field.
- Community Memories & Milestones  
Key phases, turning points, major learnings, etc.
- Voices & Expressions
- Shared Language & Practices  
Living glossary of key terms, traditions, practices.

### HOW

- Writing, editing & content curation
- Facilitation of reflection & documentation
- Digital publishing & archiving



### WHY

The **Insight-informed Research Lab** is a participatory initiative designed to generate insights for research, problem-solving and cross-disciplinary collaborations by integrating contemplative and artistic practices and other relational approaches alternative to purely analytical models.

### WHAT

- Online Research Lab Series  
Practice-based sessions grounded in contemplative or artistic practices.
- Contemplative Research Retreats  
Labs hosted in retreat centers, residencies, ...
- Practice and Research Toolkit  
Collection of methods and frameworks.
- Digital Repository of Insights  
Essays, case studies, creative works, ...

### HOW

- Community care & safety
- Content curation & facilitation & documentation
- Platform development



### WHY

The initiative **Bridging Communication in Contemplative Science** aims to build a living bridge between contemplative researchers and the diverse array of lived contemplative traditions. It works towards socially relevant, culturally inclusive and practitioner-informed research.

### WHAT

- Social Media Presence  
Connecting researchers and practitioners, sharing research updates, personal stories, interviews, ...
- Living Directory  
Searchable, filterable directory of researchers, practitioners, and projects.
- Community Features  
Discussion forum, announcements, newsletters, ...

### HOW

- Community building, care & safety
- Content curation & facilitation
- Science communication & content development
- Platform development



### WHY

The initiative **Towards an Innovation Hub for Contemplative Science** aims to outline and experiment interdisciplinary - both conceptual and methodological - frameworks that deepens contemplative practices and bring them to new contexts in innovative ways.

### WHAT

- Frameworks “Prototyping”  
Collaborative developing and testing of new approaches.
- Mindful Coworking Circles & Research Retreats  
Co-creation spaces and immersive retreats for practice-based research and framework testing.
- Hybrid Research Hubs
- Training Programs & Toolkits

### HOW

- Interdisciplinary research design
- Facilitation and network coordination
- Science communication
- Platform design & upkeep



### WHY

The **Mentorship & Peer Support Ecosystem** aims to provide support for contemplative researchers navigating interdisciplinary and non-traditional research paths by integrating mentorship, peer collaboration and reflective practice.

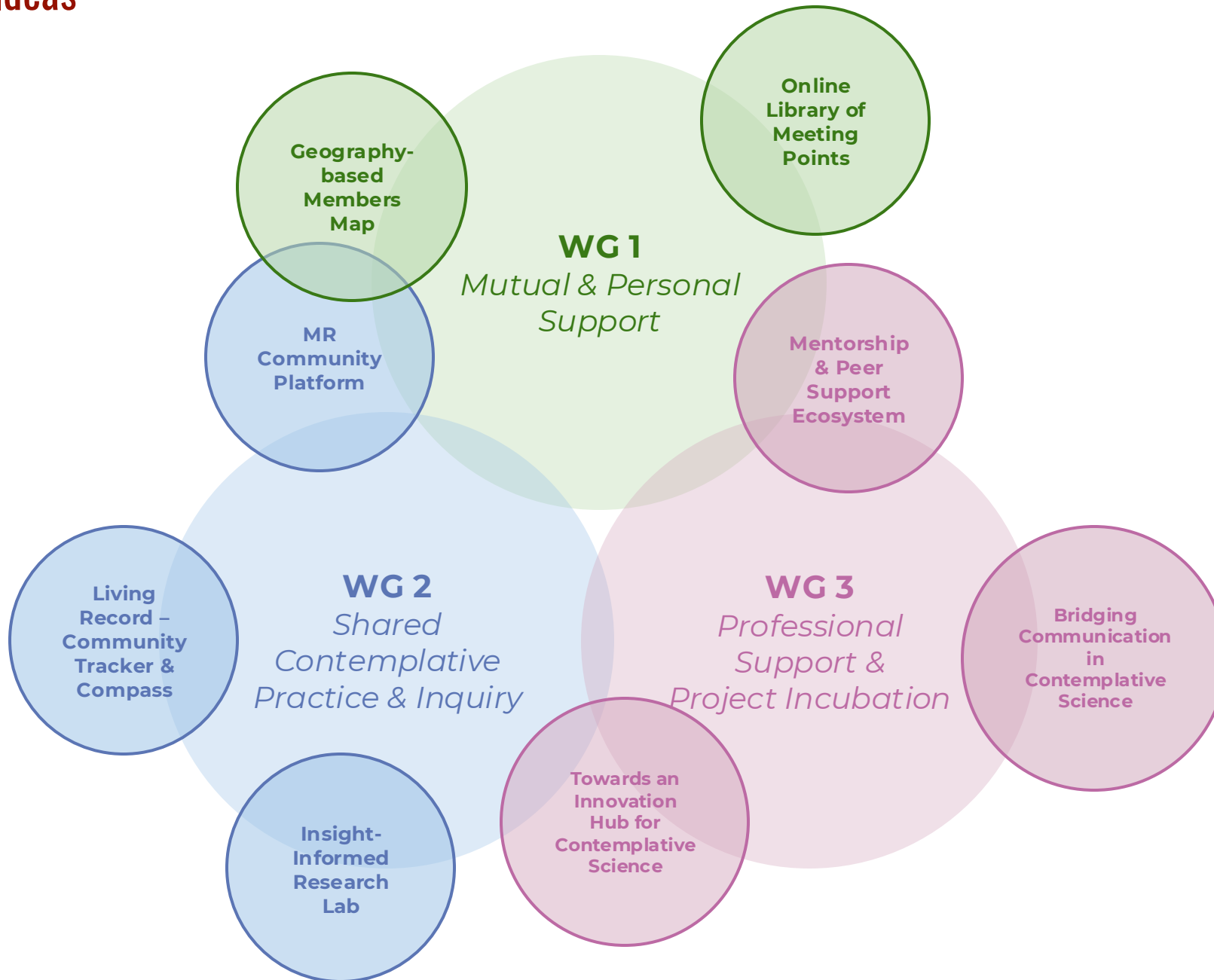
### WHAT

- Mentorship Program  
Pairings between early-career researchers and experienced interdisciplinary mentors.
- Micro-consultations  
Targeted sessions with senior scholars.
- Peer Feedback Circles & Reflective Spaces  
Community-based groups for collaborative review and periodic groups sessions to explore the impact of contemplative research.
- Resource Toolkit for Funding Applications

### HOW

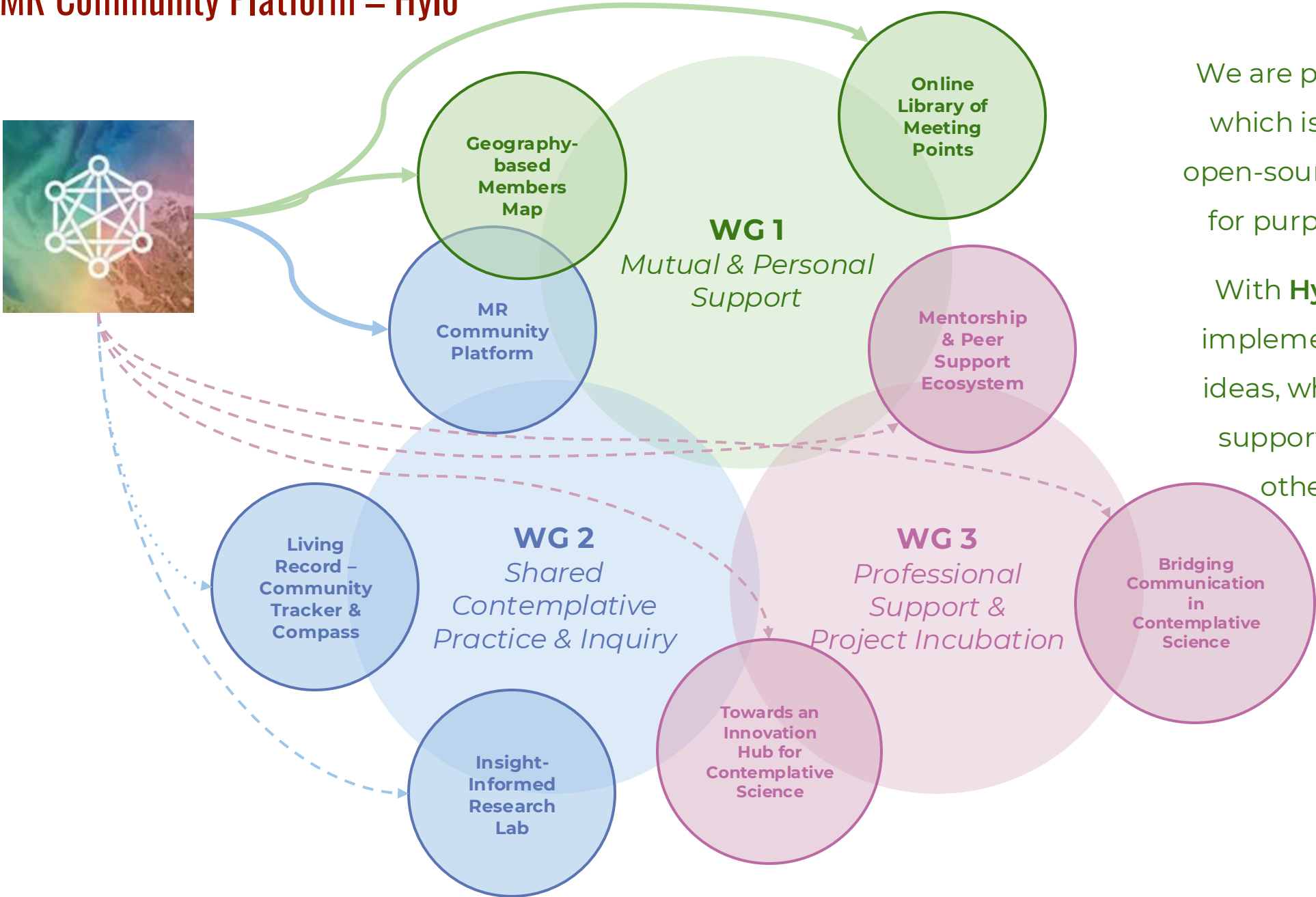
- Community engagement and academic outreach
- Knowledge of grant application process
- Research translation across disciplines

## Emerged Key Ideas





# MR Community Platform – Hylo



We are planning to use **Hylo** which is a community-led, open-source coordination tool for purpose-driven groups.

With **Hylo** we can directly implement some of our key ideas, while it can indirectly support the realisation of other priorities too.



## How to Engage with Us

### **Become a Member - Join MR's Gardeners**

Follow and engage in our activities, share ideas, needs and insights, contributing to our initiatives.

### **Become a Facilitator - Join MR's Gatherers**

Guide and facilitate self-organized activities, plenary sessions and dedicated practice groups, and support the implementation and development of new projects, programs and events.

## How to Join the Community

### **Visit our Website**



[mindfulresearchers.org](https://mindfulresearchers.org)

*Subscribe to our newsletter and calendar!*

### **Get in Touch with Us**



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[francesco@mindfulresearchers.org](mailto:francesco@mindfulresearchers.org)



[luciana@mindfulresearchers.org](mailto:luciana@mindfulresearchers.org)



[wolfgang@mindfulresearchers.org](mailto:wolfgang@mindfulresearchers.org)

*We would love to hear from you!*





**Thank You!**

***[contact@mindfulresearchers.org](mailto:contact@mindfulresearchers.org)***