

Reflections on Your Current Experiences in Shambhala: A Community Survey for 2023

Welcome to the 2023 Reflections on Your Current Experiences in Shambhala: Community Survey

**This survey is part of a broader initiative designed to develop greater societal self-awareness in Shambhala. Greater societal self-awareness will help us all understand more about our state of well-being, and will inform actions we take together looking ahead. This is the second year that we have conducted this survey. You can find the results from the 2022 Societal Mirror survey [here](#).**

**Your participation is critical in helping us get an accurate picture of our complex and ever-evolving community. Everyone with a connection to Shambhala is part of this community, so help us include your experiences in this mirror.**

**Your responses are anonymous. Thank you for taking the time to participate.**

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These first questions are about your experiences participating in Shambhala programs and activities.

1. In the last 6 months, which of the following activities did you engage in, either in-person or online? (Please select all that apply.)

- A dharma teaching or study offered by a Shambhala group, centre or land centre
- A dharma teaching or study offered by Shambhala Online
- A dharma teaching or study offered by Sakyong Mipham Rinpoche
- A dharma teaching or study offered by other teachers linked to Chogyam Trungpa Rinpoche in a setting outside of Shambhala
- A dharma teaching or study offered by a Buddhist teacher not associated with Shambhala
- Meditation practice with others in a Shambhala setting
- Meetings or discussions locally or in the larger Shambhala community
- Volunteering in Shambhala
- Attending a social event in a Shambhala setting
- Contributing financially to Shambhala
- Following news and discussions about Shambhala.
- Other (please specify)
- None of the above

2. Which of the following would be likely to increase your engagement in activities organised or sponsored by the Shambhala community? (Please select all that apply.)

- More formal and structured meditation and practice sessions
- A clear practice and study path for people interested in Shambhala
- More focus on social issues
- A more diverse community
- A stronger sense of feeling welcome in the community
- Lower prices
- Better access for those with mobility or sensory issues
- More family focused events
- More options for in-person activities
- More convenient physical location of events
- More convenient scheduling
- Better use of technology in programming
- Other (please specify)
- None of the above

3. How satisfied are you with your current access to the following features of dharma study?

|  | Not important to me at this time | Important to me, but not satisfied with my access | Important to me, and somewhat satisfied with my access | Important to me, and satisfied with my access | Important to me, and very satisfied with my access |
|--|----------------------------------|---|--|---|--|
|--|----------------------------------|---|--|---|--|

|   |                       |                       |                       |                       |                       |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Access to dharma teachings within Shambhala that nourish and inspire me                                     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Access to teachings within Shambhala that are relevant to contemporary societal issues                      | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Access to teachings from senior Shambhala teachers  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Access to teachings from other Buddhist teachers based outside of Shambhala, received in Shambhala settings | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Training as a meditation guide or instructor, and/or as a dharma teacher                                    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

4. How satisfied are you with your current access to the following features of meditation practice?

|   | Not important to me at this time | Important to me, but not satisfied with my access | Important to me, and somewhat satisfied with my access | Important to me, and satisfied with my access | Important to me, and very satisfied with my access |
|---|----------------------------------|---|--|---|--|
| Progressing through a defined sequence of teachings and practices as a spiritual path | <input type="radio"/>            | <input type="radio"/>                             | <input type="radio"/>                                  | <input type="radio"/>                         | <input type="radio"/>                              |
| Interacting with a meditation instructor who can help to guide my practice            | <input type="radio"/>            | <input type="radio"/>                             | <input type="radio"/>                                  | <input type="radio"/>                         | <input type="radio"/>                              |
| Feeling connected to a community of fellow-practitioners                              | <input type="radio"/>            | <input type="radio"/>                             | <input type="radio"/>                                  | <input type="radio"/>                         | <input type="radio"/>                              |
| Participating in group meditation practice  | <input type="radio"/>            | <input type="radio"/>                             | <input type="radio"/>                                  | <input type="radio"/>                         | <input type="radio"/>                              |
| Practicing as a meditation guide or instructor, and/or as a dharma teacher            | <input type="radio"/>            | <input type="radio"/>                             | <input type="radio"/>                                  | <input type="radio"/>                         | <input type="radio"/>                              |

5. How would you describe your sense of belonging in or connection to Shambhala? (Move the slider to your rating or enter your rating in the box.)

0 - Little sense of belonging      5 - Some sense of belonging      10 - Strong sense of belonging

6. How important are each of these for giving you a **positive** sense of belonging in or connection to Shambhala?

|   | Not important or not relevant<br>to me | Somewhat important    | Very important        |
|---|--|-----------------------|-----------------------|
| Personal relationships with others in Shambhala                     | <input type="radio"/>                  | <input type="radio"/> | <input type="radio"/> |
| Opportunities for regular meditation practice with others           | <input type="radio"/>                  | <input type="radio"/> | <input type="radio"/> |
| Opportunities to study dharma with others                           | <input type="radio"/>                  | <input type="radio"/> | <input type="radio"/> |
| Opportunities to socialise with others                              | <input type="radio"/>                  | <input type="radio"/> | <input type="radio"/> |
| A shared sense of Shambhala's vision and values                     | <input type="radio"/>                  | <input type="radio"/> | <input type="radio"/> |
| My commitment to a spiritual path                                   | <input type="radio"/>                  | <input type="radio"/> | <input type="radio"/> |
| My connections to my group or centre                                | <input type="radio"/>                  | <input type="radio"/> | <input type="radio"/> |
| Ongoing participation in small groups that share my interests       | <input type="radio"/>                  | <input type="radio"/> | <input type="radio"/> |
| My connection to Sakyong Mipham Rinpoche                            | <input type="radio"/>                  | <input type="radio"/> | <input type="radio"/> |
| My connection to Chögyam Trungpa Rinpoche                           | <input type="radio"/>                  | <input type="radio"/> | <input type="radio"/> |
| My connection to other specific teachers in the Shambhala community | <input type="radio"/>                  | <input type="radio"/> | <input type="radio"/> |
| My roles as a leader, volunteer, instructor or teacher              | <input type="radio"/>                  | <input type="radio"/> | <input type="radio"/> |
| The way Shambhala is addressing its problems                        | <input type="radio"/>                  | <input type="radio"/> | <input type="radio"/> |

Other (please specify)

7. How important are each of these in **reducing** your sense of belonging in or connection to Shambhala?

|   | Not important or not relevant<br>to me | Somewhat important    | Very important        |
|---|--|-----------------------|-----------------------|
| I do not know very many people who are part of the community                                      | <input type="radio"/>                  | <input type="radio"/> | <input type="radio"/> |
| I don't have a lot in common with people in Shambhala   | <input type="radio"/>                  | <input type="radio"/> | <input type="radio"/> |
| There are not enough people in Shambhala who look like me in terms of age, identity or background | <input type="radio"/>                  | <input type="radio"/> | <input type="radio"/> |
| I am uncomfortable with the conflicts I feel are in the community                                 | <input type="radio"/>                  | <input type="radio"/> | <input type="radio"/> |
| I feel that Shambhala has not adequately addressed its problems                                   | <input type="radio"/>                  | <input type="radio"/> | <input type="radio"/> |
| I am generally less active now due to personal changes in my life                                 | <input type="radio"/>                  | <input type="radio"/> | <input type="radio"/> |
| I am active in a different spiritual community now  | <input type="radio"/>                  | <input type="radio"/> | <input type="radio"/> |
| Shambhala feels isolated from other spiritual communities   | <input type="radio"/>                  | <input type="radio"/> | <input type="radio"/> |
| Online participation only reduces my sense of belonging   | <input type="radio"/>                  | <input type="radio"/> | <input type="radio"/> |

Other (please specify)

8. Do you have concerns about feeling included in the Shambhala community based on any of these aspects of your identity?

|  | Not relevant to me    | Relevant but no concerns | Relevant and some concerns | Relevant and many concerns |
|--|-----------------------|--------------------------|----------------------------|----------------------------|
| Being younger than others  | <input type="radio"/> | <input type="radio"/>    | <input type="radio"/>      | <input type="radio"/>      |
| Being older than others  | <input type="radio"/> | <input type="radio"/>    | <input type="radio"/>      | <input type="radio"/>      |
| Being of a different race or ethnicity from others                 | <input type="radio"/> | <input type="radio"/>    | <input type="radio"/>      | <input type="radio"/>      |
| Having a different awareness of gender identity issues than others | <input type="radio"/> | <input type="radio"/>    | <input type="radio"/>      | <input type="radio"/>      |
| Having a different sexual orientation from others                  | <input type="radio"/> | <input type="radio"/>    | <input type="radio"/>      | <input type="radio"/>      |
| Speaking a different language from others                          | <input type="radio"/> | <input type="radio"/>    | <input type="radio"/>      | <input type="radio"/>      |
| Having different political views from others                       | <input type="radio"/> | <input type="radio"/>    | <input type="radio"/>      | <input type="radio"/>      |
| Having a different educational background from others              | <input type="radio"/> | <input type="radio"/>    | <input type="radio"/>      | <input type="radio"/>      |
| Having a different economic situation from others                  | <input type="radio"/> | <input type="radio"/>    | <input type="radio"/>      | <input type="radio"/>      |
| Having different physical abilities from others                    | <input type="radio"/> | <input type="radio"/>    | <input type="radio"/>      | <input type="radio"/>      |
| Studying with a different Buddhist teacher from others             | <input type="radio"/> | <input type="radio"/>    | <input type="radio"/>      | <input type="radio"/>      |

Other (please specify)

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The next questions are about your experience with a Shambhala group or centre.

9. Do you relate to a Shambhala group or centre?

- Yes (continue)
- No (You will automatically skip to the next section of this survey.)

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10. About how large is your Shambhala group or centre?

- Small (25 or fewer members or residents)
- Medium (between 25 and 75 members or residents)
- Large (between 75 and 150 members or residents)
- Very large (more than 150 members or residents)

11. Do you think of yourself as a member of this group or centre now?

- Yes
- No
- Not sure (add a comment)

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12. What are the major reasons that you are a member? (Please check all that apply)

- I want to support the group or centre financially
- I want to support the group or centre as a volunteer
- I practise meditation with others there
- I study dharma with others there
- I feel like I belong there, it is part of my identity
- It is part of my spiritual path
- I have personal relationships with other members
- I joined a long time ago and have not decided to leave
- Other (please specify)



13. Do you think of yourself primarily as

- A member of your Shambhala group or centre
- A member of the international Shambhala community
- Both as a group or centre member and a global community member

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14. What are the major reasons that you are not a member or are not sure?

- No one has invited me to become a member
- I can't afford membership
- I don't like the idea of membership or joining organisations
- I live far away and cannot attend in person
- I don't think Shambhala needs my support
- I don't know anyone else who is a member of Shambhala
- I stopped being a member due to organisational changes
- I don't want to support the international Shambhala organisation
- I can do as much as I want to within Shambhala without being a member
- My teacher is no longer part of Shambhala
- Other (please specify)

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15. If you have a problem or are faced with a difficult situation, do you believe others in your group or centre would be willing to provide the following if they are able to?

|   | Definitely not        | Probably not          | Not sure              | Probably yes          | Definitely yes        |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Emotional support or comfort              | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Practical help that you could use         | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Advice about practice or spiritual issues | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

16. How much do you agree or disagree with the following statements regarding the leadership of your Shambhala group or centre?

|  | Strongly disagree     | Disagree              | Neutral               | Agree                 | Strongly agree        |
|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| I can rely on our leaders to fulfil their responsibilities and deliver on promises       | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Our leaders are honest and transparent in the way they make major decisions              | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| The decisions that our leaders make are generally considerate and fair to everyone       | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Our leaders generally demonstrate that they trust me with information and responsibility | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Our leaders listen to my input on major decisions  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I trust our leaders to manage our finances responsibly                                   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I believe our leaders were selected fairly   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

17. How often are the communications you receive from your Shambhala group or centre clear and easy to understand?

| I don't know          | Rarely                | Sometimes             | Usually               | Almost always         |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

18. How often are the communications you receive from your Shambhala group or centre honest and straightforward?

| I don't know          | Rarely                | Sometimes             | Usually               | Almost always         |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

19. How often are the communications you receive from your Shambhala group or centre frequent enough so you stay up-to-date?

| I don't know          | Rarely                | Sometimes             | Usually               | Almost always         |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

20. How often are the communications you receive from your Shambhala group or centre complete so that they cover all of the important issues?

I don't know      Rarely      Sometimes      Usually      Almost always

                      

21. How often are the communications you receive from your Shambhala group or centre responsive to the questions you ask?

I don't know      Rarely      Sometimes      Usually      Almost always

                      

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These questions are for you if you do not relate to a Shambhala group or centre

22. What are the major reasons that you do not relate to a Shambhala group or centre?  
(Please check all that apply)

- I don't know anything about joining a Shambhala group or centre
- There is no Shambhala group or centre near me
- I don't want to be part of my closest Shambhala group or centre
- The group or centre that I used to belong to has dissolved
- My closest group or centre is primarily online
- I don't want to be part of any Shambhala group or centre
- People at my closest group or centre have a different relationship to Sakyong Mipham Rinpoche than I do
- Other (please specify)

23. Do you think of yourself as a member of Shambhala now?

- Yes
- No
- Not sure (add a comment)

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24. What are the major reasons that you are a member? (Please check all that apply)

- I want to support Shambhala financially
- I want to support Shambhala as a volunteer
- I practise meditation with others here
- I study dharma with others here
- I feel like I belong there, it is part of my identity
- It is part of my spiritual path
- I have personal relationships with other members
- I joined a long time ago and have not decided to leave
- Other (please specify)

25. Have you ever been a member of a Shambhala group or centre?

- Yes
- No

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26. What are the major reasons that you are not a member or are not sure?

- No one has invited me to become a member
- I can't afford membership
- I don't like the idea of membership or joining organisations
- I live far away and cannot attend in person
- I don't think Shambhala needs my support
- I don't know anyone else who is a member of Shambhala
- I stopped being a member due to organisational changes
- I don't want to support the international Shambhala organisation
- I can do as much as I want to within Shambhala without being a member
- My teacher is no longer part of Shambhala
- Other (please specify)

## Reflections on Your Current Experiences in Shambhala: A Community Survey for 2023

The next questions are about your experience with Shambhala overall

27. How much do you agree or disagree with the following statements regarding the Shambhala Code of Conduct?

|  | Strongly disagree     | Disagree              | Neutral               | Agree                 | Strongly agree        |
|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| I know what conduct is covered by the Code of Conduct policy             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I know how to find out about the Code of Conduct policy                  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I know what to do if I am concerned about someone's conduct in Shambhala | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

28. How much do you agree or disagree with the following statements regarding the Shambhala Board?

|   | Strongly disagree     | Disagree              | Neutral               | Agree                 | Strongly agree        |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| In general, the Board is reliable in fulfilling its responsibilities and doing what it says it will do. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| In general, the Board is honest and open about the way major decisions are made.                        | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| The decisions that the Board makes are generally considerate and fair to all.                           | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| The Board is truthful in the information it shares.   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| The Board listens to input from the community when making decisions.                                    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I trust the Board to manage finances responsibly.   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

29. How often are the communications that you receive from the Shambhala Board ---

|  | I don't know          | Rarely or never       | Sometimes             | Usually               | Almost always         |
|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Clear and easy to understand?                            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Honest and straightforward                               | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Frequent enough so you stay up-to-date?                  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Complete so that they cover all of the important issues? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Responsive to the questions that you ask?                | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

30. How satisfied are you with the amount of impact you have on decisions made by the Shambhala Board and Shambhala Global Services?

- I don't know
- Not at all satisfied, I would like much more impact
- Not very satisfied, I would like some more impact
- Satisfied, I have enough impact

31. Would you be interested in joining a sub-group in Shambhala based on your identity, such as a person of color or a parent, or your profession, such as education or health care, if the right group were available?

- Not interested
- Somewhat interested
- Very interested
- Other (please specify)

32. How likely is it that you would recommend Shambhala overall to a friend or colleague?

NOT AT ALL LIKELY

EXTREMELY LIKELY

0 1 2 3 4 5 6 7 8 9 10

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Finally, please tell us a little about yourself.

**This will help us all learn more about the Shambhala community**

33. In which time period did you begin participating in Shambhala?

- 1970s
- 1980s
- 1990s
- 2000-2007
- 2008-2012
- 2013-2017
- Since 2018

34. How old are you?

- Under 18
- 18-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65-74
- 75+

35. How do you identify in terms of gender?

- Non-binary
- Female
- Other (please specify)
- Male
- Prefer not to identify

36. What region of the world do you live in?

- Africa
- Asia
- Australia or New Zealand
- Canada
- Central America or Mexico
- Europe
- Middle East
- South America
- United States

37. Are you a Vajrayana Buddhist practitioner?

- Yes
- No
- Prefer not to answer.

Reflections on Your Current Experiences in Shambhala: A Community Survey for 2023

Thank you for participating in the Reflections on Your Current Experience in Shambhala Survey.

**We look forward to sharing the combined responses of all survey participants with the Shambhala community, so that we can continue to see ourselves more clearly.**

