



Survey of Shambhala Members and Friends 2026

Welcome to the 2026 Survey of Shambhala Members and Friends

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 fifth year that we have conducted this survey.

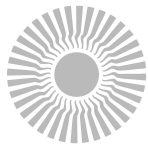
Your participation is critical in helping us get an accurate picture of our complex and ever-evolving community. Everyone with a connection to Shambhala is part of this community, so help us include your experiences in this mirror.

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

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

* 1. In the past 12 months, did you participate in a teaching or study offered by a Shambhala group or centre, online or in-person?

- Yes
- No
- Not sure



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2. What types of programs did you participate in? (check all that apply)

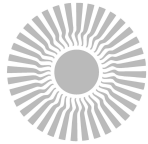
- Buddhist study or practice
- Shambhala study or practice
- Other topics related to meditation
- Arts or other cultural or social activities



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* 3. In the past 12 months, did you participate in a teaching or study offered by a Shambhala land or retreat centre, online or in-person?

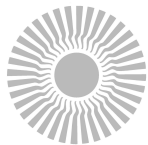
- Yes
- No
- Not sure



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4. What types of programs did you participate in? (check all that apply)

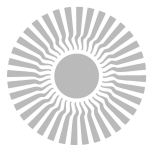
- Buddhist study or practice
- Shambhala study or practice
- Other topics related to meditation
- Arts or other cultural or social activity



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* 5. In the past 12 months, did you participate in a teaching or study offered through a Shambhala group or centre as a residential retreat?

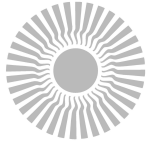
- Yes
- No
- Not sure



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6. What types of programs did you participate in? (check all that apply)

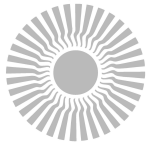
- Buddhist study or practice
- Shambhala study or practice
- Other topics related to meditation
- Arts or other cultural or social activity



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* 7. In the past 12 months, did you participate in a teaching or study offered by Shambhala Online?

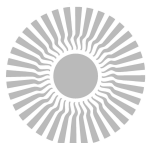
- Yes
- No
- Not sure



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8. What types of programs did you participate in? (check all that apply)

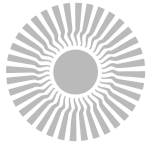
- Buddhist study or practice
- Shambhala study or practice
- Other topics related to meditation
- Arts or other cultural or social activity



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* 9. In the last 12 months, did you participate in group meditation practice?

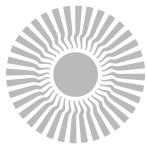
- Yes
- No
- Not sure



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10. Was the group meditation practice that you participated in: (check all that apply)

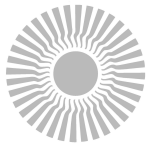
- Online
- In-Person



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* 11. In the last 12 months, did you volunteer to help with any Shambhala activities?

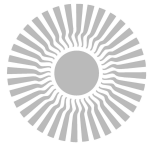
- Yes
- No
- Not sure



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12. Were your volunteer activities on behalf of (check all that apply)

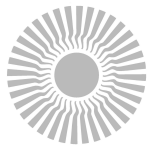
- A Shambhala group or centre
- A Shambhala land or retreat centre
- An activity in the larger organization, such as hosting or teaching on Shambhala Online, or as part of the Global Community Council
- A community service activity organised by my group or centre
- Other (please specify)



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13. In the last 12 months, did you donate financially or pay dues to Shambhala?

- Yes
- No
- Not sure

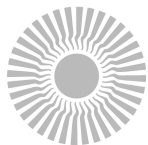


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The next questions ask about your interest in the Buddhist and Shambhala traditions

* 14. Have you ever participated in a teaching or study related to Buddhism?

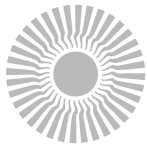
- Yes
- No
- Not sure



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15. Were these Buddhist teachings or studies offered by (check all that apply)

- A Tibetan Buddhist teacher not directly associated with Chögyam Trungpa
- A teacher from a non-Tibetan Buddhist tradition
- A Shambhala group or centre, a Shambhala land or retreat centre, or Shambhala Online
- Sakyong Mipham Rinpoche, as supported by the Sakyong Lineage Support Team
- A community associated with Chögyam Trungpa, but not under the auspices of Shambhala Global, for example Ocean/Chronicles, Profound Treasury, or Wisdom Seat
- Other (please specify)



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16. Do you consider this person to be your main teacher now?

- Yes
- No

17. Do you consider this teacher's community to be your main community or sangha now?

- Yes
- No



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* 18. Have you ever participated in a Shambhala Path program such as Shambhala Training or Warrior Assembly?

- Yes
- No
- Not sure



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19. What was the most advanced Shambhala Path program that you participated in?

- Shambhala Training Level 1
- Shambhala Training Level 2
- Shambhala Training Level 3
- Shambhala Training Level 4
- Shambhala Training Level 5
- Some or all of the Sacred Path program
- Golden Key
- Warrior Assembly
- Kalapa Assembly or Rigden Abhisheka
- Some or all of the Scorpion Seal retreats

20. Are you interested in continuing to study within the Shambhala Path?

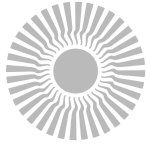
- Yes
- No, not at this time
- Other (please specify)



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* 21. In general, does spirituality serve as a guide or framework for making choices in your life?

- Yes
- Not sure
- No



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22. Do you think of the Buddhist tradition as providing you with spiritual guidance or a framework for making choices in your life?

- Yes
- Not sure
- No

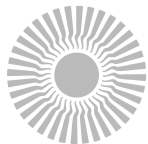
23. Do you think of the Shambhala teachings as providing you with spiritual guidance or a framework for making choices in your life?

- Yes
- Not sure
- No

24. Please rate how useful you find the following sources for spiritual guidance

	Useful	Somewhat useful	Not useful or don't know
A sangha or community member whom I respect	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A meditation instructor in the Shambhala community	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
One or more teachers connected to Chogyam Trungpa, Rinpoche	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Books by Chögyam Trungpa	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
One or more teachers not connected to Chögyam Trungpa, Rinpoche	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other books about Buddhism	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

25. What other spiritual traditions serve as a guide or framework for your life choices?



26. Are the following practice and study resources available to you within the Shambhala community?

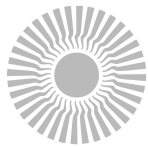
	I have what I need	I would like more of this	I am not interested at this time
A clear presentation of a study and practice path for Buddhism	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Buddhist teachers, courses and practice resources	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A clear presentation of a study and practice path for Shambhala	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Shambhala teachers, courses and practice resources	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Guidance for meditation practice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

27. Are the following community resources available to you within Shambhala?

	I have what I need	I would like more of this	I am not interested at this time
A supportive group of fellow practitioners	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Leadership training	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Teacher training	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Meditation instructor training	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

31. How important are each of the following features or purposes of Shambhala to you?

	Extremely important	Very important	Somewhat important	Not important
Being a source of personal spiritual inspiration and guidance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being a supportive setting in which to practice meditation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Offering a sense of community, with rewarding personal relationships	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being part of a community that is contributing to a wholesome society for all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Preserving Chögyam Trungpa's teachings for future generations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

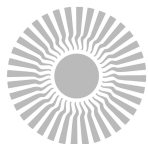


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The next questions are about your experience with a Shambhala group or centre

* 32. Do you currently relate to a Shambhala group or centre?

- Yes
- No (you will automatically skip to the next set of questions)
- Not sure (you will automatically skip to the next set of questions)



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33. Do you feel that you have enough opportunity to participate in decisions made at your group or centre in the following areas:

	I already participate in these decisions	I would like more opportunities to participate in these decisions	I am not interested in participating in these decisions
The study and practice programs offered	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The social events and other activities offered	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The teachers who are invited to teach or lead activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Who has a leadership or decision-making role	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How the group or centre is organised	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How money is raised	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How money is spent	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other problem solving or decision-making issues	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

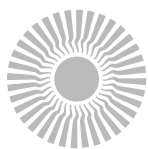
34. Do you think of yourself primarily as:

- Both a group or centre member and a global Shambhala community member
- A member of your Shambhala group or centre only
- A member of the global Shambhala community only
- A "friend of Shambhala", but not officially a member
- A donor to your Shambhala group or centre, but not a member
- None of the above

The next set of questions are for those who hold specific roles in your group or centre

* 35. Are you a teacher and/or a Shambhala Training director?

- Yes
- No



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36. How would you describe your activity level as a teacher or director?

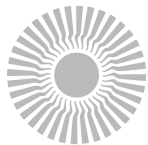
- I am as active now as I want to be
- I am interested in being more active than I am now
- I am interested in being less active than I am now
- I am not active now and I am not interested in being more active

37. Are you interested in the following resources to support you as a teacher or director?

Yes, I would like more of this I already have access to this I am not interested in this

Training-mentoring	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Peer support from others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Standard curriculum to present	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Formal authorization in some form	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Some resolution of outstanding issues in the community	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

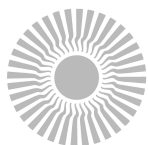
Other (please specify)



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* 38. Are you a meditation instructor?

- Yes
- No



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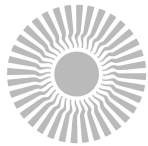
39. How would you describe your activity level as a meditation instructor?

- I am as active now as I want to be
- I am interested in being more active than I am now
- I am interested in being less active than I am now
- I am not active now and I am not interested in being more active

40. Are you interested in the following resources to support you as a meditation instructor?

	Yes, i would like more of this	I already have access to this	I am not interested in this
Training-mentoring	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Peer support from other meditation instructors	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Formal authorization in some form	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

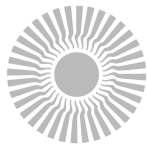
Other (please specify)



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* 41. Do you organize practice and study opportunities for your group or centre?

- Yes
- No



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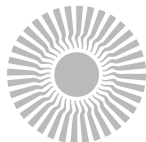
42. Are you interested in the following resources to support you in organizing practice and study opportunities for your group or centre?

	Yes, I would like more of this	I already have access to this	I am not interested in this
Training-mentoring	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Peer support from people who serve in this role at other centres	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Curriculum and programming suggestions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Communication with the Office of Practice and Education in SGS	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Communication with Shambhala Online	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Other (please specify)

43. Is there someone at your group or centre who will be able to step in when you are finished serving in this role?

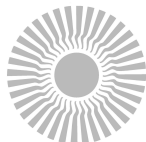
- Yes
- Maybe
- No
- I don't know



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* 44. Do you coordinate meditation instruction at your group or centre?

- Yes
- No



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45. Are you interested in the following resources to support you in coordinating meditation instruction at your group or centre?

Yes, I would like more of this I already have access to this I am not interested in this

Training-mentoring

Peer support from people who serve in this role at other centres

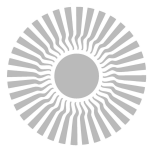
Ideas for the training and support of meditation instructors

Communication with the Office of Practice and Education in SGS

Other (please specify)

46. Is there someone at your group or centre who will be able to step in when you are finished serving in this role?

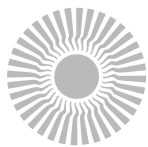
- Yes
- Maybe
- No
- I don't know



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* 47. Are you responsible for maintaining your group or centre's financial records?

- Yes
- No



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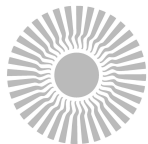
48. Are you interested in the following resources to support you in maintaining your group or centre's financial records?

	Yes, I would like more of this	I already have access to this	I am not interested in this
Training-mentoring	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Peer support from people who serve in this role at other centres	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Step by step guidance for financial reporting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Communication with the Finance Office of SGS	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Other (please specify)

49. Is there someone at your group or centre who will be able to step in when you are finished serving in this role?

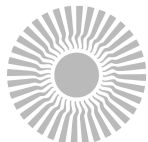
- Yes
- Maybe
- No
- I don't know



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* 50. Are you responsible for fundraising at your group or centre?

- Yes
- No



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51. Are you interested in the following resources to support fundraising at your group or centre?

	Yes, I would like more of this	I already have access to this	I am not interested in this
Training-mentoring	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Peer support from people who serve in this role at other centres	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Communication with fundraising and development staff at SGS	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Other (please specify)

52. Is there someone at your group or centre who will be able to step in when you are finished serving in this role?

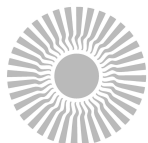
- Yes
- Maybe
- No
- I don't know



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* 53. Are you responsible for publicity, communication and / or outreach for your group or centre?

- Yes
- No



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54. Are you interested in the following resources to support you in publicity, communication and / or outreach activities at your group or centre?

Yes, I would like more of this I already have access to this I am not interested in this

Training-mentoring

Resources to make better use of social media and other communication technologies

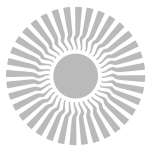
Peer support from people who serve in this role at other centres

Communication with Communication and Marketing Office of SGS

Other (please specify)

55. Is there someone at your group or centre who will be able to step in when you are finished serving in this role?

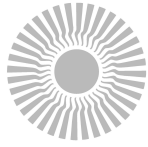
- Yes
- Maybe
- No
- I don't know



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* 56. Are you responsible for information technology or database maintenance for your group or centre?

- Yes
- No



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57. Are you interested in the following resources to help you with information technology at your group or centre?

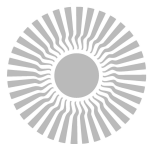
Yes, I would like more of this I already have access to this I am not interested in this

Training-mentoring	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Peer support from people who serve in this role at other centres	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Resources to help make better use of online technology	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Communication with the Office of Information Technology in SGS	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Other (please specify)

58. Is there someone at your group or centre who will be able to step in when you are finished serving in this role?

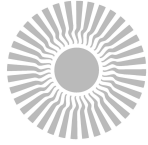
- Yes
- Maybe
- No
- I don't know



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* 59. Are you responsible for orienting new members, assuring member well-being, or code of conduct issues at your group or centre?

- Yes
- No



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60. Are you interested in the following resources to support you with these membership issues at your group or centre?

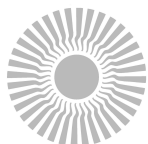
Yes, I would like more of this I already have access to this I am not interested in this

	Yes, I would like more of this	I already have access to this	I am not interested in this
Training-mentoring	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
More resources to support members with mental health and other challenges	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Peer support from people who serve in this role at other centres	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Communication with the Office of Community Care and Conduct in SGS	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Other (please specify)

61. Is there someone at your group or centre who will be able to step in when you are finished serving in this role?

- Yes
- Maybe
- No
- I don't know

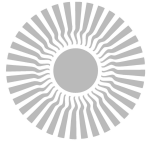


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* 62. Do you serve on the governing council or other leadership body at your group or centre?

Yes

No



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63. How familiar are you with the legal structure of Shambhala Global, including the bylaws, the international charter and the affiliation policies?

I understand these fairly well

I am somewhat familiar with these

I am not very familiar with these

I am not interested in these

64. How familiar are you with the responsibilities and activities of the Shambhala Board?

I understand these fairly well

I am somewhat familiar with these

I am not very familiar with these

I am not interested in these

65. How familiar are you with the responsibilities and activities of Shambhala Global Services?

I understand these fairly well

I am somewhat familiar with these

I am not familiar with these

I am not interested in these

66. How familiar are you with the responsibilities and activities of the Global Community Council (GCC)?

I understand these fairly well

I am somewhat familiar with these

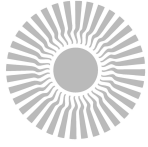
I am not very familiar with these

I am not interested in these

* 67. Are you located in Europe?

Yes

No



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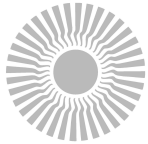
68. How familiar are you with the responsibilities and activities of Shambhala Europe?

I understand these fairly well

I am somewhat familiar with these

I am not very familiar with these

I am not interested in these



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

69. What is the main reason that you do not relate to a Shambhala group or centre? (Please select the reason that best describes your situation)

- I do not know anything about joining a Shambhala group or centre
- There is no Shambhala group or centre near me
- I do not 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, and I am not interested in that
- I would prefer to be part of an online-only community
- I do not 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)

- None of the above

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

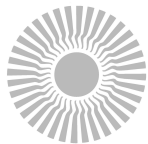
- Yes
- No

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

- Yes, I am a member of Shambhala
- I am a "friend of Shambhala" but not officially a member
- No, I am not a member
- I am not sure

* 72. Are you interested in organised efforts to help you connect with others in the Shambhala community?

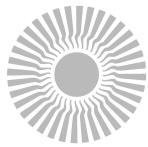
- Yes
- No
- Other (please specify)



73. How helpful would each of these be for helping you to connect more with others in Shambhala?

	Very helpful	Somewhat helpful	Not helpful or not interested
Being part of a virtual Shambhala center that would gather consistently online	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Connecting to a Shambhala center remotely	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Affiliating with other groups in Shambhala, such as the Dorje Kasung or Touching the Earth	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Participating as a volunteer in a Shambhala activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Other (please specify)



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The next questions are about your experience with the shared elements of the Shambhala organisation

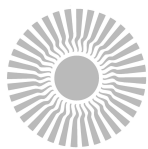
74. How familiar are you with the activities of these shared elements of the Shambhala organisation?

	Very familiar	Somewhat familiar	Not familiar	Not interested
Any of the land centres including Karne Chöling, Drala Mountain Center, Sky Lake, Dorje Denma Ling, Casa Werma, and Dechen Chöling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The Global Community Council (GCC)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Shambhala Global Services	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Shambhala Online	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The Shambhala Board	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

75. You may use this space for additional comments about these shared elements of Shambhala

* 76. Do you live in Europe?

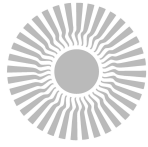
- Yes
- No



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77. How familiar are you with the activities of Shambhala Europe?

- Very familiar
- Somewhat familiar
- Not familiar
- Not interested



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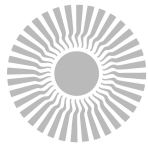
78. How likely is it that you would recommend the Shambhala community to a friend or colleague? (Move the slider to your rating or put your rating in the box on the right)

0 - Not at all likely

100 - Very likely



79. Would you like to add anything else about your current experiences in Shambhala?



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Finally, please tell us a little about yourself

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

- 1970s
- 1980s
- 1990s
- 2000-2007
- 2008-2012
- 2013-2017
- 2018-2025

81. How old are you?

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

Thank you so much for taking the time to answer this survey. We look forward to sharing the results with everyone in the Shambhala community. Please press the "Done" button to submit your answers.