

Triangle Insight Meditation Community

www.triangleinsight.org

Kalyana Mitta and Racial Affinity Groups Questionnaire (10-05-15)

Please complete and send to Sarah Tillis, KM Coordinator.

To send the Questionnaire as an email attachment:

1. Open the questionnaire in Adobe Reader or Adobe Acrobat.
2. Complete the questionnaire on your computer, and then save it with a new name.
3. Attach this newly named file to an email and send it to: sarah@triangleinsight.org
4. Another option is to complete it by hand, scan the completed form, and then email it.

To send the Questionnaire by postal mail, mail it to:

KM Coordinator
 Triangle Insight Meditation Community
 3200 Croasdaile Drive, Suite 401
 Durham, NC 27705

Please check which group(s) you're interested in: Kalyana Mitta Racial Affinity

Name: _____ Date: _____

City, State, Zip: _____

Phone: _____ Email address: _____

1. What are you looking for in a group (e.g., your goals, what you'd like to get from a group)?

2. Please describe your meditation practice. Please include how long you've been meditating; whether you have a regular practice; classes, retreats, or sanghas you've attended; and other instruction or teaching.

3. Most convenient locations for you:

4. Most convenient days of the week and times of day:

5. How did you learn about our groups?

6. Do you attend Triangle Insight's Wednesday night sangha?

7. Psychological and spiritual paths often overlap. In fact, meditation can provide space in which psychological material arises, and while Kalyana Mitta and Racial Affinity groups can offer support and inspiration, they can also elicit uncomfortable thoughts and feelings. Therefore, please answer the following question with the assurance that your answers will be kept confidential. Only the KM Coordinating Team of Sarah Tillis, Tom Howlett, Tamara Share, and Jeanne van Gemert will have access to the information.

In the past three years have you been hospitalized for substance abuse or psychiatric difficulties?

Yes No

If you answered Yes, please give dates and any information it would be helpful for us to know.

8. For Racial Affinity Groups: Please describe any training or experience working with issues of racial justice. (Such training/experience isn't required to be in a group.)

9. Other Information (optional)