

IMC Community Survey

October 2009

Select Questions

Attends-in-person respondents

(n = 242)

Overall: Two-thirds of the in-person population has been participating with IMC for at least 3 years, and more than 17% for more than decade. About 60% of attendees meditate at home nearly every day. The most commonly reported life challenge was 'work' (58% are fully employed, 21% retired), followed by psychological/emotional and spiritual/existential. Fully 98% report that Buddhist practice has had a positive or very positive effect on their life.

Over 30% of our respondents have practiced meditation for over 10 years, with 98% reporting mindfulness as their primary spiritual practice and metta practice at almost 80%. The most frequently cited interest was 'daily life practice', followed by residential retreats and sutta study. After the Sunday and Monday sittings, AudioDharma was the most frequently cited program participated in, even among the regular attendees of IMC.

Results for select questions are shown.



















