

## Results of Long Meditation Survey, Minneapolis Meditation Group (July 2024)

The survey consisted of 6 questions, and a “question” asking the respondent to provide other comments as desired. There were 21 responses plus a respondent who provided other comments only (that is, did not complete any other question in the survey).

### Three Hour Meditations (during a weekday and during a weekday evening)

Two questions were intended to gauge interest in three hour meditation services held during the day on a weekday, or on a weekday evening. Of the twenty people who responded to these questions, four said they would attend such a service. An additional 13 people said “maybe” to weekday long meditations, and 12 said “maybe” to evening meditations. The weekday receiving the most votes was Wednesday, with three respondents (although one said morning, another afternoon, and the third did not specify a timeframe.) The responses to the evening meditation option were similar, with Tuesday, Wednesday and Thursday each being mentioned twice.

### Saturday Long Meditations

A question first presented the Saturday meditation format (two, back-to-back 2-hour meditations each preceded by group energization exercises), then asked respondents to indicate their agreement or disagreement with this statement: “The format of MMG’s Saturday meditation works for me.” There were twenty responses to this question, as follows:

Strongly agree	4	20%
Agree	8	40%
Neutral	3	15%
Disagree	4	20%
Strongly disagree	1	5%
	20	100%

A question was included to explore whether there was a relationship between the above responses and the degree to which the respondent self-reports being comfortable meditating for long periods.

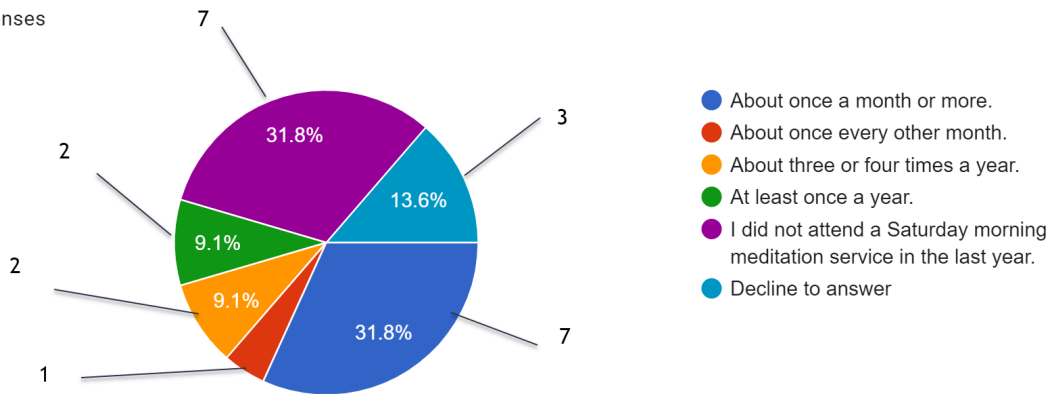
	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
4 hours or more	2	1	1	2	
3 hours		1		2	
2 hours		2			
1 to 1 ½ hours		3			
45 minutes		1	2		
30 minutes or less		1			
Decline to answer	1				1

These results show that those who disagree with the format are not doing so because they are uncomfortable with long meditations.

Finally, a question asked how often the respondent attended a Saturday meditation in the last year, as well as how frequently they attended a Sunday service --either meditation, reading service, or both.

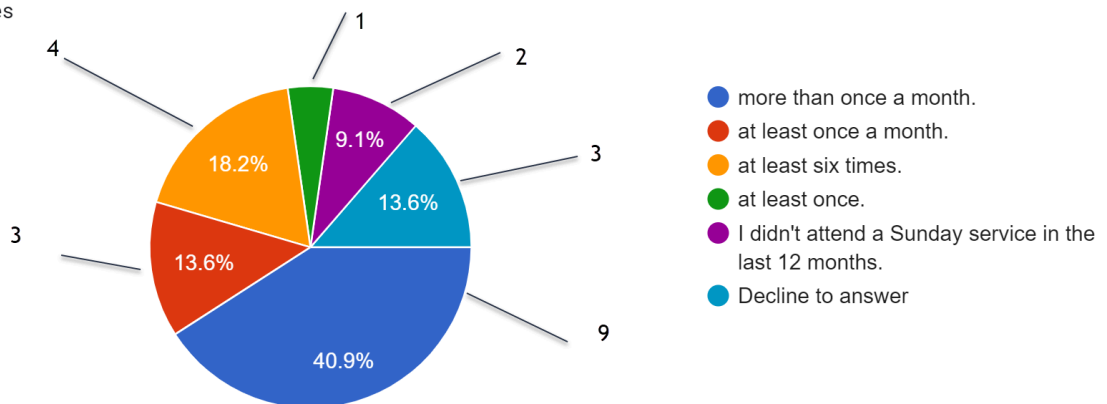
During the last year, I attended a Saturday morning meditation service at the Minneapolis Meditation Group chapel:

22 responses



In the last 12 months, I attended Minneapolis Meditation group **Sunday** services (either meditation service, readings service or both):

22 responses



The responses to the open-ended questions are available. Please ask to see them by sending an email to [council@srfminneapolis.org](mailto:council@srfminneapolis.org)