



**Kalyana Mitta**  
**(Spiritual Friends)**  
**Small Meditation and Dialogue Groups**

*IMCW invites you to become a member of a KM group.  
KM groups help support our practice  
through meditation and dialogue and its application to our everyday life.*

**What is a KM Group?**

- “Kalyana Mitta” groups are small gatherings of “spiritual friends” who support each other in the study of the Dharma and its application to real life, with an emphasis on mindful listening and speaking.

**What are the meetings like?**

- The meetings begin with a period of silent meditation followed by a “check-in.” Most groups then explore the experiences and situations shared during the check-in.
- Some groups focus on a Dharma topic based on a reading from Buddhist literature.
- Some groups have a special emphasis – such as couples, parenting, chronic pain etc.
- All KM groups meet on a regular basis, typically twice a month.

**How do I find a KM Group?**

- The KM Coordinators help people with similar interests and logistical needs network together to form a KM Group. (see other side for contact information)
- Sometimes there are openings in existing groups, and new groups form several times during the year.
- If you interested in joining a group or have a group of friends in mind, the KM Coordinators can help you get started.

**Who leads the KM Groups?**

Each group selects a facilitator or co-facilitators and agrees on hosting arrangements.

**What kind of support is available to facilitators?**

- KM guidelines are available for new groups.
- KM group orientation to help new groups get started.
- Mentoring from an experienced KM facilitator.
- Quarterly opportunities to meet with other facilitators.

If you are interested in joining a KM group, please fill out the form on the other side.

# *Kalyana Mitta Questionnaire*

1. What are you looking for in a KM group?

2. Your meditation experience: (Please describe briefly)

- How long have you been meditating?
- Do you have a regular practice?
- Briefly describe any retreats or meditation classes you have attended.

3. Most convenient times and locations for you to attend a KM group:

- Locations?  DC  N. VA  MD
- Times?  Daytime  Evenings
- Days of week?  Mon  Tues  Wed  Thurs  Fri  Sat  Sun

4. Hosting or Facilitating New KM Groups:

- Are you interested in hosting a KM group in your home?  Yes  No
- Are you interested in co-facilitating a KM group?  Yes

5. Type of Group: While all KM groups have a similar format and intent to apply the Dharma in our daily lives, they differ in their content. Check the types of KM groups that most interest you?

- Personal Sharing Group
- Special Emphasis Group, dealing with:
  - Parenting
  - Living with pain and illness
  - Mental Health Professionals
  - Health Professionals
  - Addiction Recovery
  - Creative Writing
  - GLBT
  - Other focus (Please specify): \_\_\_\_\_

Your Contact Information (Please print):

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Street Address: \_\_\_\_\_ City, State, Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_

Any special needs? \_\_\_\_\_

Today's date: \_\_\_\_\_

*Please forward the completed questionnaire to Mali Jimenez at [IMCWKMCC@GMAIL.COM](mailto:IMCWKMCC@GMAIL.COM). You may also mail it to 1401 Oak St. NW Washington DC, 20010. This information will help us get to know you. Once we receive the completed questionnaire, Mali will contact you directly to answer any questions you may have about KM groups and to assist you in finding an appropriate KM group or in starting a new group.*