

Survey

Ritual and Ceremony as Mindfulness Practices— Relevance and Application in Chaplaincy

In this paper I will be exploring how ritual and ceremony are used in the context of mindfulness in Buddhist chaplaincy, spiritual care and counseling. I will consider how chaplains and spiritual care-givers are applying them, for themselves as well as their patients, sangha members, etc., both individually and collectively. I am interested in what effects, beneficial or otherwise, have been observed as a result of employing these types of practices.

I very much appreciate your participation in this survey. I know how busy everyone's lives are so it means a lot to me that you are willing to take the time to do this.

Confidentiality is very important and while I may quote or paraphrase participants' responses, I will not reveal anyone's identity at any time.

Your answers don't need to be long, but please feel free to elaborate as needed.

Please return the completed survey to me by Friday, November 6.
(This is very important in order to meet my course deadlines.)

Email: chatforte@att.net

If you have any questions, please email or you can call me at 831-236-9126.

Thank you again for taking the time to answer these questions.

1. What school(s) of Buddhism are you affiliated with? (Tradition(s) that is.)
2. In what kind of setting(s) and with what types of people do you perform your chaplaincy work?
3. Is ritual/ceremony a part of your chaplaincy work?

4. What do you consider a ritual/ceremony? Are there essential elements that must be present to be considered as such?
5. What types of rituals/ceremonies—for what purpose(s)—do you perform in your chaplaincy?
6. Where do you most often perform rituals/ceremonies? (i.e. hospital, prison, temple, etc.)
7. In what kinds of circumstances, (birth, death, wedding, etc.) have you performed rituals or ceremonies?
8. Do you have a repertoire of rituals/ceremonies and/or do you create something according to the situation and particular need?
9. Have you ever created a ritual/ceremony on the spur of the moment? If so, please give an example: what was the purpose and what did you do? How did you feel about it afterwards?
10. What kinds of practices are performed in the rituals/ceremonies that you perform? (For example, chanting, bowing, meditation(s), etc.)
11. What, if any, paraphernalia (ritual objects, instruments, etc.) do you employ?
12. What kind of attire do you wear when doing your chaplaincy work? Is it important to you to be outwardly identified as a chaplain or clergy member? If so, please explain.

13. How do you facilitate ritual or ceremony for those practicing in a school of Buddhism different from your own?

14. Do you apply mindfulness practice(s) in your chaplaincy work?

15. What does mindfulness mean to you especially in the context of your chaplaincy work?

16. Please give some examples of mindfulness practices that you might employ, both for yourself and for others.

17. What types of practices have you found to be most beneficial?

18. What has not been beneficial?

19. Is there anything else that you would like to add?