



Shambhala Online Zoom Meeting Analysis

2025-10-16

John and the Posit Databot

Introduction

This report analyzes Zoom meeting data from Shambhala Online, a Buddhist meditation and spiritual organization. The dataset contains detailed information about 6453 meetings held over a 16-month period from June 2024 to September 2025. Our analysis explores participation patterns, timing preferences, and community engagement across different types of meetings.

Key metrics

- **Total meetings:** 6453
- **Date range:** June 01, 2024 to September 30, 2025
- **Total participants across all meetings:** 42092
- **Average participants per meeting:** 6.5

Summary statistics for key variables

participants	duration_hh_mm_ss	start_time
Min. : 1.000	Length:6453	Min. :2024-06-01 00:52:05.00
1st Qu.: 1.000	Class1:hms	1st Qu.:2024-10-09 09:29:01.00
Median : 2.000	Class2:difftime	Median :2025-02-06 08:58:53.00
Mean : 6.523	Mode :numeric	Mean :2025-02-04 06:04:37.15
3rd Qu.: 5.000		3rd Qu.:2025-05-30 09:00:18.00
Max. :686.000		Max. :2025-09-30 19:59:49.00

Missing Data

```
# A tibble: 5 × 2
  column      missing_count
  <chr>        <int>
1 x3rd_party_id      6453
2 x30                 6453
3 phone              6420
4 department         281
5 group              152
```

Notable missing data includes 281 missing department values and 152 missing group values.



Largest Meetings and Most Popular Topics

Top 10 Largest Meetings by Attendance

Ten Largest Zoom Meetings by Participant Count				
topic	start_time	participants	duration_hh_mm_ss	host
The Funeral Ceremony of Lady Diana Judith Mukpo	2025-09-17 06:04:24	686	02:16:21	108 Room
The Funeral Ceremony of Lady Diana Judith Mukpo	2025-09-17 08:22:31	568	03:25:04	108 Room
2024 Continuing Education for Meditation Instructors: Weekend Three	2024-06-23 08:24:07	434	03:36:37	105 Room
Drala	2025-01-11 07:42:51	327	07:47:54	102 Room
Drala	2025-01-12 07:04:49	305	08:15:05	102 Room
Understanding Vajrayana: An Exploration of the Vajrayana Path and Culture	2024-09-07 10:04:10	300	02:56:23	103 Room
2024 Continuing Education for Meditation Instructors: Weekend Three	2024-06-22 08:19:51	285	04:08:41	105 Room
Sacred Path: The Four Dignities—Meek and Perky	2025-03-09 07:27:34	244	08:05:12	103 Room
Great Eastern Sun	2024-09-21 07:23:42	241	08:46:30	102 Room
Sacred Path: Golden Key	2025-06-07 07:15:00	236	08:24:16	103 Room

The largest meeting was **The Funeral Ceremony of Lady Diana Judith Mukpo** with 686 participants on September 17, 2025, demonstrating the community's ability to gather for significant ceremonial events.

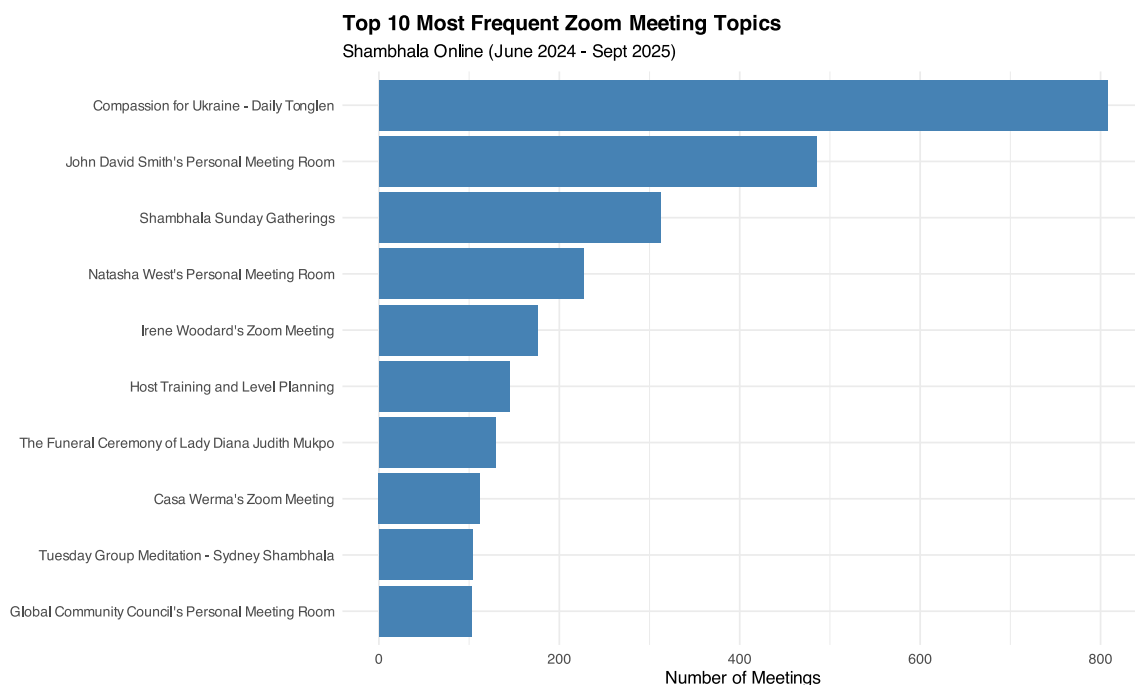


Most Frequent Meeting Topics

Top 15 Most Frequent Meeting Topics				
topic	num_meetings	total_participants	avg_participants	max_participants
Compassion for Ukraine - Daily Tonglen	808	8320	10.297030	181
John David Smith's Personal Meeting Room	485	1238	2.552577	14
Shambhala Sunday Gatherings	312	2172	6.961538	91
Natasha West's Personal Meeting Room	227	348	1.533040	6
Irene Woodard's Zoom Meeting	176	602	3.420455	44
Host Training and Level Planning	145	889	6.131034	148
The Funeral Ceremony of Lady Diana Judith Mukpo	129	1484	11.503876	686
Casa Werma's Zoom Meeting	112	235	2.098214	14
Tuesday Group Meditation - Sydney Shambhala	104	430	4.134615	12
Global Community Council's Personal Meeting Room	103	596	5.786408	58
Jillian Johnson's Personal Meeting Room	101	174	1.722772	14
MI Sessions 6:30-8:00pm	96	439	4.572917	14



Top 15 Most Frequent Meeting Topics				
topic	num_meetings	total_participants	avg_participants	max_participants
ET (New York) Every Tuesday				
Mahayana Class - weekly	89	369	4.146067	12
Board Meeting	85	439	5.164706	30
Jeff Scott's Per- sonal Meeting Room	82	91	1.109756	3



Compassion for Ukraine - Daily Tonglen is by far the most frequent meeting with 808 sessions, representing a dedicated daily practice for peace.

Daily Tonglen Practice Analysis

The Compassion for Ukraine - Daily Tonglen sessions represent an extraordinary example of community dedication and consistency.

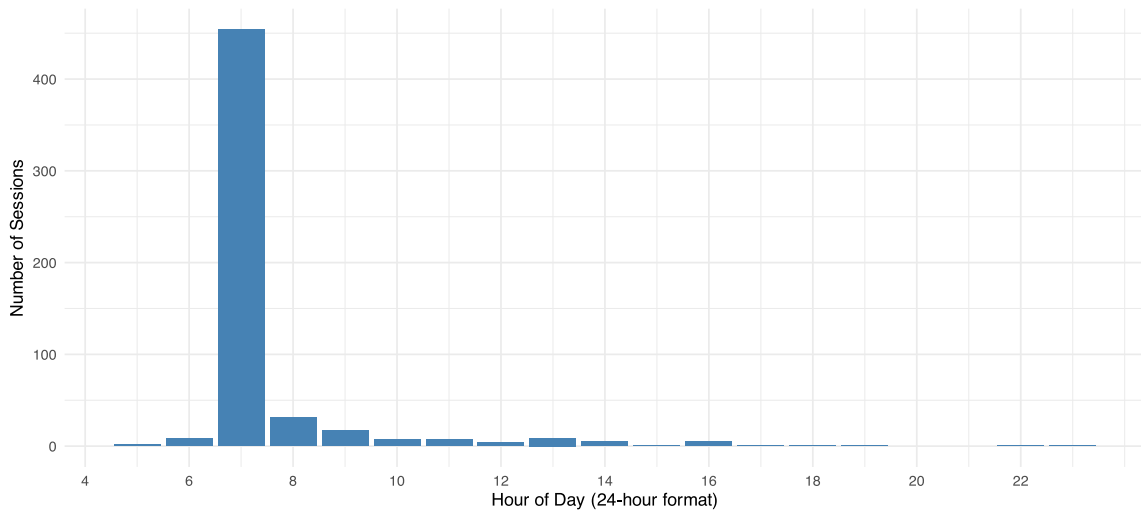
Timing Patterns

Key Statistics

- **Total sessions:** 555
- **Daily coverage:** 100% (sessions on 487 of 487 days)
- **Average participants:** 14.5
- **Average duration:** 75.5 minutes

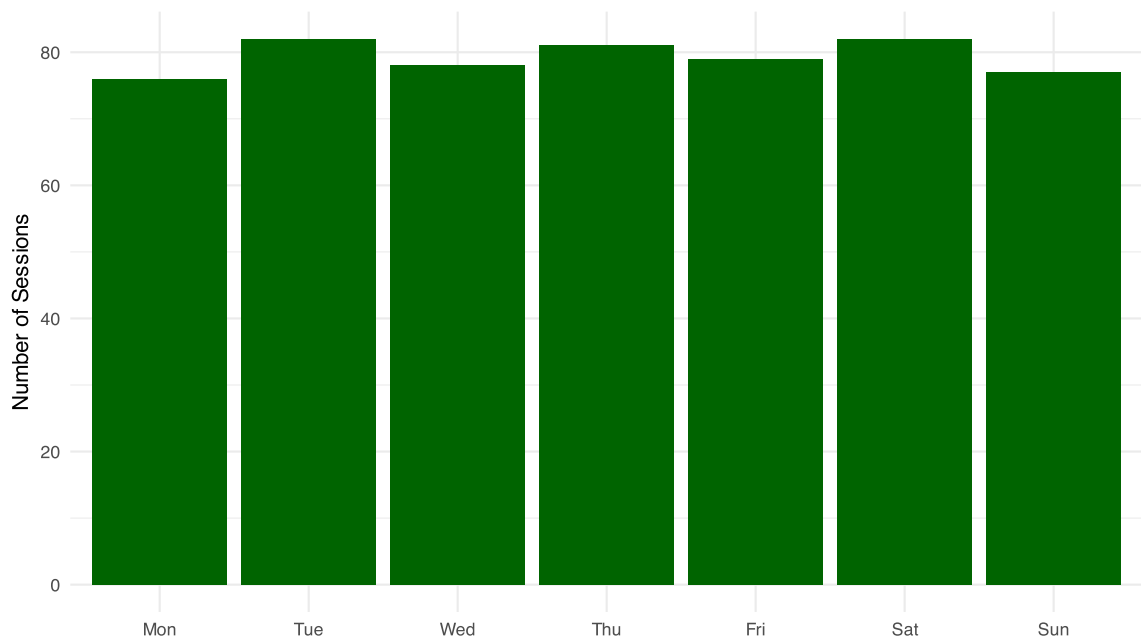


Tonglen Sessions by Hour of Day
Most sessions occur at 7-8 AM



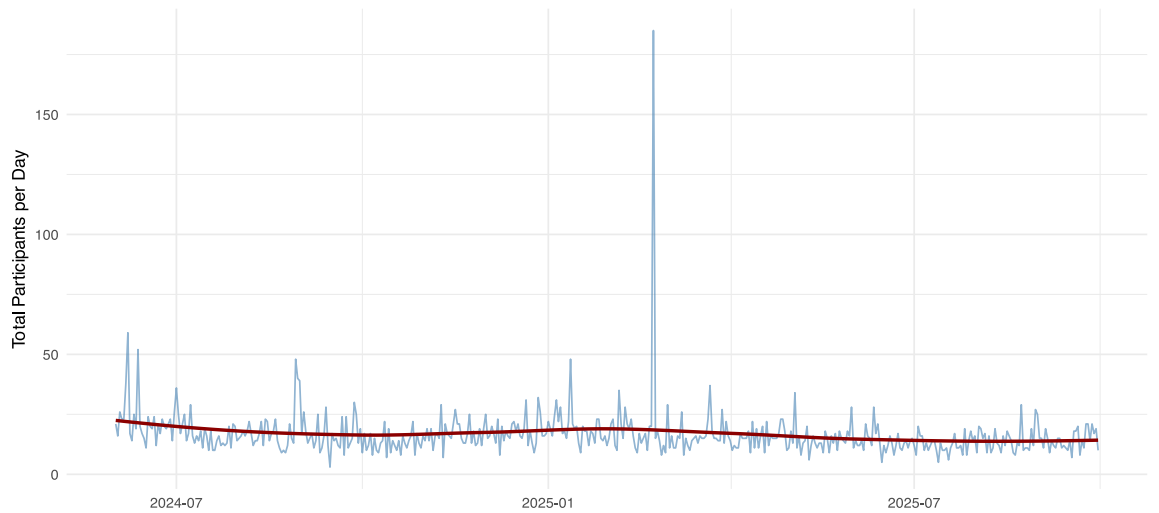
The overwhelming majority (87.4%) of sessions occur between 7-8 AM, establishing this as the primary community practice time.

Tonglen Sessions by Day of Week
Consistent practice across all days





Daily Tonglen Participation Over Time
June 2024 - September 2025

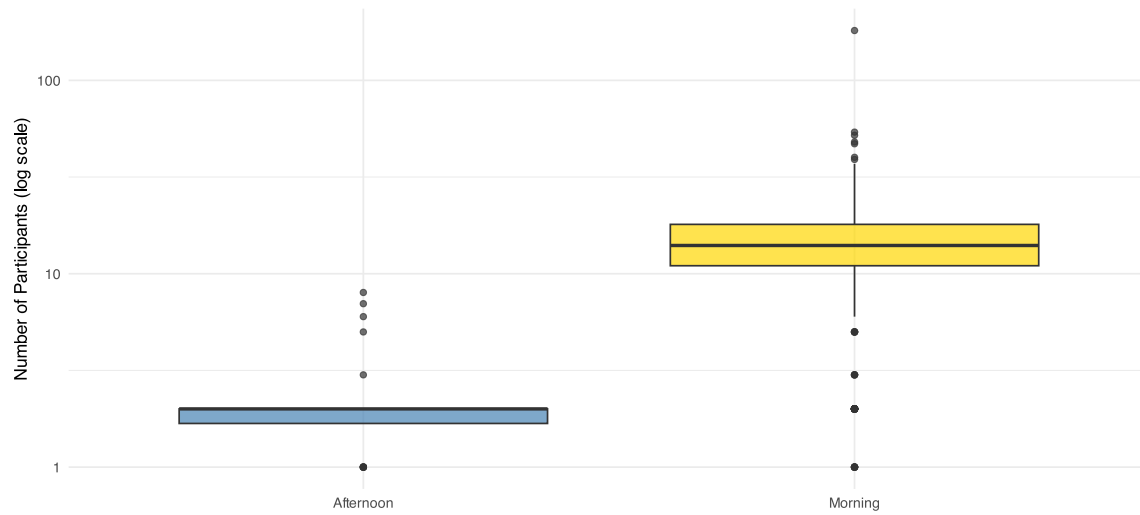


Morning vs Afternoon Sessions

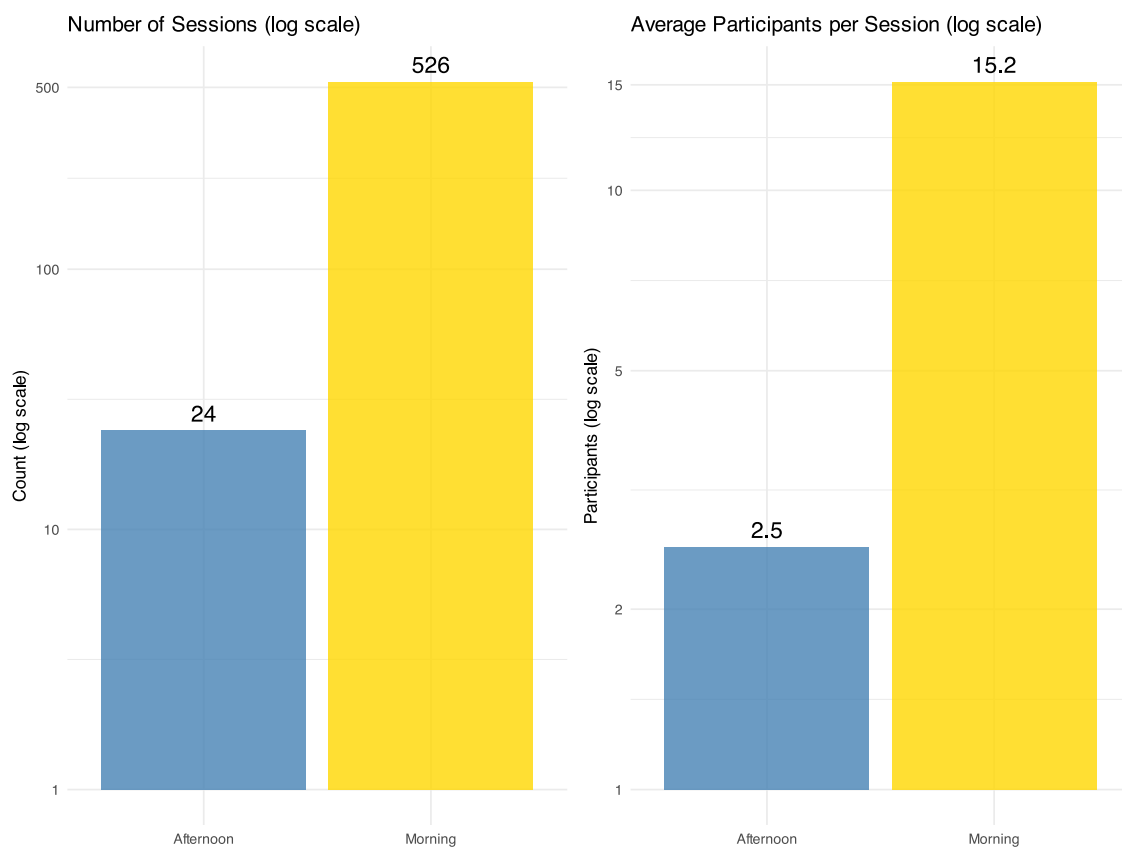
Tonglen Sessions by Time of Day					
time_of_day	num_sessions	avg_participants	median_participants	total_participants	max_participants
Morning (5am-12pm)	526	15.184411	14	7987	181
Afternoon (12pm-5pm)	24	2.541667	2	61	8
Evening (5pm-9pm)	3	1.666667	2	5	2
Night (9pm-5am)	2	1.000000	1	2	1



Tonglen Session Participation: Morning vs Afternoon
Log scale - Morning sessions have dramatically higher participation



Morning vs Afternoon Tonglen Sessions Comparison
Log scale - Shows the magnitude of difference more clearly



Morning sessions occur **21.9 times more frequently** than afternoon sessions and have **6 times more participants** on average.



Regular Meeting Patterns

Analysis of Other Regular Topics

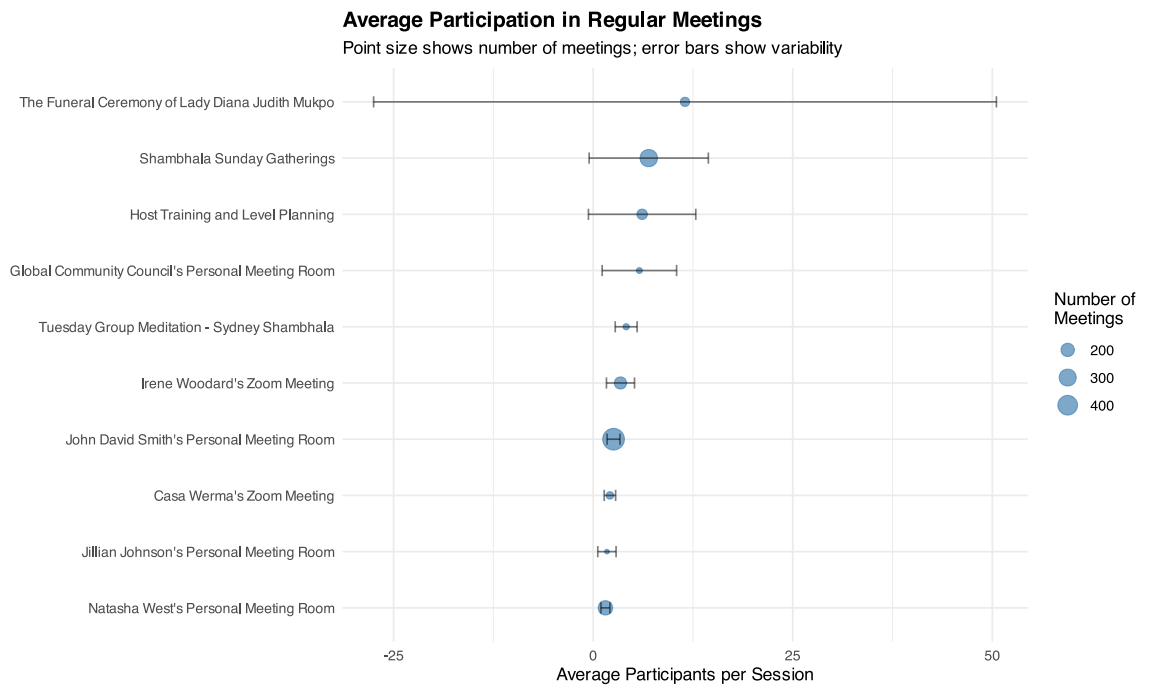
Regular Meeting Topics (50+ sessions)						
topic	num_meetings	total_participants	avg_participants	media_participants	total_participants	avg_participants
John David Smith's Personal Meeting Room	485	1238	2.552577	2	1.6134182	14
Shambhala Sunday Gatherings	312	2172	6.961538	1	14.9353955	91
Natasha West's Personal Meeting Room	227	348	1.533040	1	1.1219890	6
Irene Woodard's Zoom Meeting	176	602	3.420455	3	3.5172119	44
Host Training and Level Planning	145	889	6.131034	4	13.4460110	148
The Funeral Ceremony of Lady Diana Judith Mukpo	129	1484	11.503876	1	78.0198416	686
Casa Werma's Zoom Meeting	112	235	2.098214	2	1.4266436	14



Regular Meeting Topics (50+ sessions)						
topic	num_meetings	total_participants	avg_participants	points	avg_participants	max_participants
Tuesday Group Meditation - Sydney Shambhala	104	430	4.134615	5	2.7450138	12
Global Community Council's Personal Meeting Room	103	596	5.786408	3	9.3259605	58
Jillian Johnson's Personal Meeting Room	101	174	1.722772	1	2.2939870	14
MI Sessions 6:30-8:00pm ET (New York) Every Tuesday	96	439	4.572917	5	2.8607868	14
Mahayana Class - weekly	89	369	4.146067	5	3.0020847	12
Board Meeting	85	439	5.164706	1	6.2160450	30
Jeff Scott's Personal Meeting Room	82	91	1.109756	1	0.3515784	3
North American	67	1240	18.507463	1	34.3543800	116



Regular Meeting Topics (50+ sessions)						
topic	num_meetings	total_participants	avg_participants	median_participants	total_participants	avg_participants
Leadership Forum						



Meeting Types

Meeting Type statistics					
meeting_type	num_meetings	avg_participants	median_participants	total_participants	avg_duration_min
Admin/Training	293	5.515358	4	1616	70.62782
Meditation Groups	104	4.134615	5	430	58.57452
Other Regular	695	7.785612	2	5411	54.26480
Personal Rooms	1127	2.551020	2	2875	34.86304
Special Events	129	11.503876	1	1484	10.05814
Sunday Gatherings	312	6.961538	1	2172	32.65625