

Tao Calligraphy Tracing Meditation with Mantra Chanting - a proposal of Health Improving Practice; AIHM 2020 Virtual Annual Conference, October 9-11, 2020, San Diego, USA

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Abstract

There is currently much interest into the effect of meditation on health. Although there are different kinds of meditations, it comes down to the mindfulness, or a heightened awareness. Mindfulness is currently understood as heightened awareness of what we are currently experiencing. Mindfulness can improve our attention and focus of our mind, our memory, our productivity, our interaction with people and our wellbeing.

There is a solid body of research indicating that the practice of mindfulness has a significant effect not only on the function of the brain, but also on overall health.

For several years, the authors have taught and studied the effect of a unique style of moving meditation where mindfulness (heightened awareness) is achieved by the combination of movement and focus on Chinese Tao Calligraphy. In this practice, the practitioners trace the lines of calligraphy with fingers and simultaneously chant the Mantra, which enables them to achieve deep concentration during wakefulness.

It is believed that the Tao Calligraphy and Mantra can create a powerful energy field, and therefore the healing effect on the mind and body can be quite profound.

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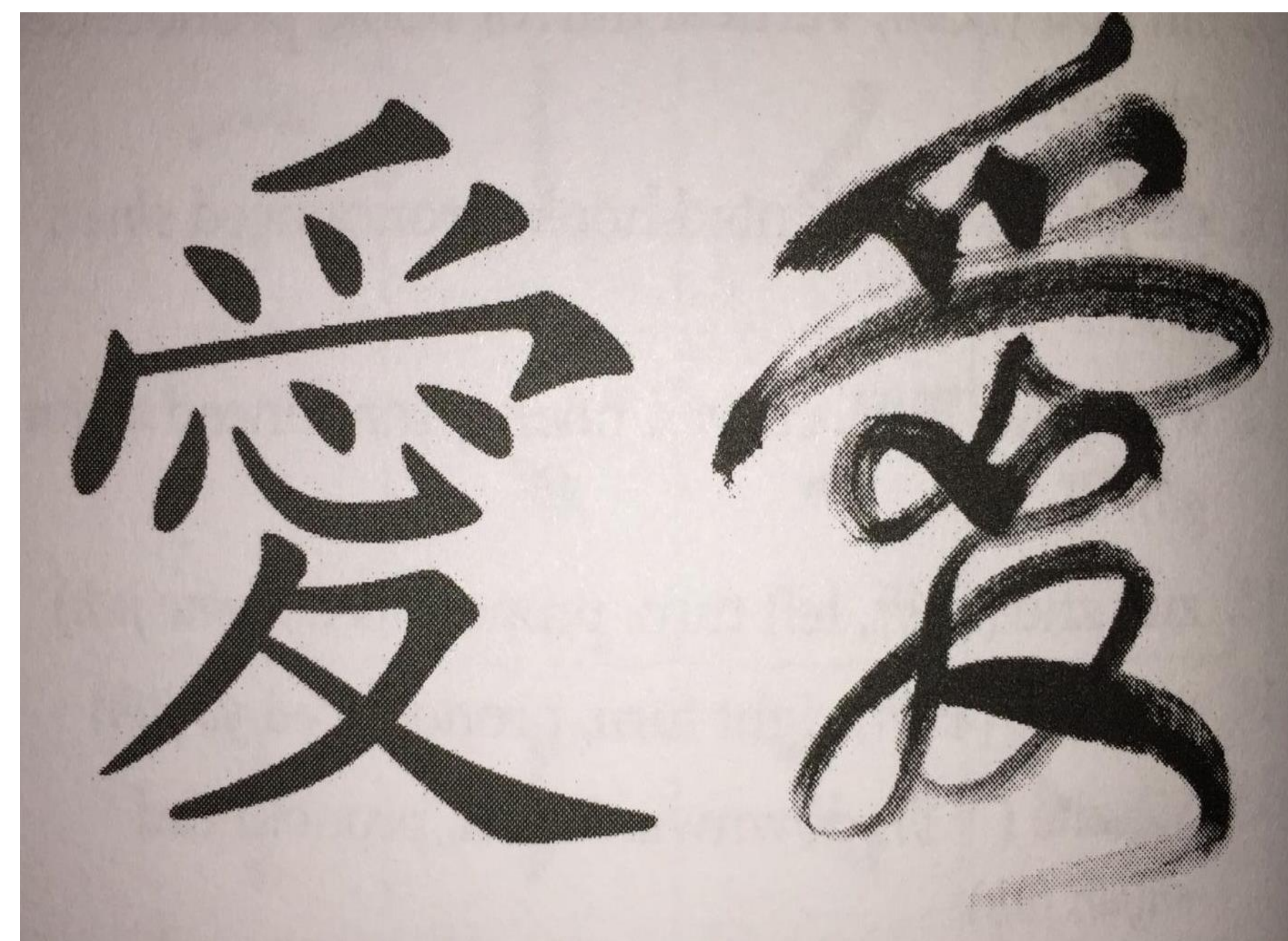
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Methodology

Chinese Calligraphy is an ancient art that is widely practiced and honored for centuries as a way of artistic expression, to receive qi (energy), and to enrich life through its positive messages. It is known as one of the most relaxing yet highly disciplined exercises for one's physical, mental and emotional well-being



Yi Bi Zi is a unique style of calligraphy written within one stroke and one qi (energy). It emphasizes the resonance between strokes within one word as well as the harmony between words in one phrase.

Tao Calligraphy, the most advanced Yi Bi Zi style, combines the artistic beauty of Yi Bi Zi (fully cursive script, oneness writing) with Tao light transmissions.

It is a sacred calligraphy with the breath-taking beauty of Hun Dun Yi Qi, the Oneness field. Tao Calligraphy creates a field of pure and powerful frequencies and vibrations.



Practice

In our experience, it is much easier to enter mindfulness states by combining the focus of the mind with movement of hand and chanting mantra. We have not observed any significant side effects. The technique is easy to learn and results appear quickly. Authors used it in Integrative healing programs, stress management and burnout prevention programs.

The Practice:

- Stand or sit comfortably
- Visualize the light within unhealthy area
- Chant Mantra
- Request a light and love for healing
- Stand and trace with both hands, or
- Sit and trace with all fingers



Conclusions

In our experience, it is much easier to enter mindfulness states by combining the focus of the mind with movement of hand and chanting mantra. We have not observed any significant side effects. The technique is easy to learn and results appear quickly. Authors used it in Integrative healing programs, stress management and burnout prevention programs.