

## **Tao Calligraphy Tracing Meditation With Mantra Chanting Improves Quality of Life SF 36 Scores in 6 month; AIHM Annual Conference: Planet People Purpose 2019, October 12-15, San Diego USA.**

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### **BACKGROUND AND PURPOSE:**

Although the positive effect of meditation and calligraphy painting on health is well documented individually, their combined influence has not been studied. The authors have studied the effect of meditation that combines tracing Tao calligraphy with chanting mantras on the Quality of Live. It is hypothesized that this combination creates a powerful energy field that produces a healing effect on the mind and body.

### **METHOD AND DESIGN:**

In a progressive follow-up, IRB-approved study, the authors investigated the effect of meditating while tracing calligraphy and chanting mantras on SF-36 scores. Initially, 96 spiritual practitioners were enrolled. After 6 months, 48 remained: 42 women, 6 men, with an average age of 53 (18-78) years. At the beginning, subjects received instruction and a transmission and then continued to practice daily meditation of tracing Tao calligraphy with their fingers while chanting mantras for 10 minutes a day at minimum. The Rand Standardized Quality of Life Questionnaire SF36 was completed at the start of the study and again after 6 months.

### **RESULTS:**

ANOVA analysis of the survey data showed that all scores exhibited statistically significant positive improvement except in two cases.

Physical Functioning: change 12.72% P – 0.231;

Role Limitations due to Physical Health Problems: change 19.68%, P – 0.0134; Role Limitations due to Personal or Emotional Problems: change 28.39%, P – 0.0002;

Energy / Fatigue: change 17.68%, P – 0.0058;

Emotional Well-being: change 18.40%, P – 0.0086;

Social Functioning: change 17.27%, P – 0.0989;

Bodily Pain: change 15.34%, P - 0.0501;

General Health: change 13.61%, P - 0.0307.

### **CONCLUSIONS:**

Results indicate that movement meditation combining Tao calligraphy tracing and mantra chanting improved the quality of life for participants as measured by the SF 36 scale. In addition, tracing Tao calligraphy and mantra chanting was easy to learn, well tolerated and no complications arose.

Presentation Type: Poster

**Topic:** Complementary and Integrative Health

**Presentation Type:** Clinical Research

## **Learning Objectives:**

Participants learn about Tao Calligraphy Tracing

Participants learn about Mantra techniques

Participants will learn how to practice Tao Calligraphy Tracing and Chanting Mantra

Participants learn how to use of Tao Calligraphy Tracing and Chanting Mantra to improve the health

Participants learn about Research results of Tao Calligraphy Tracing and Chanting Mantra

Tao Calligraphy Healing Practice is a combination of meditation and Qi Gong.

Practitioners focus while continuously tracing the lines of Tao calligraphy with their fingers.

The study confirmed efficacy of meditation while tracing Tao calligraphy.

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