

Tao Calligraphy Tracing Meditation With Chanting Mantra Improves Quality of Life SF 36 Scores in 6 months; 12th European Congress for Integrative Medicine “The Future of Comprehensive Patient Care”. Barcelona, Cataluna, Spain, September 13-15, 2019.

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Objectives:

Although the positive effect of meditation and calligraphy painting on health is well documented individually, their combined influence has not been studied (1), (2), (3), (4). The authors have studied the effect of meditation that combines tracing Tao calligraphy with chanting mantras on the Quality of Life. It was hypothesized that this combination creates a powerful energy field that produces a healing effect on the mind and body.

Method - Design:

In a prospective follow-up, IRB-approved study, the authors investigated the effect of meditating by 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.

Analysis - Results:

ANOVA analysis of the survey data showed that all but two measurements exhibited statistically significant positive improvement.

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.