

Tao Calligraphy Tracing Meditation with Mantra Chanting Improves Quality of Life SF 36 Scores; 6th Annual Conference ICNM London, 5-7 July 2019

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Introduction

There is currently much interest into the effect of meditation on health. Although there are different kinds of meditations, the common element among them is 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.

Because in the modern age the mind is constantly bombarded with external stimuli, the mind has gotten used to such constant activity. Consequently, many old meditative techniques are ineffective in achieving mindfulness in the modern age, as they are too difficult for people who have been used to a state of constant mind activity.

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.

Methodology

A progressive follow-up and IRB approved study investigated the effect of Tracing Calligraphy and Mantra chanting Meditation on Quality of Life Scores.

95 spiritual practitioners were followed for 1 month. They were practising the daily meditation of tracing Tao Calligraphy with their fingers and chanting the Mantra.

The Rand Standardized Quality of Life Questionnaire SF36 was filled at start of the study, and again in 1 month.



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

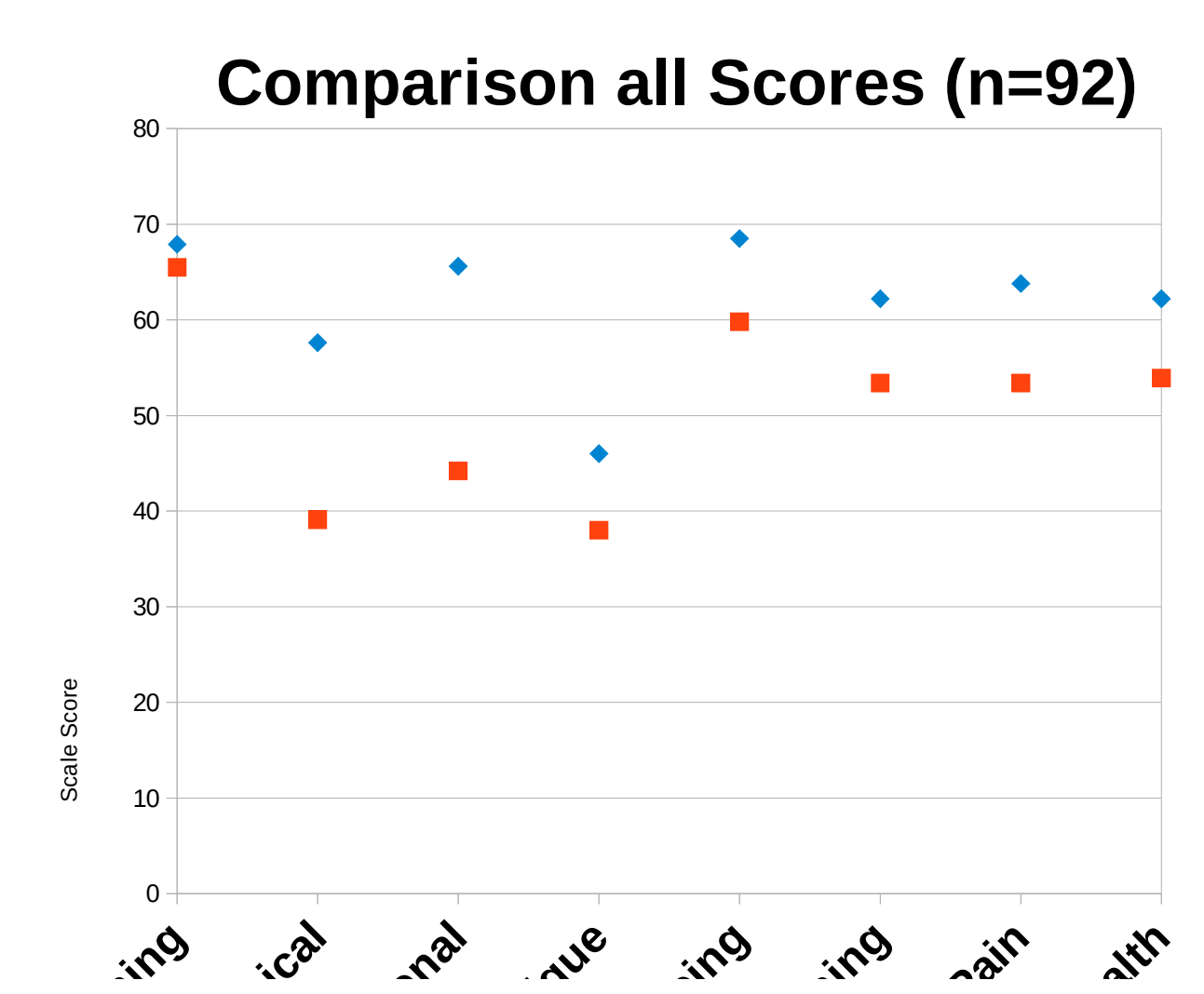
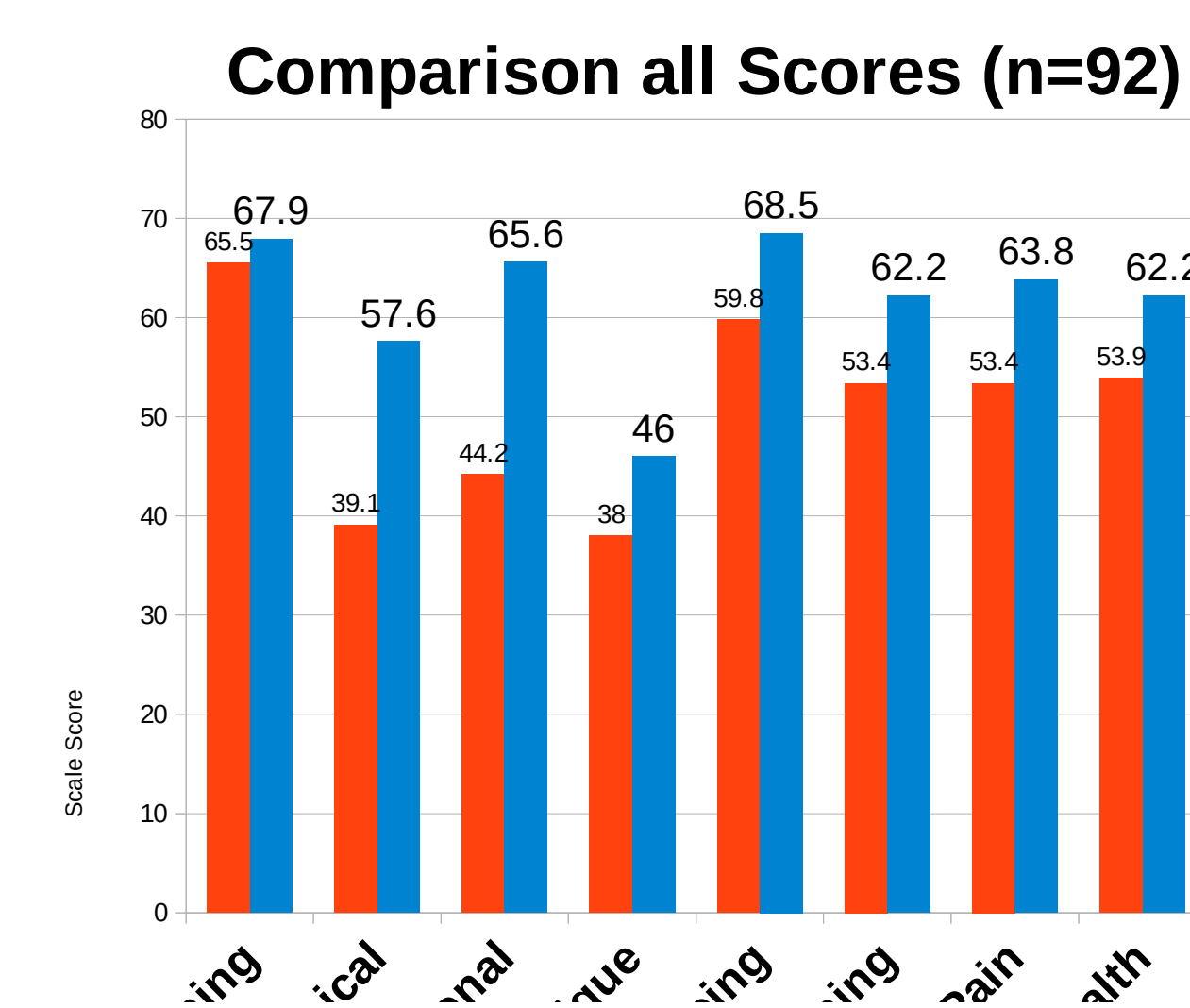
A Case Study (healing effect of Calligraphy)

63 years old female was diagnosed a CLL (Chronic Lymphocytic Leukemia) and AHA (Autoimmune Hemolytic Anemia) in 2007. In 2013, she started sporadically meditate and practiced Qi Gong. In 2015, she was admitted to ICU very weak with WBC count 1070 and was treated by RBC transfusions, Chemotherapy and Cortison for 7 days. Right after discharge, on her own, she stopped all Chemotherapy (for CLL) and continued only with Prednison and occasional RBC transfusions (for AHA). She practised Tao Calligraphy Tracing and also had a advanced practitioner tracing for her. In six months her WBC count dropped down to 99.7 (without Chemo) and at that time she stopped taking Prednison and transfusions. In May 2016 her WBC count was 103 and she was in a good health. Remained so until May 2017, when we finished that clinical study.

Results

The statistical Analysis of the results using a paired T-test showed that all scores exhibited statistically positive improvement:

Physical Functioning: change 6.4%, P - 0.0018;
Role Limitations due to physical health problems: change 18.5%, P - 0.001;
Role Limitations due to Personal or Emotional Problems: change 21.4%, P - 0.000;
Energy / Fatigue: change 8.7%, P - 0.001;
Emotional Well-being: change 8.7%, P - 0.000;
Social Functioning: change 8.8%, P - 0.001;
Bodily Pain: change 10.4%, P - 0.009;
General Health: change 8.4%, P - 0.001.



Conclusion

The results confirmed that the Tao Calligraphy Tracing Meditation and Mantra Chanting practice can improve quality of life and can be easily incorporated into any clinical settings. The practice was easy to learn, was well-tolerated by the practitioners, and no complications were observed.

References

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Learning Objectives

1. Learn about moving meditation – Tao Calligraphy Tracing
2. Learn about effect of moving meditation Tao Calligraphy Tracing on wellbeing documented by the research
3. Learn new modality that can be easily incorporated into Naturopathic practice to enhance healing process.

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