

# Meditation and Health – Prospective Case Analysis Study 2018 International Congress on Integrative Medicine & Health, Baltimore, MD, May 8-11, 2018.

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## Abstract

Over recent years, researchers are increasingly turning their attention to alternative healing methods like prayer, meditation, yoga, Qi Gong, Reiki and similar. From our point of view, have much wider effect on human beings than alleviation of symptoms of illness. We feel that in order to advance the field, it is necessary to use standard medical research instruments not only the changes in symptoms, but changes documented by medical professionals also.

A Progressive Follow up study was designed to investigate the role and efficacy of Spiritual Healing as a plausible complementary treatment of various illnesses.

55 spiritual practitioners were followed for 2 years, 46 remained by 3 years. All received a spiritual healing from a spiritual healer and did self-healing meditation daily. Most continued conventional medical treatment.

Retrospective analysis of data shows that most of the subjects exhibited improvement in general wellbeing, an increase in optimism and energy level, as well as improvement of their symptoms.

21 subjects (45.6%) reported marked improvement or complete recovery, 16 (34.8%) moderate improvement, 3 (6.5%) minimal improvement, 2 (4.3%) unchanged, 4 died (3.6%) (Terminal cancers, stroke). Detailed analysis will be discussed during the presentation.

The study treatment was well tolerated and no complications arose. The results of this study confirmed efficacy of combining spiritual and energy healing with conventional medical treatment.

The Sha Research Foundation (San Francisco, CA, USA) is the sponsor of the study, which involved subjects from USA and Canada. The Study is IRB approved, Protocol No.: 20130909\_V6.9

## The Purification Meditation

Body Posture: sitting, place hands on ill area

Mind Power: visualization of light within ill area

Sound Power: chanting Mantra (channels the light)

Invocation:

- request the Light and Love for healing
- give order to soul of ill organ to heal the organ

## The Forgiveness Meditation

Body Posture: sitting, place hands on heart chakra

Mind Power: visualization of light within heart chakra

Sound Power: chanting Mantra (channels the light)

Invocation:

- request the forgiveness for all sins against the Heaven
- request the forgiveness for all sins causing the illness
- offer the forgiveness to all those who offended us

## Spiritual Interventions

- Cleansing of karma
- Blessings to introduce the light to ill area
- Removal of blockages to flow of energy
- Transmission of Healing Power to subjects for self healing

## Description of Subjects

46 Subjects

F = 34; M= 12

Age = 25 – 96 (8 below 40, 38 above 40)

## Description of Illnesses

13 Malignancies

9 Musculoskeletal

7 Psychiatric

6 Neurological

4 Metabolic Endocrine and Immune

3 Gynecological

2 Respiratory

1 Infectious

1 Cardiovascular

## Results

21 subjects (45.6%) reported marked improvement or complete recovery

16 (34.8%) moderate improvement

3 (6.5%) minimal improvement

2 (4.3%) unchanged

4 died (3.6%) (Terminal cancers, stroke)

## Contact

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