

Tao Calligraphy Tracing Meditation in Health Recovery
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Introduction:

There is intensive research underway to study the effect of meditation on health. Researchers also report that painting calligraphy can positively influence some illnesses. Although there are different kinds of meditations, it all comes down to mindfulness. The practice of mindfulness involves heightened awareness which can improve our attention, focus, and other mental capacities. There is also a solid body of research indicating that the practice of Mindfulness is having 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 meditation where mindfulness (heightened awareness) is achieved by a combination of movement and focus on Chinese Tao Calligraphy. In this practice, the practitioners trace the lines of calligraphy with their fingers and simultaneously chant a Mantra, which enables them to achieve a deep state of mindfulness while maintaining a fully awake state. This unique practice can best be understood as a combination of meditation and Qi Gong (energy practice). Therefore, the healing effect on the mind and body can be quite profound.

Methods:

Several Progressive IRB approved follow-up studies investigated the efficacy of Tao Calligraphy Tracing Meditation and Mantra Chanting as a plausible complementary treatment for various illnesses.

The subjects were asked to repeatedly trace the lines of the *Greatest Love* Tao calligraphy with their fingers while simultaneously chanting the *Greatest Love* mantra. This practice was to be carried out for at least 30 minutes, two times a day, for a minimum of 3 months.

Results:

The study of various illnesses in 96 subjects, using standardized Rand Quality of Life Questionnaire SF36 was completed in 1 month, in 6 months, in 1 year and in 2 years. In 1 month, in 6 months, and in 1 year ANOVA analysis showed that all Indexes exhibited statistically significant positive improvement, while at 2 years, six indexes exhibited statistically significant positive improvement, one index improved but not significantly and General Health index worsened statistically significantly.

The study of Breast cancer in 18 subjects used Standardized Quality of Life Questionnaire QLQ-C30, completed at baseline, at 3 months and at the conclusion of the study (6 months). ANOVA analysis showed that all 15 indexes of EORTC QLQ-C30 exhibited positive improvement, one index (Emotional Function) improved statistically significantly.

The study of Chronic Pain in 45 subjects used the short-form McGill Pain questionnaire (SF-MPQ) that was filled out at the start of the study and again after three months. An ANOVA

analysis revealed a statistically significant improvement of overall pain intensity (PPI) and the category of *fearful pain*.

More detailed results will be shared at the time of presentation.

Conclusions:

The results of our studies confirmed efficacy of combining Tao Calligraphy Tracing Meditation and conventional medical treatment.

Meditation with Tracing Tao Calligraphy was easy to learn, was well tolerated and no complications arose. We found that Tao Calligraphy tracing with chanting the mantra is a useful addition to standard treatment protocols.