

**Tao Calligraphy Tracing Meditation in Health Recovery
16th Annual International Restorative Medicine Conference; 2018 Trends in Nutrition, Pain Management,
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Introduction:

The authors have studied the effect of an unique style of meditation where mindfulness (heightened awareness) is achieved by combination of movement and focus on Chinese Tao Calligraphy. The practitioners traced the lines of calligraphy with fingers and this enabled them to achieve deep concentration, while maintaining fully awake state.

This unique practice can be best 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:

A Progressive Follow up, IRB approved study, investigated the efficacy of Spiritual Healing and Meditation as a plausible complementary treatment of various illnesses.

55 spiritual practitioners were followed for 3 years, received a spiritual healing and did self-healing meditation daily. A subgroup of 11 practitioners practised daily meditation of tracing Tao Calligraphy with fingers. Four men and 7 women had diagnoses: 1 metabolic, 1 infectious, 1 cardiovascular, 2 psychiatric, 1 neurological, 1 musculoskeletal, 2 gynecological and 2 malignancies.

Results:

Retrospective analysis of data from these 11 subjects showed that most exhibited improvement in general wellbeing, an increase in optimism and energy level, as well as improvement of their symptoms. 6 subjects (54.5%) reported marked improvement or complete recovery; 4 (27.3%) moderate improvement, 2 (18.2%) minimal improvement. There was no worsening or death.

Discussion/Conclusions:

The results of this study confirmed efficacy of combining Spiritual Healing, Tao Calligraphy Tracing Meditation and conventional medical treatment.

Meditation with Tracing Tao Calligraphy was easy to learn, was well tolerated and no complications arose.

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Topic Area of Poster (as listed in Areas of Interest in the Call for Posters)

The research that investigates possible treatments for chronic health conditions
Reports of clinical trials
Studies that examine modalities such as mind-body medicine

Title (20 word maximum):

Three to Five Keywords: Meditation, Tao, Calligraphy, Health Recovery

Poster Abstract (250 word max)