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Tao Calligraphy Tracing Meditation in Health Recovery.

Peter Hudoba, MD, FRCS, Zhi Gang Sha, MD (China), Sha Research Foundation, CA, USA

Background and Purpose:

Mindfulness is understood as heightened awareness that can improve our attention, focus and other capacities of our mind. 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 on the overall health also.

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 focused and traced the lines of calligraphy with fingers and this enabled them to achieve deep concentration, while maintaining fully alert 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 and Design:

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.

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.

Overarching Takeaways:

(Briefly share the vital insights or overarching takeaways from your research and work).

Tao Calligraphy Healing Practice is a combination of meditation and Qi Gong and it's healing effect on the mind and body can be quite profound.

Tao Calligraphy practitioners focus and continuously trace the lines of Tao calligraphy with fingers and this enables them to achieve heightened awareness, while maintaining fully alert state.

First Author

Name: Peter Hudoba MD, FRCS

Degrees: Medical Doctor, Neurosurgeon, Fellow Royal College of Surgeons

Institution: Sha Research Foundation

Department: Clinical Research

City: San Francisco

State/Province: California

Country: USA

Email: Peter.Hudoba@DrSha.Com

Phone Number: 604-377-2506

Second Author

Name: Zhi Gang Sha MD (China), TCM D

Degrees: Medical Doctor (China), TCM Doctor (BC, Canada)

Institution: Sha Research Foundation

Department: Clinical Research

City: San Francisco

State/Province: California

Country: USA

Email: Cynthia.Deveraux@DrSha.Com

Phone Number: 604-377-2506

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