

**Mindfulness Meditation using Chanting of Mantra, Aging in America Conference,
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An Abstract**

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Mindfulness is currently understood as heightened awareness of what we are currently experiencing with our senses, or within our mind and emotions. Mindfulness can improve our attention and focus of our mind, our memory, our productivity, interactions with people and general wellbeing. It has been also show to have positive effect on sleep.

There is also solid body of research indicating that the practice of Mindfulness is having a significant effect not only on function, but also on physical structure of the brain.

During Mindful states, we activate some parts of our brain that are usually dormant, when we are just mindlessly soaking in idleness. That gives the extra number of neurons to do the work when we need it. And that comes especially handy for those who, for whatever reason, dropped their neuronal pool. We talk about elderly.

In elderly we often observe changes in Intelligence, Memory (Bening Senile Forgetfulness), and mental illnesses like Dementia, Depression and Mania, Anxiety, Alcoholism, Paranoia, Neuroses and Personality disorders. Although modern medicine offer numerous effective medications to deal with these ailments, we still can use meditative techniques like mindfulness to support these medications.

Modern mind has been exposed to external stimuli to the degree like never before. Over lifetime, the mind has gotten used to constant activity. Consequently, some of old meditative techniques are ineffective in achieving mindfulness in modern age.

In our experience with our students and research subjects, it is much easier to enter mindfulness states by using repetitive chanting of various mantras. This is especially suitable for elderly, where the ability for sustained focus is diminished.

In this powerful interactive and experiential workshop, Dr. Sha and Dr. Hudoba will teach you how to use the the Four Power Techniques (Body Power, Soul Power, Sound Power and Mind Power) *simultaneously* for optimum mindfulness. These are very simple, powerful and effective. Results can be achieved quickly.

Theme: Meditation.

Level: Advanced

Preferred format: Workshop Presentation 60 minutes

Brief Summary:

Dr. Hudoba, and Dr. Sha are proposing mindfulness meditation by using repetitive chanting of various mantras. This is especially suitable for elderly, where the ability for sustained focus is diminished. The use of the system has shown improvement in overall wellbeing, attention and focus of mind. The techniques are relatively easy to learn and results are achieved quickly. Use of these practices, together with other modern scientific modalities, can offer healthier, more active and enjoyable aging.

Biographies:

Zhi Gang Sha is a well known healer, teacher and writer. A M.D. (China) and doctor of traditional Chinese medicine (China, Canada), Dr. Sha authored the international bestseller *Power Healing*. Dr. Sha was named Qi Gong Master of the Year in 2002, he has been featured on PBS as one of the most powerful healers of our time. He published many books, several of whom become a New York Times bestsellers.

Peter Hudoba MD, FRCS, A former Ass. Professor of Neurosurgery, Hudoba is now in private practice in spine management. He has devoted forty years of research activity in neurosurgery, neurology and, currently, the applications of spirituality in medicine. For 8 years, Peter has served as a Chairman of the Board of Sha Research Foundation, California and currently works as a chief researcher at this institution. Peter teaches Soul Healing and Daoist Longevity practices at the USS Centre, Vancouver, BC, Canada and travels widely through the world to offer classes and presentations.

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