For 2 months, the authors have studied the effect of a unique style of meditation, the combination of movement, focus on Chinese Tao Calligraphy, chanting and listening to mantra in post-acute rehabilitation hospital settings.

During this practice, the subjects traced the lines of Tao calligraphy with fingers and simultaneously chanted and listened to Mantra, which enabled them to achieve deep concentration, while maintaining fully awake state.

A two months pilot study investigated the efficacy of Tao Calligraphy Tracing Meditation and Mantra Chanting as a plausible complementary treatment of various illnesses in PAM Rehabilitation Hospital, Victoria, TX, USA.

For 10 minutes two times a day, during the time of hospitalization (average 7-14 days), the subjects traced the lines of Tao calligraphy Greatest Love with fingers and simultaneously chanted the Greatest Love mantra. The treating physician traced for patients 1.5 hour a day also. The background Mantra was played in the hospital 24 hours a day, every day a week.

We compared hospital statistical data of all patients from March and April 2017 to March and April 2018.

The results of this study confirmed efficacy of combining Tao Calligraphy Tracing Meditation and conventional post acute rehabilitation treatment in hospital settings. 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 especially suitable for elderly, where the ability for sustained focus is diminished.