

Tao Calligraphy Tracing Meditation with Mantra Chanting in Post – Acute Rehabilitation;

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Abstract

For 2 months, the authors have studied the effect of an 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.

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Methodology



The Calligraphy Tracing

Body Posture: sitting, join fingers Right hand and trace lines of Calligraphy from top to bottom

Mind Power: concentrate on the lines of Calligraphy

Sound Power: chanting Mantra (channels the light)

Invocation:

- request the Light and Love for healing
- give order to soul of ill organ to heal the organ

The Observed Parameters Were Hospital Statistics:

ADC (Average Daily Census),
MCD (Medicare Revenue)
LOC (Length of Stay)
Comm DIC (Community Discharge),
SNF DIC (Skilled Nursing Facility Discharge),
FIM (Functional Independence Measure),
Bladder FIM (Bladder Functional Independence Measure),
Bowel FIM (Bowel Functional Independence Measure).

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

Results

The Data shown a definite Improvement in following hospital performance parameters..

Average Daily Census: March 25.23% → 25.71%, April 21.9% → 23.3%
Medicare Revenue: Increased, but would not be reported
Length of Stay: March 11.97% → 11.05%, April 11.74% → 9.82%
Community Discharge: March 65% → 76%, April 60% → 75%
Skilled Nursing Facility Discharge: March 32% → 15%, April 31% → 15%
Functional Independence Measure: March 24.44% → 22.71%, April 22.88% → 23.13%
Bowel Functional Independence Measure: March 5.52% → 4.93%, April 3.54% → 4.78%
Bladder Functional Independence Measure: March 5.65% → 5.11%, April 3.75% → 5.28%

We observed that not only patients stayed at hospital for a shorter time and they were less incontinent, but also less of them required further Skilled Nursing Care and more were discharged directly to the home. Overall, patients were happier and referral intake to the hospital has increased.

Conclusion

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