

**Tao Calligraphy Tracing Meditation With Mantra Chanting Improves Scores of McGill Pain Questionnaire (SF-MPQ) in 3 month  
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## Background

- Researchers have previously found that movement meditation which combines Tao calligraphy tracing and mantra chanting improves the quality of life. These researchers have also confirmed the efficacy of transmission and Tao calligraphy tracing combined with conventional medical treatment. This research study investigated the effects of Tao calligraphy tracing with mantra chanting on patients with chronic pain treated at a private pain management practice in Oxon Hill, MD, and was conducted in collaboration with the Sha Research Foundation.



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## Methods & Design

- An IRB approved prospective analysis study investigated the effects of combining a transmission (power to meditate) with Tao calligraphy tracing and mantra chanting on short-form McGill Pain Scores. Initially 51 patients suffering from chronic pain were enrolled, after 3 months, 45 remained: 25 males, 20 females, with an average age of 47.2 (27-72) years. All patients continued with their conventional treatment protocols throughout the study, they received a transmission and were instructed to trace Tao calligraphy with fingers while chanting a mantra for 30 minutes a day. The short-form McGill Pain questionnaire (SF-MPQ) was filled out at the start of the study and again after three months.

## Results

- An Anova Test was used to analyze the results. There was a statistically significant improvement of overall pain intensity (PPI) for patients with chronic pain ( $F = 14.209$   $P = 0.000$ ); and in fearful category of pain ( $F = 4.268$   $P = 0.042$ ). The other categories of pain were not changed significantly.

## Conclusion

- Results indicate that movement meditation combining Tao calligraphy tracing and mantra chanting improves the overall pain intensity and fearful quality of pain for participants as measured by the SF-MPQ scale, even with sub-optimal compliance of subjects to trace (only 8 minutes of practice a day in average was reported). Tracing Tao calligraphy and mantra chanting were easy to learn, well tolerated and no complications arose.

## References

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