

## Meditation using Calligraphy and Chanting Mantra Improves Quality of Life – a Two years study

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**Introduction:** It has been well documented that meditation has a beneficial effect on the health. Researchers also reported that painting calligraphy can positively influence some illnesses too. In authors experience, not only painting calligraphy, but even simple tracing the lines with fingers, can bring practitioner into deep meditative state, especially if it is combined with chanting mantras.

**Method:** The authors investigated the effect of meditating by tracing calligraphy and chanting mantras on SF-36 scores in 35 subjects with various illnesses for two years. The study was IRB approved. Sub-jects received the instruction and a transmissions and practiced tracing Chinese Calligraphy together with chanting mantra for at 10 minutes a day at minimum. The Standardized Quality of Life Questionnaire SF36 was completed at the start of the study, in 1 month, in 6 months, in 1 year and in 2 years.

**Results:** ANOVA analysis showed that 6 indexes exhibited statistically significant positive improvement, one index improved but not significantly. General Health worsened statistically significantly. Physical Functioning: change 61.7- > 69.43 p – 0.41; Role Limitations due to Physical Health Problems: change 39.1- > 64.28 p – 0.00; Role Limitations due to Personal or Emotional Problems: change 43.8- > 59.9 p – 0.00; Energy / Fatigue: change 37.9- > 49.86 p – 0.00; Emotional Well-being: change 60.1- > 67.2 p – 0.00; Social Functioning: change 53.5- > 60.28 p – 0.00; Bodily Pain: change 53.5- > 73.78 p – 0.00; General Health: change 53.5- > 21.34 p – 0.00;

**Conclusions:** Results indicate that movement meditation combining Tao calligraphy tracing and mantra chanting improved the quality of life for participants on the SF 36 scale. In comparison to six months follow up – where all parameters were improved, we observed some decline general health, but continuous improvement of all other indices.

**Keywords:** Meditation; Mindfulness; Calligraphy; Tao; Integrative medicine; SF 36;before and after study

doi: 10.1016/j.eujim.2021.101965