

## **Tao Calligraphy Tracing Meditation With Mantra Chanting Improves Quality of Life SF 36 Scores; ICCMR 2019: Pathways and Partnership May 7-10, 2019, Brisbane, Australia.**

Peter Hudoba MD, FRCS, Sha Zhi Gang, MD (China).

### **Background:**

Authors have studied the effect of an unique style of meditation where mindfulness (heightened awareness) is achieved combining Tracing Tao Calligraphy with Mantra Chanting. This practice enables practitioners to achieve deep concentration while fully alert.

It is believed that Tao Calligraphy and Mantra can create powerful energy field and therefore, the healing effect on the mind and body can be quite profound.

### **Methods and Design:**

A Progressive Follow up, IRB approved study, investigated the effect of Tracing Calligraphy and Mantra chanting Meditation on Quality of Life Scores. 95 spiritual practitioners were followed for 1 month, practising daily meditation of tracing Tao Calligraphy with fingers and chanting Mantra. The Rand Standardized Quality of Life Questionnaire SF36 was filled at start of study and again in 1 month.

### **Results:**

Statistical Analysis (Paired T test) of results showed that all scores exhibited statistically positive improvement. Physical Functioning: change 6.4%, P – 0.0018; Role Limitations due to physical health problems: change 18.5%, P – 0.001; Role Limitations due to Personal or Emotional Problems: change 21.4%, P – 0.000; Energy / Fatigue: change 8.7%, P – 0.001; Emotional Well-being: change 8.7%, P – 0.000; Social Functioning - change 8.8%, P – 0.001; Bodily Pain: change 10.4%, P - 0.009; General Health: change 8.4%, P - 0.001.

### **Conclusions:**

The results confirmed that Tao Calligraphy Tracing Meditation and Mantra Chanting can improve the Quality of Life. Meditation with Tracing Tao Calligraphy and mantra chanting was easy to learn, was well tolerated and no complications arose.

Sub-themes: Research

Presentation Type: Individual oral presentation – a presentation of information by one speaker  
(Duration: 15 minutes)

### **150 word Summary:**

Authors investigated the effect of an unique style of meditation where mindfulness (heightened awareness) is achieved combining Tracing Tao Calligraphy with Mantra Chanting on Quality of Life Scores. 95 spiritual practitioners were followed for 1 month, practising daily meditation of tracing Tao Calligraphy with fingers and chanting Mantra. The Rand Standardized Quality of Life Questionnaire SF36 was filled at start of study and again in 1 month. Statistical Analysis (Paired T test) of results showed that all scores exhibited statistically positive improvement. Physical Functioning; Role Limitations due to physical health problems; Role Limitations due to Personal or Emotional Problems; Energy / Fatigue; Emotional Well-being; Social Functioning; Bodily Pain; General Health. The results confirmed that Tao Calligraphy Tracing Meditation and Mantra Chanting can improve the Quality of

Life. Meditation with Tracing Tao Calligraphy and mantra chanting was easy to learn, was well tolerated and no complications arose.

**Biography:**

Neurosurgeon, Neurologist, MD, FRCS, Former Assistant Professor and Head of Residency Training program in Neurosurgery, University of Saskatchewan, Canada. Currently private practice in spine management. 30 years of research activity in neurosurgery, neurology and (currently) in the application of spirituality in medicine

Leading Researcher, Sha Research Foundation, San Francisco, California